



Here are some helpful tips to prepare for your telehealth session with a therapist or a doctor.

1. Make sure you are in a quiet space where you won't be disturbed or heard.
2. If you live with others, please ask them not to disturb you.
3. Make sure the device you are using has a working camera and microphone and it is fully charged.
4. