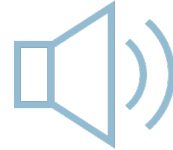


PREPPING FOR YOUR TELEHEALTH SESSION



Choose a well lit area for your sessions. Do not place light sources behind you. Keep background spaces clutter-free so your patients don't get distracted.



When conducting sessions, ensure that noise from your surroundings (doorbells, phones, etc.) is silenced or minimized to avoid distractions.



You will need a private and confidential space for your telehealth sessions. Make sure no one else is within hearing range.

You **must have** a secure, HIPPA compliant video conferencing system.

eg. GoToMeeting or Doxy



EQUIPMENT

- Computer, tablet, or smartphone
- External or integrated webcam and microphone
- Highspeed internet connection

PRO TIP: How you position your camera matters

Place your webcam in a position that shows your whole face and allows you to maintain eye contact. Test your webcam positioning before starting your session. Remember it can be stracting for your viewer if you are looking at other screens or not fully inside the frame.



DO'S

- ✓ Use the latest version of Google Chrome, Mozilla Firefox, or Safari
- ✓ Check your audio and video connection before your session
- ✓ Find a confidential, distraction-free space
- ✓ Shut down all other background applications in your computer, tablet, or phone, to ensure the best connection

DON'TS

- ✗ Do not conduct sessions in public spaces
- ✗ Do not do other work or get distracted
- ✗ Avoid conducting sessions in poorly lit spaces
- ✗ Do not dress innappropriately
- ✗ Avoid keeping the other person waiting