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# Clients: How to Prepare for Your First Telehealth Session

Be prepared for your upcoming Telehealth appointment with these easy steps!

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## **What is Telehealth?**

Telehealth is the use of video and audio technologies to support long-distance services between providers and their clients.

## **What is TheraNest?**

TheraNest is a practice management application that I use to organize my appointments, notes, and billing. TheraNest is HIPAA compliant and secure.

## **Do I need a specific internet browser?**

If you're using a Desktop or Laptop, we recommend:

- [Google Chrome](#)
- [Mozilla Firefox](#)
- [Safari](#)

We recommend the following if you're using a tablet or mobile phone:

- Android - Google Chrome
- iOS 11 or newer (iPhone or iPad) – Safari

## **What equipment do I need to join a session?**

You'll need the below to join a Telehealth (online therapy) session with your provider:

- A computer, tablet, or phone (no applications or software to download).
- An external or integrated webcam.
- An external or integrated microphone.
- An internet connection with a bandwidth of at least 10 MBPS. We recommend an Ethernet cable over Wifi when possible to ensure you receive the best possible connection through your internet provider. You can check your internet speed [here](#).
- Shut down all background applications to ensure Telehealth receives the majority of your internet's bandwidth, especially applications that use your camera.

## **How do I join our session?**

You will receive a URL link via text or email from your provider.

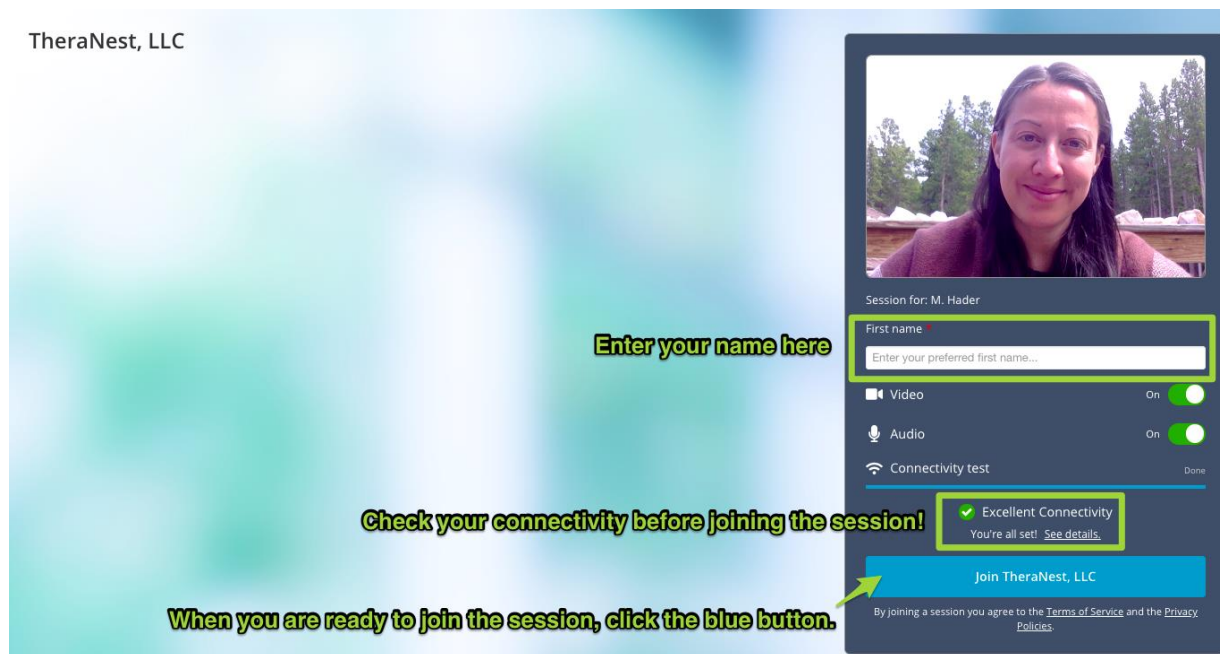
To join from the URL: EITHER click on the URL link OR copy and paste the URL link you receive from your provider into an internet browser window.

## **Allowing Camera and Microphone Access**

Your internet browser should prompt you to "allow" camera and microphone access. This is a critical step! Otherwise, your provider will not be able to see or hear you in the session. If you have trouble allowing access, this [guide](#) can help.

## Waiting Room

When you first join the session, you will be in the virtual waiting room. This is where you will enter the name you want your provider to use, as well as check your settings to make sure you are using a strong internet connection and have good video and audio connectivity.



If you don't see the blue button, that means your provider has not yet joined the session on their side. This will update as soon as they join the session. Once you click the blue button, you will be joining your provider in the session!

## Will our sessions be recorded?

No. TheraNest does not allow for session video or audio to be recorded.