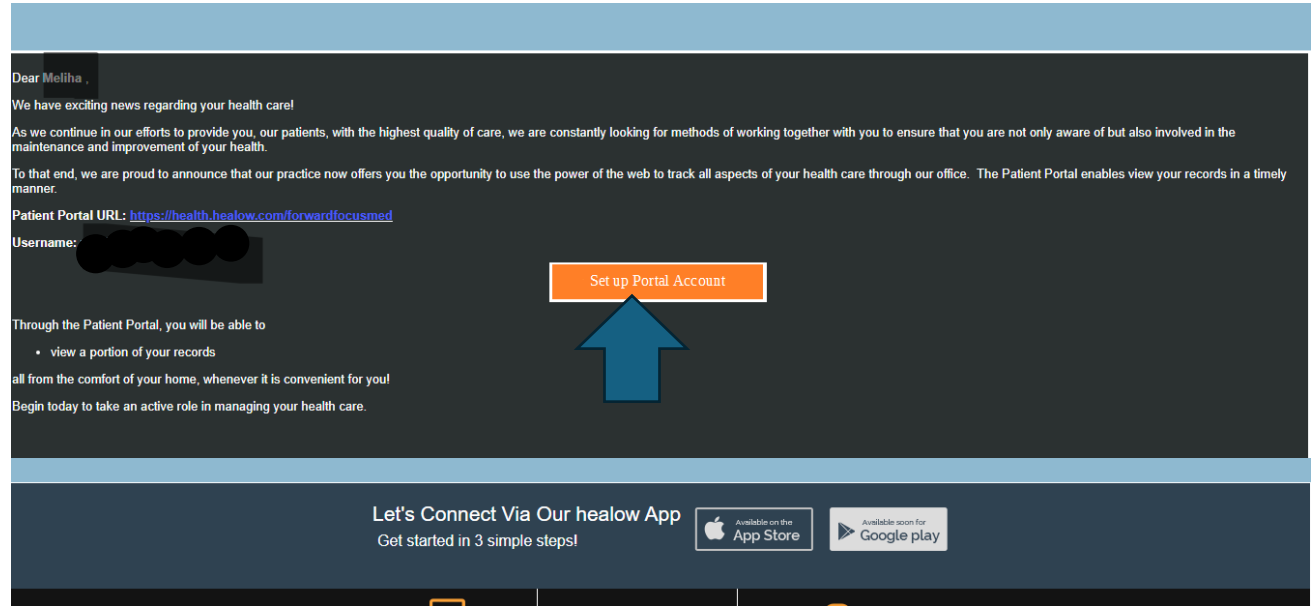# Step 1: New Portal Set Up

You will receive an e-mail from Forward Focus Medical Care Patient Portal. Click on "Set up Portal Account"

Step 2: Code Verification

It will redirect to get a text or a call with the security code to set up the portal. Just select the telephone number and follow the prompts:

Authentication, Reset Password and Consent

Help us to serve you better! Please submit few details about you.

1 User Validation

Welcome ●●

Please select the phone number and the verification code will be sent to the selected number.

Phone Number

◉ *** - ***   ○ *** - ***

How would you like to receive a unique code?

📞 Voice   💬 Text ✔

If the number(s) or email above are not correct, please call our offices to update your account information and re-initiate the process.

Cancel   **Send Code**

Step 3: Enter Code

Enter the verification code:

2 **Verification Code**

Please enter the verification code you received.

| Enter code | Resend Code |

Code is valid for 5 minutes or 6 attempts

Cancel   Verify

Authentication, Reset Password and Consent

Help us to serve you better! Please submit few details about you.

?

Step 4: Save Log-IN

Select whether you want to save the device for future logins:

WELCOME ████████

Would you like to save the device for future logins?

If you choose to save the device for future logins, we shall not asked for the secure code next time you login from this device.

Don't Save   Yes, Save It

Step 5: Password

Set up your password:

3 **Reset Password**

Please Select your new Password. Refer Password Guidelines to create secure passwords.

Authentication, Reset Password and Consent

Help us to serve you better! Please submit few details about you.

