In an effort to minimize exposure during the state of emergency with COVID-19, Peninsula Regional Medical Center will be conducting appointments via telehealth utilizing real-time audio and video communication. You can now have a consultation with your care team from the comfort of your own home.

**Using WebEx is safe, secure, and protects your privacy.**

**What you will need**

1. A working laptop, tablet or smart phone- with a front camera.
2. A fully charged device, or access to power.
3. An internet connection (WI-FI or Cellular).
4. Your email address.
5. A well-lit space so your care team can see you.
6. A quiet space to reduce distractions.
7. Headphones if you have them available, so that you can connect to your device for clear audio and to protect your privacy.

**Getting Started**

1. **Get ready**- Prepare for your virtual consult with a quiet space, the right lighting, quality WIFI and video. You’ll receive an invitation from your healthcare provider, with instructions on how to join.
2. **Join your virtual appointment**- Click the Join link in the invitation for your Telehealth appointment, which can be found in your email inbox. Just like an in-person appointment, join 5 minutes early to prepare.
3. **Receive virtual care**- Video is critical for a personal interaction, so make sure the care team can see and hear you clearly.

---

**Cisco WebEx Support**