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.