PREPARING FOR YOUR TELEHEALTH SESSION

Use these tips to help make your consultation run as smoothly as possible.

On any device (phone, tablet, computer), follow this link:

HTTPS://POPPSYCHOLOGY.COVIU.COM/ROOM/@RACHELBUSHING

You then enter the POP! Psychology waiting room

The COVIU platform we use is HIPAA compliant.

We can guarantee it is secure and that your session is confidential.
Getting Set Up

SETTING THE SCENE

- Check the microphone and camera settings are active
- Angle the camera to meet your eye line, use a box to prop it higher if needed
- Sit with some distance so that your shoulders and chest are in frame
- Mute your own face during the chat
- Maintain eye contact with the camera (not the screen)

NAVIGATING TECH GLITCHES

- Expect some lag and lapses in quality of sound or picture
- You will need to sometimes repeat statements and check for understanding
- Have your phone nearby to use as a backup - WE will call YOU if it drops out
- Enhance your network capacities: turn off other devices, ensure your background is still and neutral, position the light source behind your device, remove smudges from your inbuilt camera

We will check in with you 5 minutes before your scheduled time to see if you are having any technical difficulties

Don't hesitate to check in with us
hello@littleshopofpop.com