

PREPARING FOR A TELEMEDICINE VISIT

Using your *Smart phone* or your *Laptop/Desktop* via *e-mail*

If you have the equipment available please have the following ready at the time of your appointment:

1. Temperature
 2. Blood pressure
 3. Pulse
 4. Weight
 5. Glucose Reading (Diabetics)
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1. You will receive a call approximately 10 minutes prior to your appointment from the Medical Assistant
 2. They will start the check in process. You must give your permission to proceed with the Telemedicine visit.
 3. Have your vitals ready to give to the Medical Assistant (list above)
 4. Once you are checked in, you will hang up with the medical assistant (they will give you an approximate wait time) for the Provider to call you
 5. If you are being contacted via phone (text) you will be asked two questions:
 - 1) Would like to access the “Camera”?
 - 2) Would like to access the “Microphone”?Once you have allowed both the camera and microphone, your remote visit with the provider will begin.
 6. If you are being contacted via e-mail on your Laptop or Desktop you will receive a link from myupdox.com. (you may have to check your junk mail or spam).

The key for all of us to get through this difficult time is Patience. Stay Strong, Stay Healthy and Stay Home.