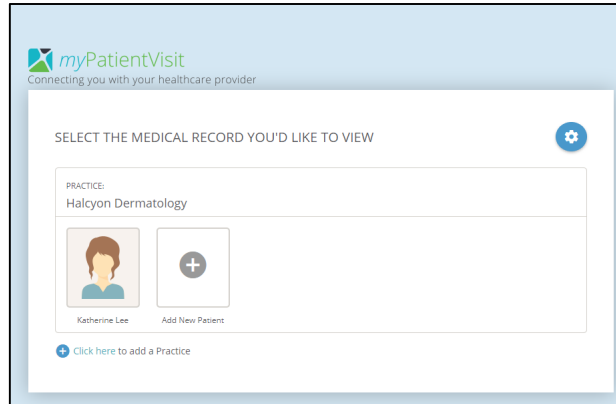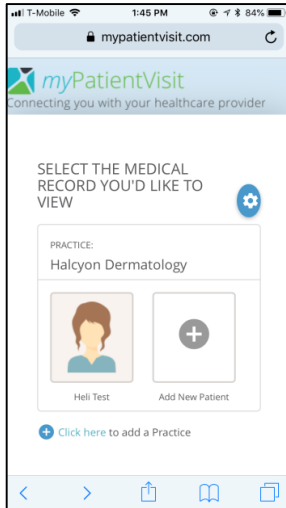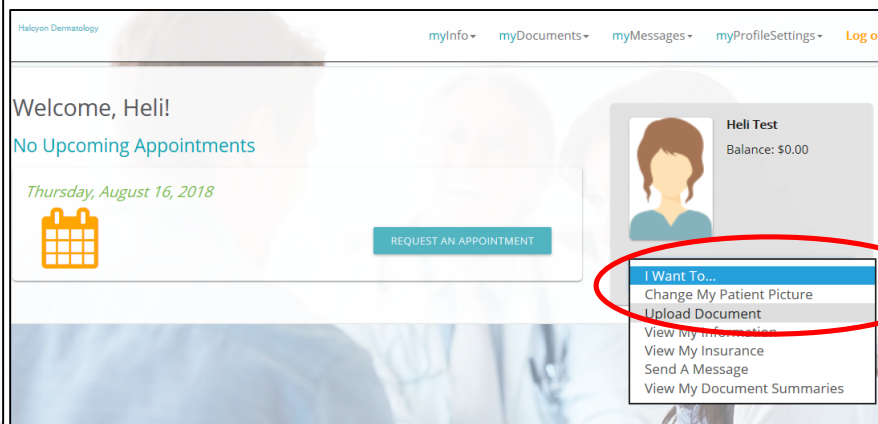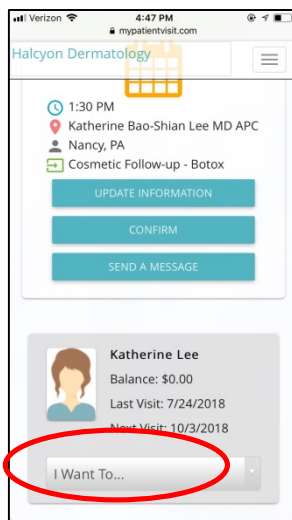## How to securely send message with picture or other documents from a phone/computer through the patient portal:

1. After logging into the account from https://www.mypatientvisit.com/#/login?practiceID=ZAIBCA, select your profile by clicking on the profile icon with your name below

2. Click on the drop down on the right that says "I want to..."

3. Choose "Upload Documents" → "Select a document"

4. From there, you may upload a photo from your phone library or take a picture/video instantly or upload a photo from your computer.

5. You can any notes in the text field under the document upload.