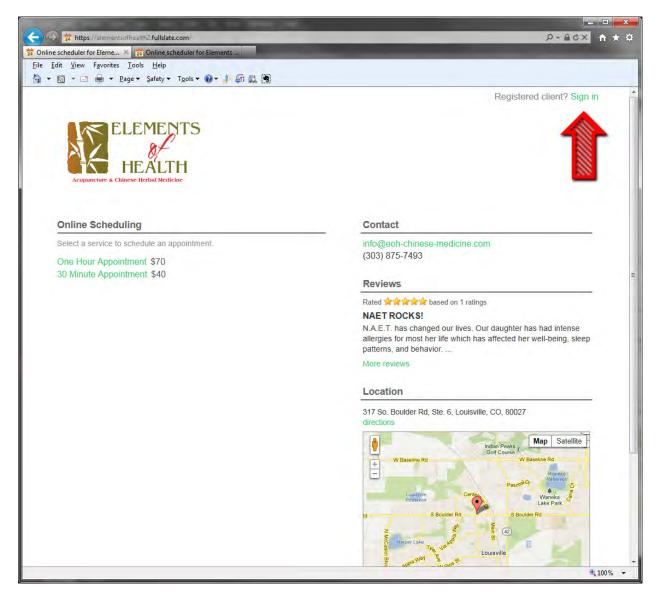
INSTRUCTIONS FOR MAKING AN APPOINTMENT ONLINE

To schedule an appointment, you will first need to set up an account.

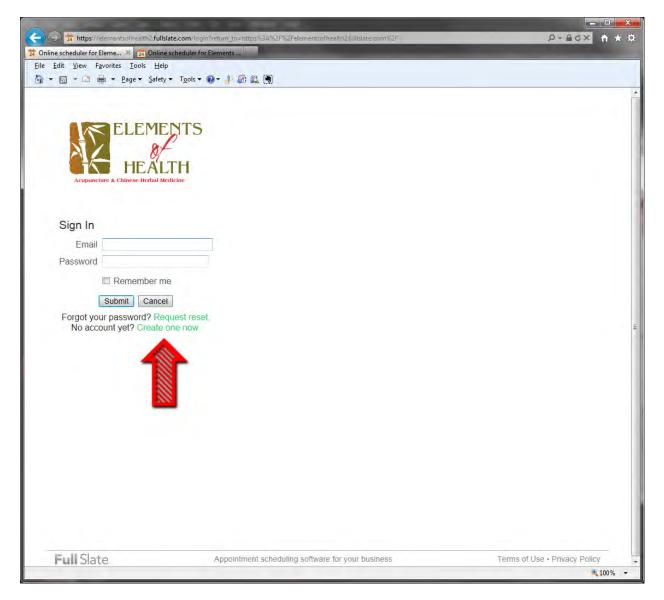
Using your web browser, go to: <u>http://elementsofhealth2.fullslate.com/</u>

Click the link at the top right-hand corner to sign in.



The first time you visit the site, you'll need to establish your own account with a username and login.

To do that, click the link that says, "No account yet? Create one now."



Fill in your information (name, email address, cell phone number, and password).

Then click on the button that says "Register."

Once that's done, you will be sent an email with a link to confirm your account.

Once you confirm your account, you will be able to sign in.

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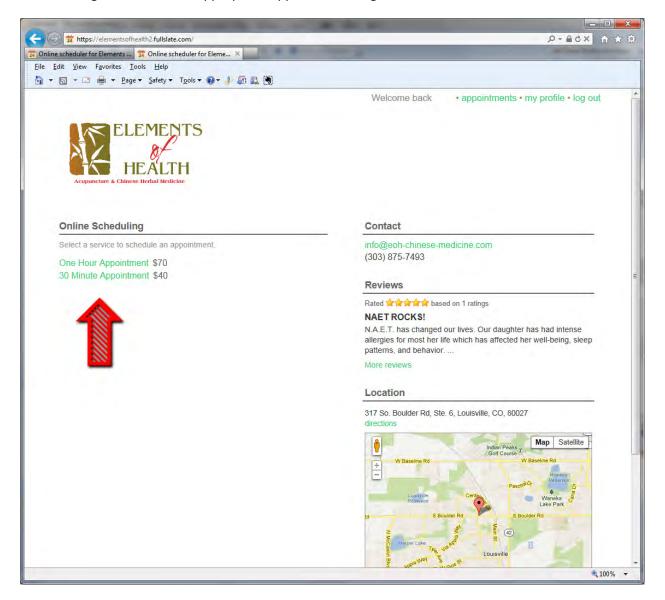
To sign in, enter your email address and your password.

Click the button that says "Submit."

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Choose either a full-hour or half-hour appointment.

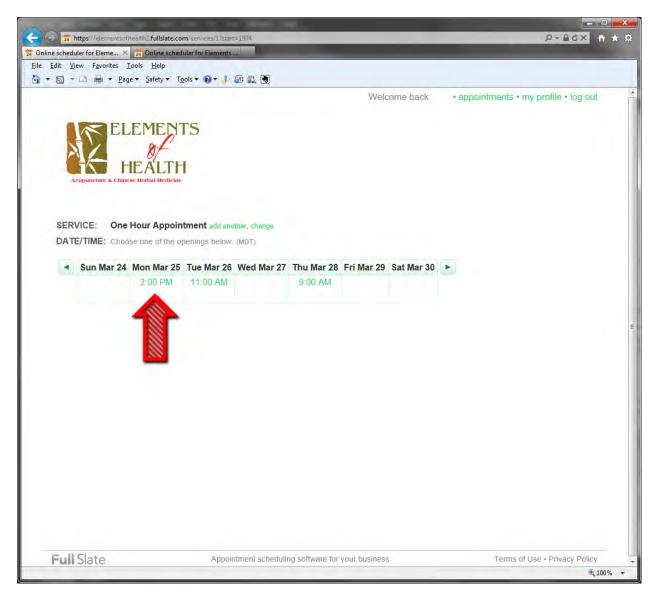
Click on the green link for the appropriate appointment length.



Use the arrow to scroll to the next available appointment	
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Choose an appointment, by clicking on the green link for the time.



Your information will be filled in the boxes labeled Name, Phone, and Email. To finish, click the button that says "Schedule Appointment."

Your appointment will be listed on Lori's schedule, and you will receive an email confirmation of the appointment and a reminder.

