



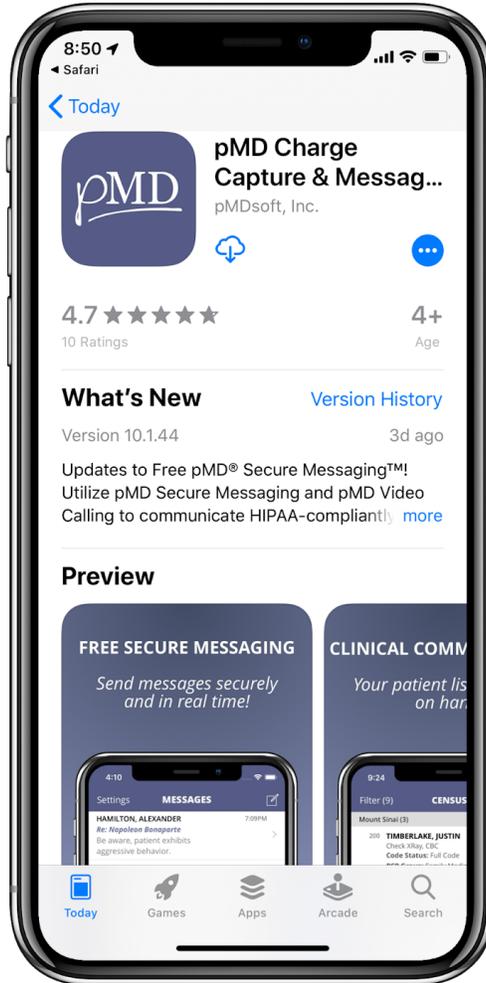
## GETTING STARTED

You will receive a text message from pMD letting you know that your doctor has sent a HIPAA-compliant text message. To view the message, tap on the link provided:



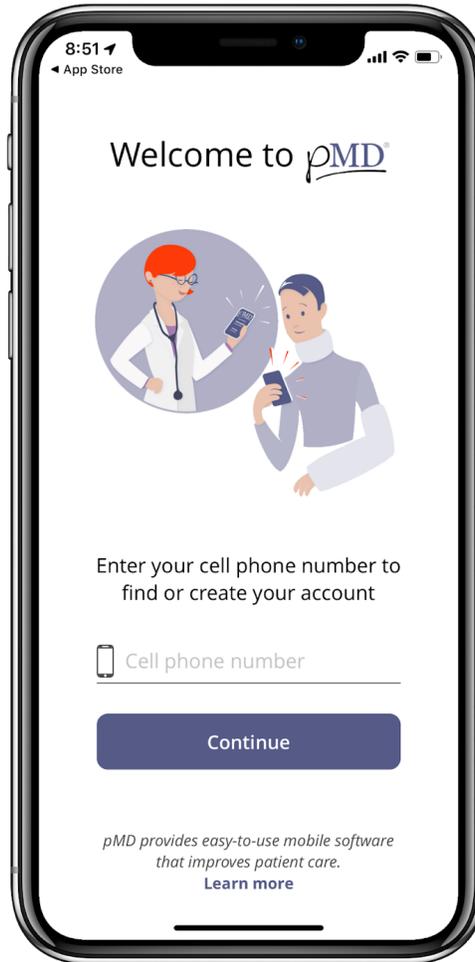


The link will take you to the App Store to download the pMD application:



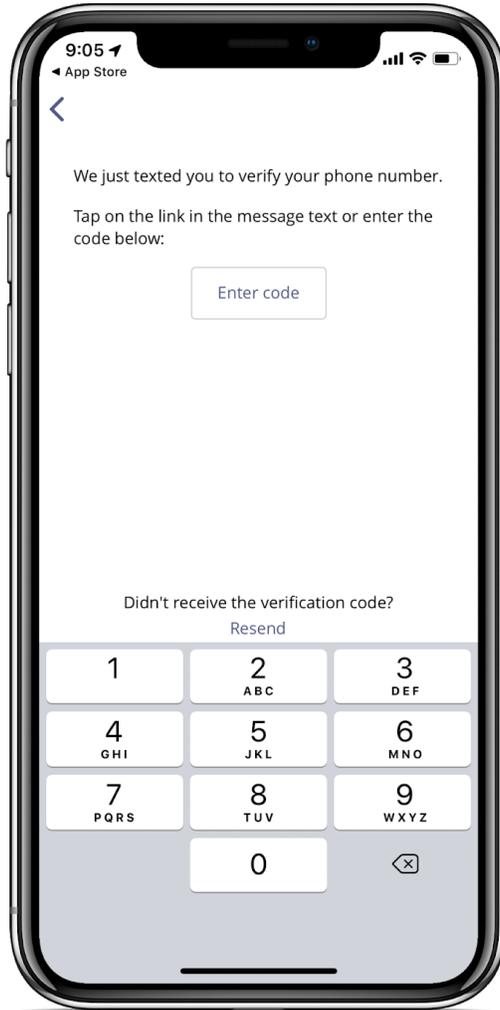


Once the application is downloaded, tap to open. You will be prompted to enter your cell phone number:



