

## **Telehealth Class Expectations**

- **Be on time**
- **Try to find a good signal area before you join the class.**
- **Sit and face the camera, remain seated during the class**
- **Be in a private location where you do not have any distractions and cannot be overheard**
- **Conduct yourself as you would in a face to face class.**
- **Put your microphone on mute when not talking to reduce feedback and background noises**
- **If you are in your car during the group, do not drive and make sure you are alone in your car.**
- **Take this class seriously**
- **Be patient with the delays in responses which are normal in telehealth video chat.**
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