



A helping hand for busy parents

Congratulations! The excitement of pregnancy and birth soon gives way to the realities of parenting, a time of new challenges, unexpected joys, and almost endless questions. Why isn't my child sleeping? When should I see the pediatrician? Is my son or daughter's growth on track? Introducing healow Kids — a single free app that can help you on your parenting journey, from birth to age 13.

Download the healow Kids app today:

- Access information about feeding and growth.
- Track developmental milestones.
- Get tips on toothbrushing, potty training and access other educational material.
- Know which immunizations are needed when.
- Keep track of your child's appointments and receive reminders.
- Access your child's health records, including lab results, allergies, and medication.

LET'S CONNECT VIA THE **healow Kids** APP!

1

Download the **healow Kids** app via the App Store (iOS) or Google Play (Android).

2

Once the app is installed on your device, enter the practice code below:

3

Log in with your Patient Portal username and password.

For more information, please visit healow.com or contact us at help@healow.com