



SO, YOUR THERAPIST WANTS TO DO TELEHEALTH...

WHAT IS TELEHEALTH?



Telehealth is a secure video-conferencing method allowing practitioners and clients to visit remotely when circumstances prevent in-person attendance.

IS IT HARD TO FIGURE OUT?



Your therapist uses a program that is simple and easy to use. At the time of your appointment you will login to the Portal (Therapy Appointment 2.0) and click the "launch" button to start your video session. See the link below.

WHAT CAN I DO TO PREPARE?



Find a quiet, private space with a good internet connection. Sit with the light source in front of you and block light behind you, if you can. This helps your image to be clearer. Put your camera a couple of feet away. It will feel less awkward. If you hate seeing your face, cover that portion of the screen with a small piece of paper.

WHY ARE WE DOING TELEHEALTH?



Telehealth is a safe and convenient way for you to meet with your practitioner when it is challenging to meet in person in an office. Telehealth is an excellent opportunity to fit self-care and healing into your busy life.