

How to Prepare for your Virtual Telehealth Appointment

To properly prepare for your upcoming telehealth appointment, please consider the following tasks:

Gather necessary equipment

- Fully charged laptop, smartphone, or tablet with webcam and audio capabilities.
- Turn off all phone or desktop notifications prior to appointment.
- Earphones or headphones (optional for your privacy).
- Gather any current medications.

Set up your environment

- Find a quiet room in your home from which to hold your appointment. Avoid noisy or dark areas of your house away from children, pets and other distractions as these will make it harder to see and hear.
- Have paper and a pen ready for taking notes.
- Plug in your computer or mobile device or keep chargers within arm's reach.
- Make sure you're sitting in good lighting.
- Privacy. Sharing an apartment or home with other people? Let them know you are having a telehealth/therapy visit. If there is no private, quiet indoor space available to you, consider safe/secluded outdoor options or in your car or garage.

Prepare for your appointment

- Check your internet connection and make sure your space is set up comfortably at least 15 min before your appointment. You might sit on a chair in front of a desk or table.
- Close applications on your phone, desktops, tablet.
- Turn off any distractions, such as the radio, or television.
- Show up to your appointment with appropriate dresswear.
- Use the bathroom before your appointment.
- Avoid bringing food and snacks to your appointment. Consider a beverage like a water bottle instead.
- In the five minutes before your appointment or session: take deep breaths, close your eyes, and quiet your mind. You're making time for self-investment and now all you need to focus on is the telehealth session.
- Click on the link your provider sent you!