

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://POP!PSYCHOLOGY.COVIU.COM/ROOM/@RACHELBUSHING](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

