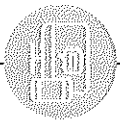


**With healow you can:**

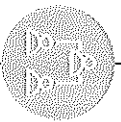
**Setting Up healow**



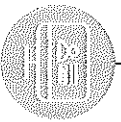
View lab results online.



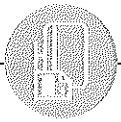
Send and receive messages securely.



Access your family's health information with a single app.



Request appointments online.



Get statements and receipts online.



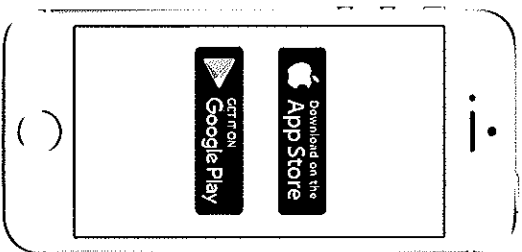
Make payments online.



Review the doctor's notes.

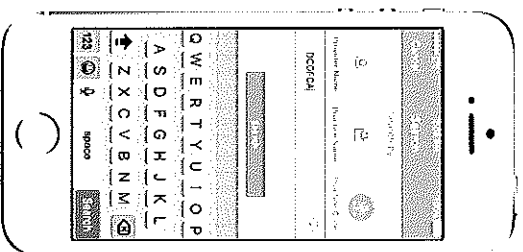


Request Medication Refills



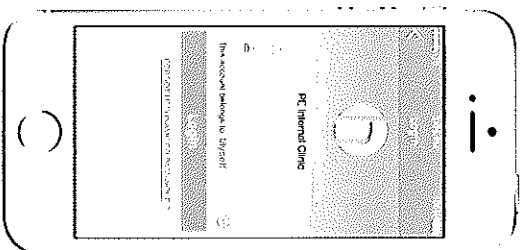
**Step 1**

Download the healow app from App Store (iPhone) or Google Play (Android phone).



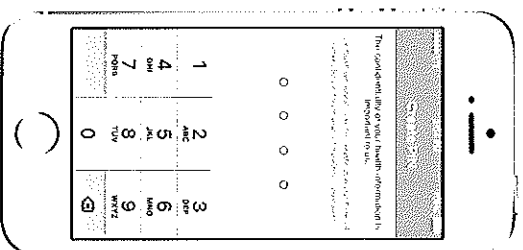
**Step 2**

Search your practice by entering practice code – IDJBBB.



**Step 3**

Enter your portal username and password to log in.



**Step 4**

Set up PIN securely to access your health record.

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Michiana Sleep & ENT Solutions  
OB/GYN Associates of Northern Indiana  
Pediatric Associates of Michiana  
Urology Associates of South Bend

**Web Address**  
[www.YourAlliesForLife.com](http://www.YourAlliesForLife.com)

To access your account from the address above, click the Patient Portal link and enter your username and password.

**Practice Code**  
IDJBDD

To access your account from the healow app, use the practice code above and enter your username and password.

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