



## **Prioritize your Health. Anywhere.** *How to make a telehealth appointment.*

With recent changes in health policy individuals are able to be seen for medical appointments over the phone or on video conferencing platforms. This technological development offers opportunities for those who live far from healthcare facilities or those who do not have the means to transport themselves or a loved one.

While this tool is beginning to be widely used by medical professionals, portions of society are not able to take advantage of this program due to the technological learning curve. This guide will walk you through the process so that you can prioritize your health. Anywhere.

# Stone Soup Group

Supporting families who care for children with special needs

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## How to Make a Telehealth Appointment:

*Before you join your telehealth appointment, make sure you are in an environment free of distractions and can speak freely.*

- 1** Ask your local medical provider if they offer telehealth appointments. If yes, schedule your appointment.
- 2** Information about your telehealth appointment will be sent to your provided email. Do not discard this email as it has important information.
- 3** Visit the information in the email 30 minutes before your appointment.
- 4** Click the link provided to join your telemedicine appointment. Do not share this private meeting link with others.
- 5** It may say “Waiting for Meeting to Start,’ as you wait for your doctor to join the meeting. Note that it may require you to download additional software to run your telehealth video appointment.
- 6** Have your phone nearby in case you experience any audio issues during the appointment.
- 7** End appointment by clicking ‘End Call.’

*Telehealth appointments are confidential and follow HIPPA regulations.*

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