



GETTING STARTED GUIDE FOR TELE-THERAPY SESSIONS

This guide includes basic tips and instructions on how to join a video session, as well as some FAQs to make your first video call a success.

To prepare, please review the following information before your first video appointment.

- What is Telehealth?
 - Tele-therapy, by definition, is the delivery of therapeutic services by which the provider and client are not at the same physical location.
 - Tele-therapy may include, but is not limited to, mental health care delivery, diagnosis, consultation, treatment, transfer of medical data, and education using interactive audio, video, or data communications (i.e. video chat, phone, cellular phone, internet, email, or text messages).
 - Through audio and video over the internet, you can meet with your therapist on-the-go from your desktop, laptop, tablet, or mobile device—it's your choice!
 - Telehealth allows us to connect anywhere with secure and convenient appointments that save you time and hassle.
- What equipment do I need?
 - To participate in Telehealth appointments from your home, you need **one** of the following devices:
 - Desktop computer with a webcam and speakers
 - Laptop computer with built-in webcam and speakers
 - Tablet device with built-in webcam and speakers
 - Smartphone
 - You will also need a stable internet connection to minimize connectivity issues and provide the best quality audio and video.
- What platforms do you use?
 - Your therapist has the ability to use several different platforms, that would be most effective and easy for you to access and utilize. They may include the following:
 - Google Meet
 - Download app through computer/tablet/phone (compatible for iOS, Chrome, & Windows operating systems)
 - Your therapist will email you a link to join the session prior to meeting time



- Example:
 - <https://meet.google.com/bfp-dxxh-tdn>
 - 423-806-0293 PIN: 317 674 308# More numbers:
 - <https://t.meet/bfp-dxxh-tdn>
 - Click link to join the session
 - FaceTime
 - Video messaging through iOS system (available on your iPhone, iMac or iPad)
 - Doxy.Me
 - You would access the secure site by going to www.doxy.me/iowafamilycounseling
 - Enter your name to join
 - *Phone (audio only)
- Meeting URL:*
Phone: +1