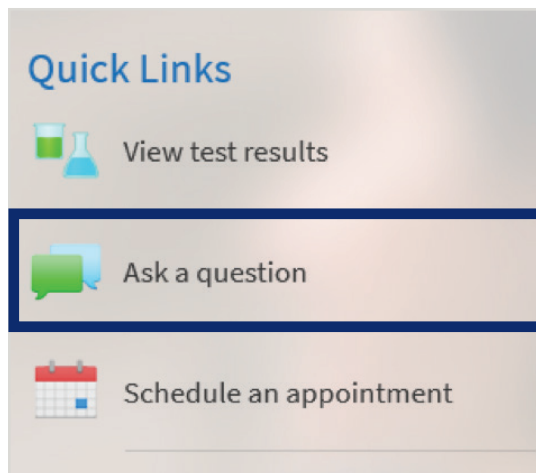
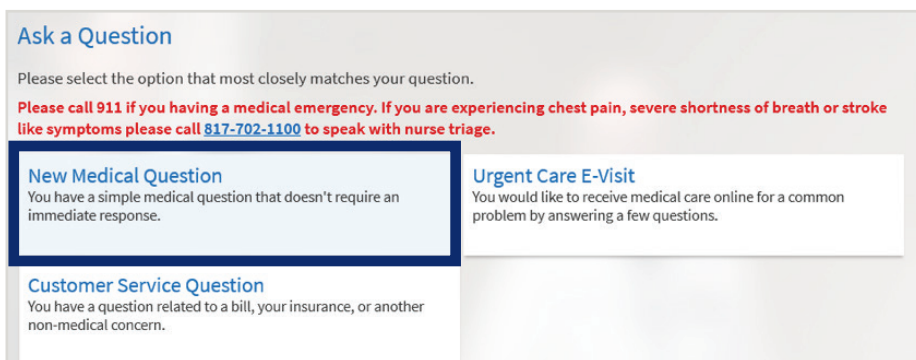


1. Go to "Quick Links" and click on **Ask a Question**.



2. Find the tile named **New Medical Question**. Click on this tile to message your provider.



3. Under "Ask a Medical Question," go to **Choose a Recipient** and click on the arrow.

