

## Healthcare from your home

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

<https://help.webex.com/en-us/ozygebb/Join-a-Cisco-Webex-Meeting#Join-a-Webex-Meeting-from-an-Email-Invitation>