Link for your Appointment &
Zoom Set Up Instructions

All appointments are done via Zoom, a HIPPA Compliant Platform.

To participate in Telehealth, you must be technically savvy enough to use the app. *Zoom makes it pretty easy.* **The Meeting Link is below the set up instructions.**

To join a Telehealth visit you must have:
1. Adequate internet speed, hard wired into your computer is best but wifi will work if there are no other people using it at the same time. The more people on the wifi the slower your speed will be to run the video program.
2. A headset (earbuds that work with your computer are good enough)
3. A computer fast enough to run the video conferencing platform,
4. A private place where others will not hear or see you during your appointment.

It is best that you are on a computer or tablet for an appointment.
Phone screens are often too small especially if I am sharing information with you. The screen is too small to see the content. I often use the chat box to share links or documents with you with added resources that can be helpful for you. You will not have a chat box option on a phone.

Download & Set Up Zoom
The links below will give you all of the information you will need to set up and have Zoom ready.

1. You will need to download the Zoom App: https://zoom.us/download
2. This will require you have a Zoom account. **The basic membership is free**. This ensures that our connection is secure (which is why joining via a browser is not possible). There are links below with instructions on how to set up Zoom and one for a test call to test your settings.
   a. If you already have the Zoom App, make sure to update the app to make sure you have the current version. This will ensure you have access to all available features. Unfortunately Zoom does not notify you when you need to update the app.
   b. Periodically check for updates as they make improvements that allow more features with end-to-end encryption. Some features may stop working if your app is not up to date.

3. Use this link to view the video instructions on how to join a meeting: How to join a Zoom Meeting: https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting

4. How to set up your microphone and Video: https://www.youtube.com/embed/-s76QHshQnY?rel=0&autoplay=1&cc_load_policy=1

5. You can use this link to do a Zoom Test Call: https://zoom.us/test

6. System Requirements: https://support.zoom.us/hc/en-us/articles/201362023-System-requirements-for-Windows-macOS-and-Linux - Information on computer requirements, internet speed requirements and so on.
     a. You will have a more stable and secure connection if your internet is hardwired into your computer or tablet.
     b. If you are using Wifi and there are other people in your household using the internet that:
          i. You have the primary use so your do not lose connection (if you have fast enough speed to support more than one person at a time).
          ii. Or there is no one else using the internet during your appointment.

Link for your Appointment

Use the link below to join me for your appointment. When you arrive you will be in the Waiting Room. I will admit you to the Meeting Room at our appointed time.
- Click the link below to Join the Zoom Meeting:
  https://us02web.zoom.us/j/83394533064?pwd=MGd4OE9mSjY4NW9WTFBZdXpLVkdlZz09
- Meeting ID: 833 9453 3064
  Passcode: 339691
- If the link above does not work, you can go to https://zoom.us/.
     At the top of the page click Join A Meeting.
     Enter the Meeting ID, Click Join, enter the Passcode.

- **I highly recommend you enter the link, the Meeting ID and the Passcode in your calendar with your appointment so it is readily available.**
- **Also, store this document somewhere you will remember it on the day we are meeting.**
- **I am often back-to-back with appointments and don't have time to check phone calls or email during the day. Please put this information where you will have it handy.**

Please set up Zoom days BEFORE our first meeting on zoom so you are familiar with the system. This prevents you from using your time for technical help.

Just a reminder: When we meet on Zoom, when you arrive you will be placed in a waiting room. I will admit you to the main room for your appointment at our appointed time.