

GETTING STARTED WITH TELEHEALTH

PREPPING FOR YOUR SESSION



Light

Choose a well lit area for your sessions. Do not place light sources behind you. Keep background spaces clutter-free.



Noise

When conducting sessions, ensure that noise from your environment (doorbells, phones, etc.) is silenced or minimized to avoid distraction.



Privacy

You need a private, confidential space for Telehealth sessions. Make sure no one else is within hearing range.

Must Have: A secure, HIPAA compliant videoconferencing system

(Like Telehealth in TheraNest)



EQUIPMENT

- Computer, tablet, or phone
- External or integrated webcam & microphone
- High speed internet connection

Pro Tip: How you position your webcam matters.

Place your webcam in a position that shows your whole face and allows you to maintain eye contact. Test your webcam positioning before starting your session. Remember it can be distracting for your viewer if you are looking at other screens or not fully in the frame during your session.



TELEHEALTH DO'S AND DON'TS



- Use the latest version of Google Chrome, Mozilla Firefox, Safari.
- Check your audio and video connection before your session.
- Find a confidential, distraction free space.
- Shut down all other background applications on your computer, table, or phone to ensure the best connection.



- Do not conduct sessions in cluttered or public spaces.
- Do not do other work or get distracted by outside items.
- Avoid conducting sessions in poorly lit spaces.
- Do not dress inappropriately.
- Avoid keeping the other person waiting.