

Scheduling your Telemental Health Appointment



- Your therapist will contact you with an available appointment date and time via email
- Payments are made by calling 319-368-6493 and paying with a credit card.
- An email will be sent with the provider's room link for access to your telemental health appointment
- Logging In to your Telemental health Visit
- You must use Chrome/Firefox/or Safari. These browsers allow for your microphone and camera to work properly.
- You will Enter the web address with the correct provider's name as listed below:
- <https://zoom.us/>
- Please ensure your microphone and webcam are enabled and functioning upon logging in
- Enter your name and click "Check In"
- You will appear in the providers queue as "Arrived" and your appointment will begin promptly
- For more assistance please watch this video:<https://support.zoom.us/hc/en-us/sections/201740096-Training>

HELPFUL TIPS FOR TELEHEALTH SESSIONS:

- Check your internet connection.
- Find a quiet, private location if possible.
- Check your lighting.
- Write down problems and questions ahead of time.
- Dress appropriately for the visit.
- Consider using headphones.
- Consider using a computer instead of your smart phone.
- Have easy access on your computer to any pictures or therapeutic reports you want to share with the therapist.
- Have a trusted assistant to help you with the technology, if necessary.

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