




Telehealth Instructions and Information

At least one day before your telehealth session....

Please follow these steps to prepare for your first telehealth session.

- 1. Download and complete the telehealth consent (only needs to be completed once per year)**
Go to www.mcmanuscounseling.net and navigate to “Resources and Downloads.” Download the document called “Consent for Telehealth Consultation.” On the bottom of the form, don’t forget to indicate a cell phone number or an email address to which we will send the link at the time of your session.

Complete the consent form and send a scan or picture to michael@mcmanuscounseling.net.
- 2. Download the ZOOM meetings app from the Apple Store or the Google Play Store.**
 Download and install the ZOOM meetings app to the device you will use for your telehealth session. Look for the app with this icon.

Just before your telehealth session is scheduled to begin....

- 1. Find a quiet, private space with a strong wifi or cellular signal**
A quiet, private space is important in order to have a successful telehealth counseling session. Having a strong wifi or cellular signal decreases the possibility of dropped calls or choppy video.
- 2. Open your Zoom app**
Double check that it is fully installed and working.
- 3. Wait for your meeting code**
Your provider will send your private meeting code to the cell phone number or email address that you indicated on your telehealth consent form.
- 4. Enter your meeting code and start session**
If you have any problems joining the meeting, your provider will send you a message via cell phone text or email message with additional troubleshooting information.