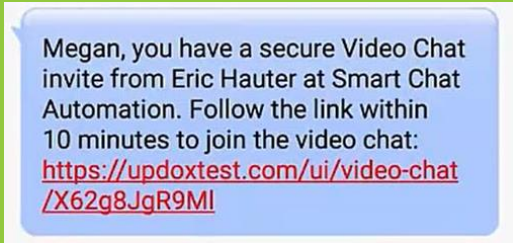




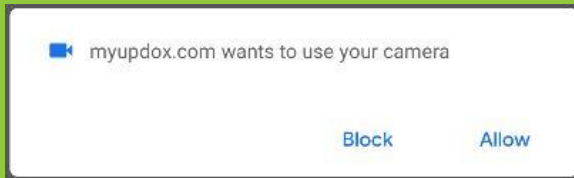
How to: Use Updox Video Chat

Your medical provider uses Updox Video Chat to communicate with patients. Video Chat is a safe and easy way to talk to your provider, often saving you a trip to the office.

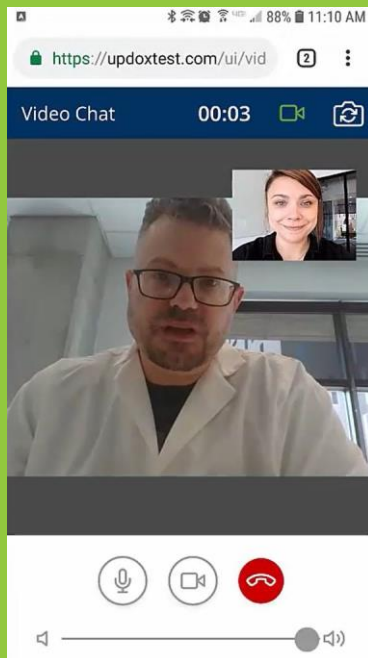
Follow these step-by-step instructions to use Video Chat:



An invitation to Video Chat will arrive on your device via text message or email. Click the link to be taken to the Secure Video Chat environment. You will have 10 minutes to click the link.



The first time you use Video Chat, your device may ask for permission to use your camera and microphone. Please allow access.



You will be taken directly into a video chat session with your provider.

Video Chat runs through your internet browser. For best results, please use Safari on iOS and Chrome or the Samsung Internet Browser on Android as your default browser.

The microphone and camera buttons will pause the audio and video you are sending. The red "phone" button will disconnect the chat.