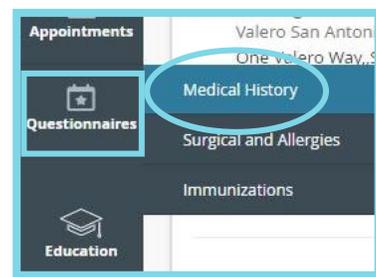


We are pleased to be a partner in your journey to total well+being. We encourage you to complete your new patient paperwork on-line prior to your appointment by following the steps below.

- 1.** Go to <https://health.healow.com/hbd>
- 2.** Enter your Username and Temporary Password provided to you by the Wellness Clinic staff.
- 3.** On the screen titled User Validation, enter your Date of Birth in the format shown and click "Next"
- 4.** You will need to enter a new password. It must be at least 7 characters long, contain both capital and lowercase letters as well as symbol or number. Click "Next".
- 5.** Next, select a security question from the drop down and type in the response. This will be used if you forget your password. Click "Next".

- 6.** Once you have logged in, hover over the Questionnaires tab on the left side panel and select the "Medical History" option. Complete the Questionnaire. When each page is finished, click "Submit and Next" to save your responses.



- 7.** After completing the Medical History questionnaire, hover over the Questionnaires icon again, and choose "Surgical and Allergies." Click Submit and Next to save your responses and move to the next page.
- 8.** After completing the Surgical and Allergies questionnaire, hover over the Questionnaires icon, and choose "Immunizations." Click Submit and Next to save your responses and move to the next page.