# Welcome to Your Healthie Client Portal!

While working together, we will be using Healthie, an easy-to-use web and mobile platform that allows you to connect with me and track your care while we work together. All of your information is secure and private, as Healthie is HIPAA-compliant.

This document includes instructions on how to download the Healthie app, access Healthie from your computer, and set up your account.
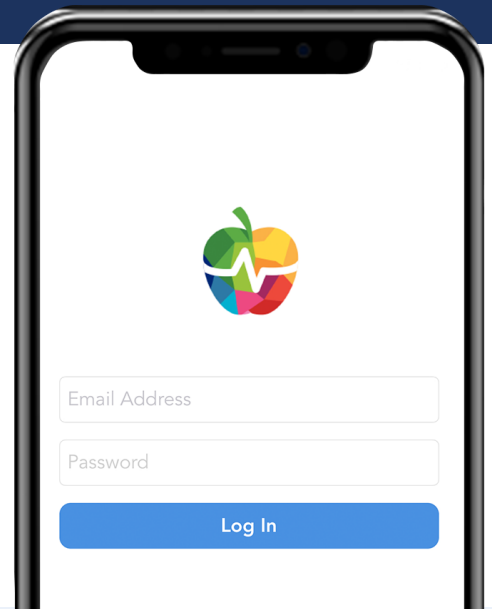
## How to Get Started

**1** **Create a login and password.** Check your email. You should see a welcome email from me with a special invitation link to join Healthie. Enter your email address and you'll be asked to set a password. Note: If you need to reset your password, you can do so at this link at any time: https://gethealthie.com/users/password/forgot

**2** **Download the app.** To set up your Healthie account, search for "Healthie" in the Itunes App Store or Google Play Store and download the app. Healthie can be accessed from your desktop as well, but the mobile app is a convenient way to access your account.

**3** **Fill out your paperwork.** After you create a profile, you'll be asked to fill out our new client forms. These forms can be completed directly from your computer or phone, so there's no need to print these out. Your forms are sent to me automatically.

**4** **Create your profile.** Once you've completed the initial assessment forms and paperwork, you'll be taken to your profile. You'll now be able to add a profile picture and start accessing the client features.

## Ways to Use Healthie

- ✅ **Easily complete all of your paperwork, intake forms, and assessments digitally**
- ✅ **Schedule or modify appointments, and see any upcoming sessions we have booked**
- ✅ **We can connect virtually through Healthie's secure messenger and video chat**
- ✅ **Upload and share documents, like lab reports and other materials**
- ✅ **Log pictures of your food (no calorie counting!) and track your workouts, and I can give you feedback in the comments**
- ✅ **We can set goals and monitor them to help you stay on track**