

TELEHEALTH TIPS

No need to leave your house :)

THE RIGHT DEVICE

Choose the right device that works for you. Phones and Ipads give flexibility to move around. Laptops have more functions and are fun to use with the whiteboard/sharing features.



POSITIONING

Think about where you will be, the lighting, background, your privacy and a location with limited distractions .

BE PREPARED

Join Zoom, download the app or resiter on your desktop. You can use a free account. You can join at: www.zoom.us Test out your microphone and speakers. Your laptop/device speakers/microphone should be should be fine...but give them a try. You will receive a meeting invitation from us the day before your appointment. If you don't please contact our reception. Look through the Zoom privacy policy. Be ready about 10 minutes prior to your time.



PHONE A FRIEND

If you need help, our reception staff are available to help you, especially with your first appointment
You can also refer to our Mindware Tip Sheets for Zoom.

www.mindwarepsychology.com.au

