



# HOW TO CHECK IN FOR YOUR TELEHEALTH VISIT

1



**PC and Mac**  
Chrome | Firefox | Safari



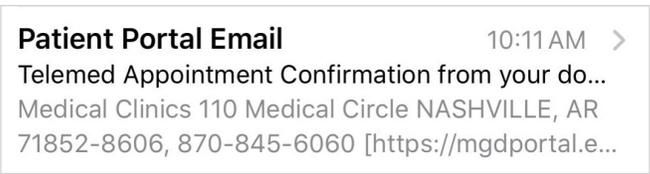
**Android**  
Chrome



**iOS**  
Safari

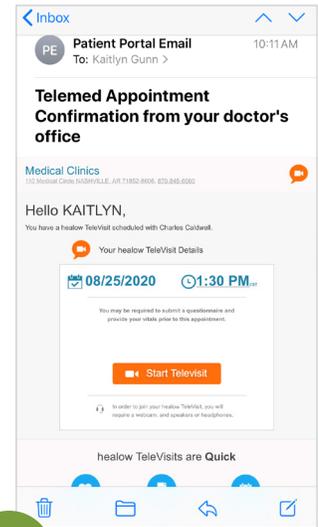
Use a computer or device with camera/microphone

2



After requesting your appointment, you will receive an email confirmation within a few minutes.

3

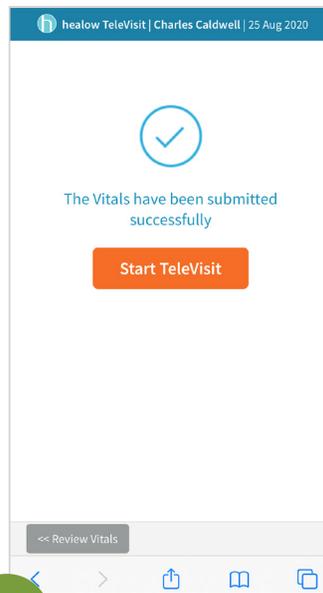


You will then receive a second email with the link to access the telehealth portal. A nurse will call you prior to your telehealth visit to get your health history.

4

On the day of your telehealth visit, you will log into the portal and have the option to input your vitals.

5



Next, click "start televisit" to begin your visit.

6



From here you'll be entered into the virtual waiting room while your provider joins the appointment. When your provider joins, you'll see a pop-up message asking you to allow controls to the microphone and camera. You must select "allow" to start your virtual visit.