

Preparing For Your Telemedicine Appointment

 Completion of blood/urine lab diagnostic testing is a key component to your providers evaluation. ***Results obtained within 3-7 days prior to your scheduled appointment are ideal.***

The day of your appointment, gather as many of your Vitals as possible.

- Blood Pressure
- Height
- Weight
- Temperature
- Have your medication list ready for review
- Report any changes to your insurance or contact information that have occurred

Co-payments are due at the time of the appointment please verify with staff if you have a copayment due.

Using your Smart Phone for your visit

By Simply Downloading the Microsoft Teams app to your device, the software is installed, enabling the launch of your visit directly from the link provided by this email below.



 IMPORTANT; Please DO NOT Create a Microsoft Teams Account  Download App only

LINK TO DOWNLOAD- [Download Teams](#) for your desktop, iOS, or Android.

FOR APPLE IPHONE: Download Microsoft Teams from the App Store - Avoid use of Safari search engine.

For Android Devices: Download Microsoft Teams from the Google Play Store

***Apply these 'Microsoft Teams download guidelines if electing to use any electronic device, iPad or Computer, with access to internet/service capable of supporting the video and audio visit**

 Gain access to your visit by selecting the 'JOIN MEETING' link found in the email from the practice staff sent prior to your virtual visit. Then follow directions below:

- Join as a guest
- If prompted enter the provided Meeting ID and/or Password
- Accept use of Microphone and Video

Note; *If you are new to using this forum of video conferencing - you can practice.*

Troubleshoot your accessibility and ensure smooth engagement with your provider at the time of your visit. From the time you received this email until your visit, the link provided in this email can be launched multiple times to practice the steps of accessing your visit. Once you have successfully completed the steps and are waiting for the provider, simply leave. Then follow the same steps at the time of the visit.