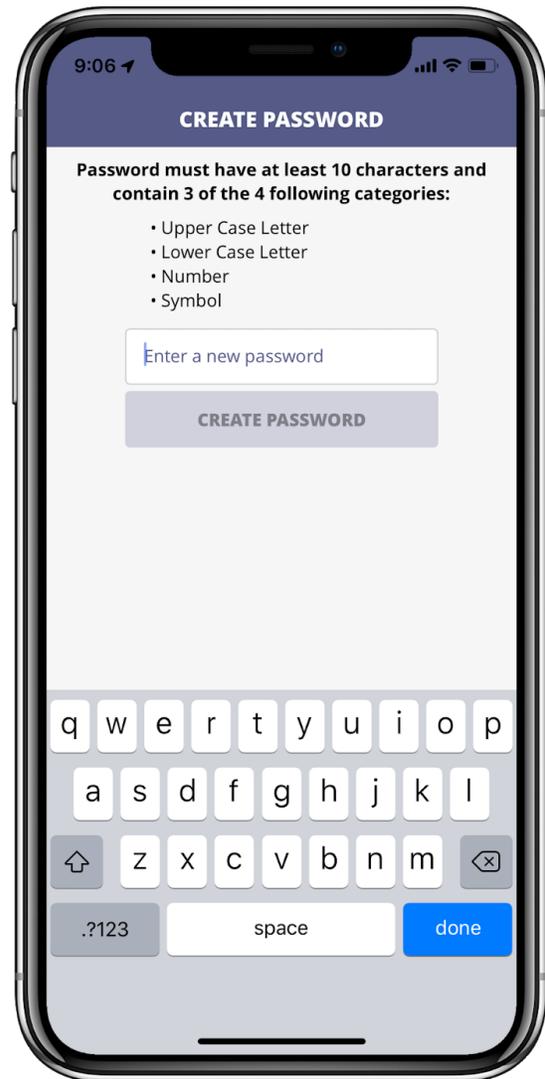
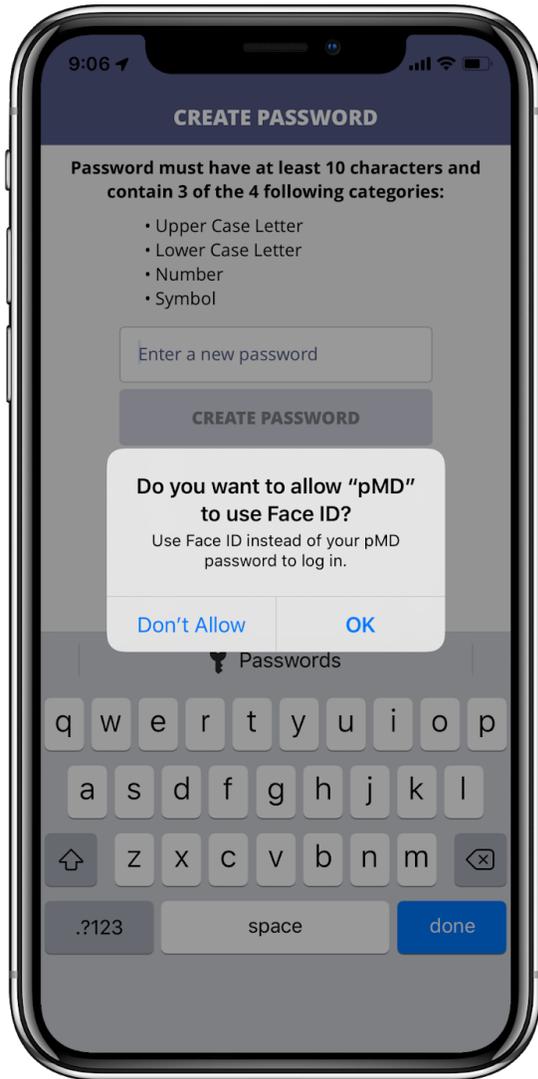


A verification code will then be sent to you via text message. Tap the link in the text message or enter the verification code on the following screen in the pMD application:





You will then have the option to use Face ID/Touch ID or create a password to log into pMD. If creating a password, it must contain at least 10 characters and should include at least 3 of the 4 categories (upper case letter, lower case letter, number, and symbol):





After successfully logging in, you should now be able to view the message from your healthcare provider!

**If you have any questions about using pMD Secure Messaging, or if you run into any issues getting logged in please contact [support@pmd.com](mailto:support@pmd.com)**