?

New Password

Confirm New Password

Cancel Next

Setting up the Healow Application (Phone Application):

Step 1: Download the Healow Application

Click on Get Started:
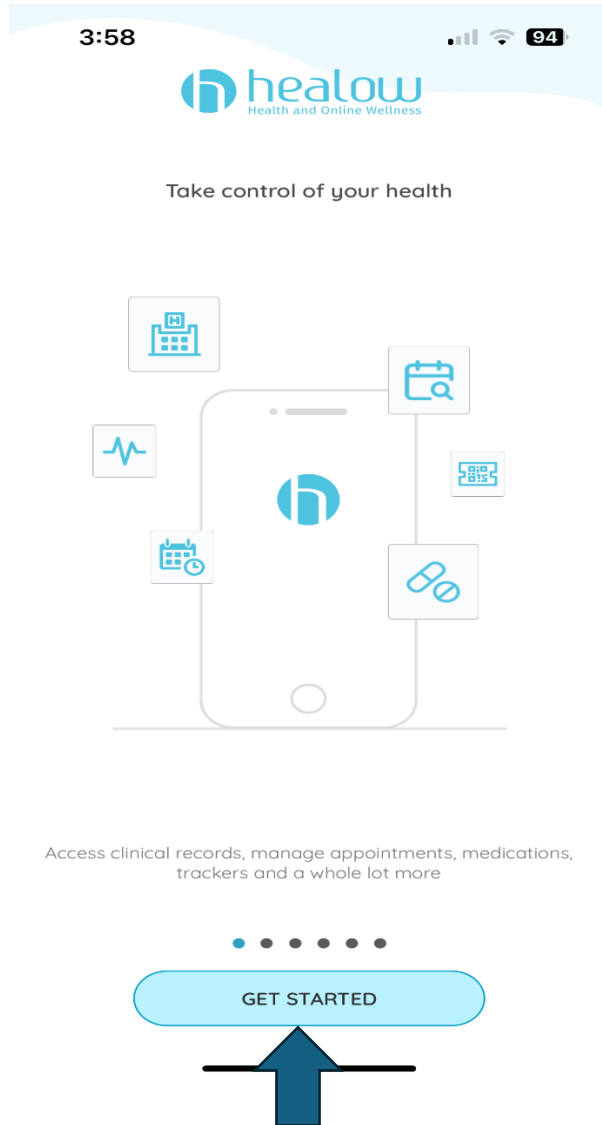
Step 2: Your information

Fill out the following information:

