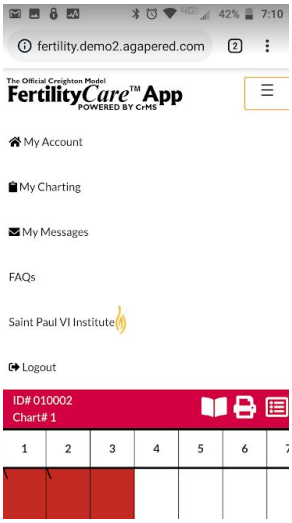
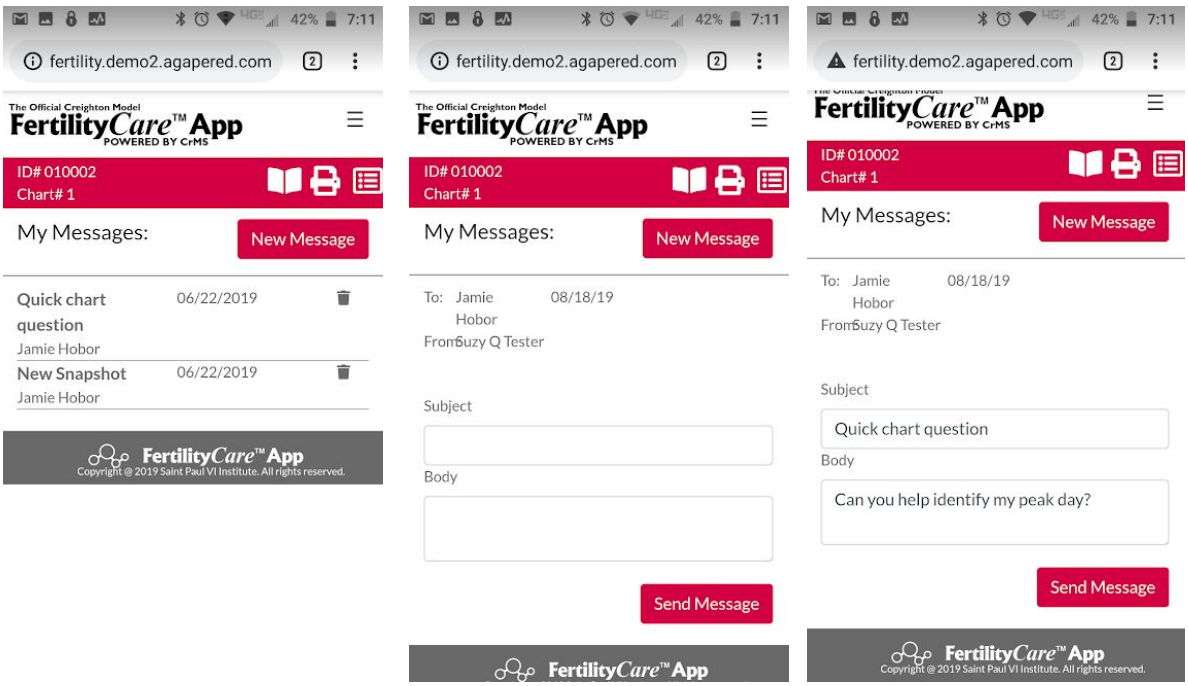
	Messaging with Practitioner
1	After you've logged in click on the menu ☰ icon, then select **My Messages**. 
2	To send a new message, click on **New Message**, compose your message, scroll down and click **Send Message**. Note: all messages are saved on a HIPAA-complaint server. Your Practitioner will receive an email that they have a message. They must log into the App to see your message.