

# Telemental Health Appointment Check-In Instructions With Healey Ikerd

## Call Tips

- ✓ Restart your device before the visit
- ✓ Make sure you have a good internet connection
- ✓ Test your camera and mic from the waiting room

1. Use a computer or device with camera and microphone

On PC or Mac – Chrome | Firefox | Safari

On Android – Chrome

On IOS – Safari

2. Enter this web address into your browser:

<https://doxy.me/HopeLife>

3. Allow your browser to use your webcam and microphone

When a dialog box pops up, click on {Allow}

4. Type in your name and click {Check In}

Note: This website is Secure and HIPAA Compliant. All data is encrypted, your sessions are anonymous to the website host, and none of your information is stored. This website adheres to HIPAA, PIPEDA, and GDPR data privacy requirements.

5. Healey will start your visit at your designated appointment time.

Please have your ID available for proof of identity for each visit.