



The Steven A. Cohen  
Military Family Clinic  
at the University of Pennsylvania

# Telehealth Tips

## ✔ Do:

### Be Fully Prepared

- Complete measures before the appointment.
- Join a few minutes early to be connected on time.

### Be Ready to Focus

- Are you in a private space?
- Have you arranged child care?
- Are there other distractions you can remove from the space?

### Be Ready to Be On-Screen

- Are you dressed?
- In a comfortable chair?
- Able to sit in one place for the session?

**Be in PA, New Jersey, Delaware, or another pre-approved state.**

Not sure if your state is pre-approved?  
Call us at 844-573-3146.



Use these tips to  
set yourself up  
for success.

## ✘ Don't:

**Do not drive at any time during your session.**

You may attend your session in a parked vehicle.

**Do not smoke or eat during your session.** Treat your telehealth session just like any other medical appointment.

**Do not take non-emergency calls during your session.** Life happens, but please refrain from taking non-urgent, non-emergency calls.

Session time is for you to focus on your needs and well-being.