



TIPS FOR A SUCCESSFUL TELEHEALTH VISIT

1. Download the digital application (Skype, FaceTime, etc.) on your phone or computer. Don't know how? Just ask your case manager or therapist to show you.
2. A cell phone or laptop is recommended versus a desktop computer, as your therapist may ask you to move the camera to see your entire body.
3. Request other members of your household to avoid downloading or streaming other digital devices to ensure your connection is as strong as possible.
4. Dress in comfortable clothing that you can easily move in.
5. Find a space that is quiet and try to keep distractions to a minimum, such as pets or family members, if possible.
6. Allow for about 3 feet of free/clear space around you to ensure your safety; remove rugs or furniture, if possible.
7. Use good quality lighting, overhead lighting, or natural light, such as a floor lamp next to you, or be near a window during the day.
8. If possible, ask someone in your home to help hold the camera, if requested by your therapist.
9. For activities that may require balance, consider having a counter, couch or other sturdy furniture for support that is about waist high.

Take a deep breath and know you're getting good care right in the comfort of your home!