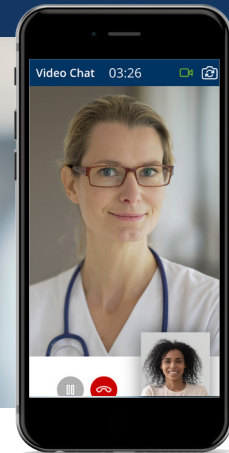


Connecting with your doctor's office has never been easier

Join Updox Video Chat in **four easy steps**



1

Check your device

Make sure you have your Apple or Android smartphone or any device with a working front-facing camera, audio/microphone, and internet connection.

You have a secure video chat invite from Avena Health. Follow the link below to join chat:

<https://myupdox.com/securechat>

2

Click invite link

Click the invitation link that your physician or healthcare provider sends via text message or email.

"myupdox.com" Would Like to Access the Camera

Cancel

Allow

3

Allow camera access

Click 'Allow webcam/camera' so that your physician can see you during the chat.

"myupdox.com" Would Like to Access the Microphone

Cancel

Allow

4

Allow microphone access

Click 'Allow microphone' so that your physician can hear you during the chat.