Step 3: Code Verification

Get the account verification code

Step 4: Create PIN

Create a Pin:
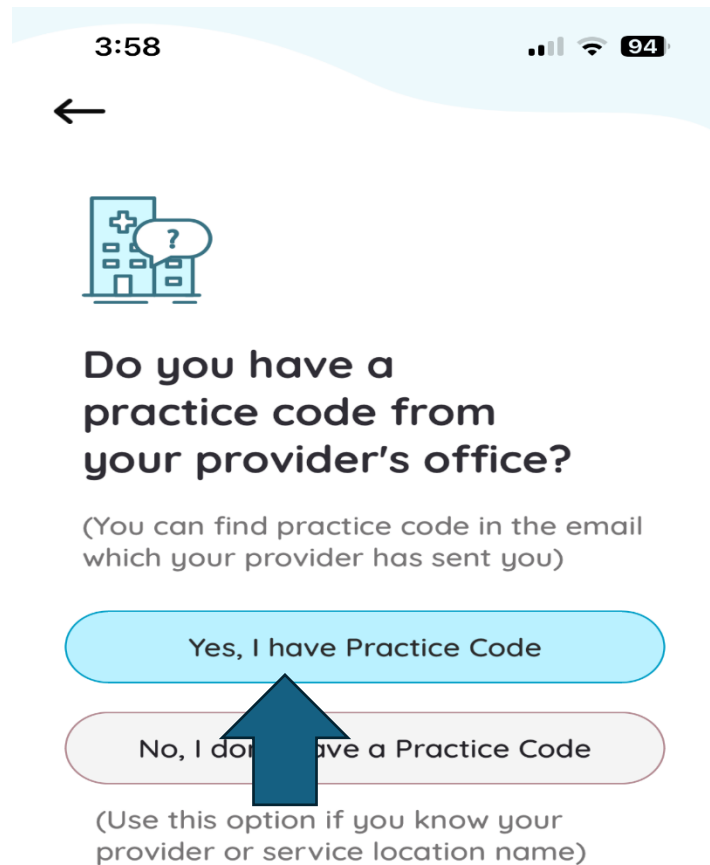
Step 5: Face ID

Set up Face ID if you like:
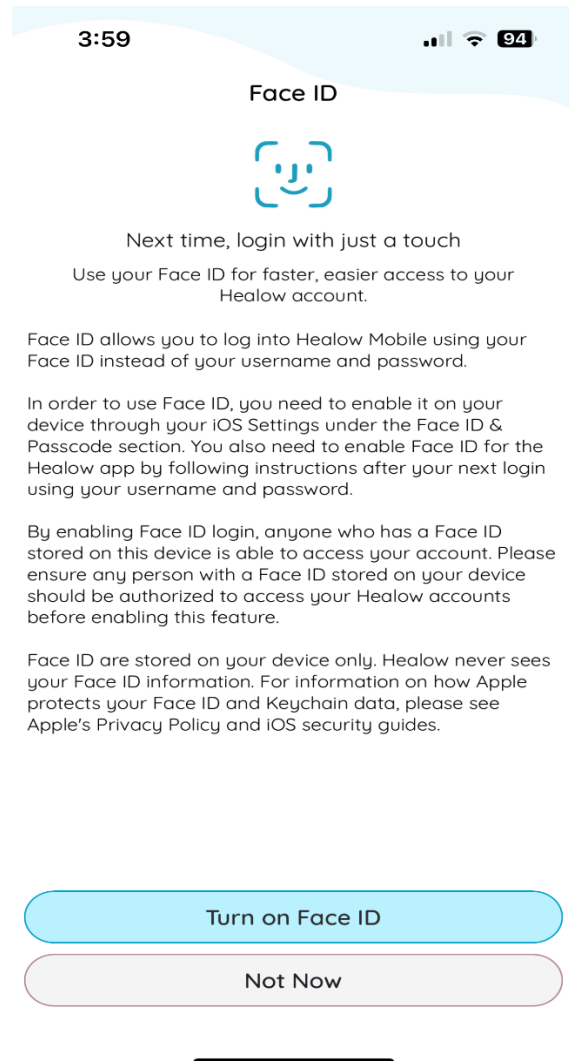
Step 6: Practice Code

Click on "Yes, I have a Practice Code":

Step 7: Enter the Practice Code

Type in the following Code, you might have to type in the Code a couple of times before it takes:
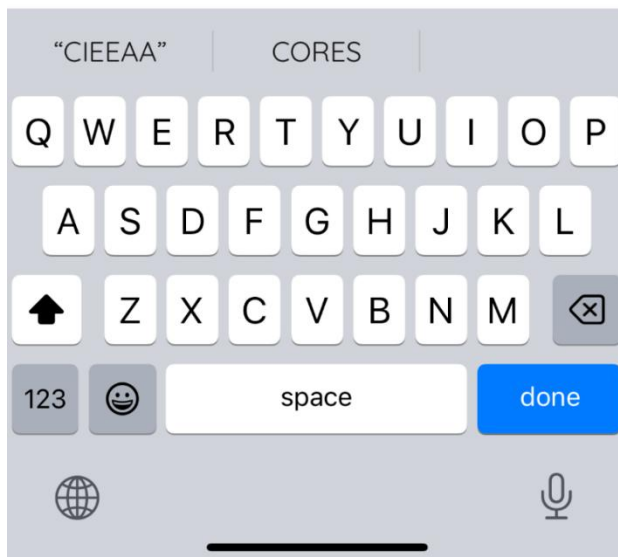
Step 8: Verify Practice

Click on "This is my practice":