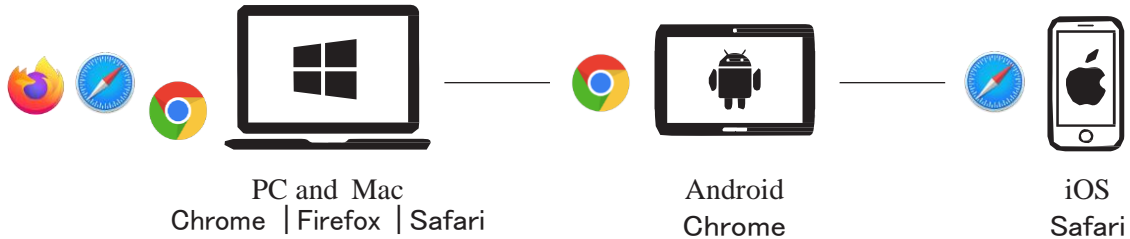


Telehealth Appointment Quick-Start (via doxy.me)

1

Use a computer or device with a camera and microphone:



2

Just before your visit, take your vitals for your provider to reference.

- ✓ Temperature (if possible)
- ✓ Heart rate
- ✓ Blood pressure (if possible)
- ✓ Height and weight

3

10-15 minutes before your appointment time, call our office receptionist at 503-428-5966. She will check you in and start the intake process.

4

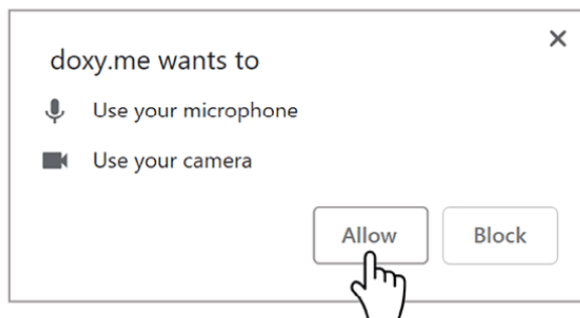
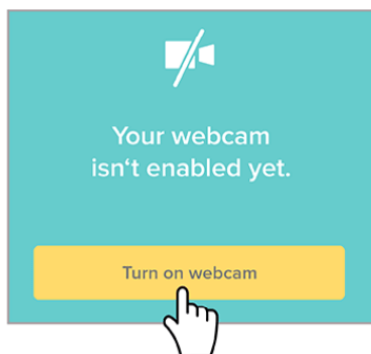
Click on the text or emailed link that we send to you. This will take you to your providers's "Waiting Room". Your provider will meet you there.

The screenshot shows a "Welcome!" message with the text "Please check in below to let Dr. Hernandez know you are here:". Below the message is a text input field with the placeholder "Enter your name here" and a "Check In" button.

- ✓ Secure
- ✓ No software to download
- ✓ HIPAA compliant
- ✓ No registration needed

5

Allow your browser to access your webcam and microphone:



SUCCESS!

At this point you should be connected to your provider.
Enjoy your telehealth appointment.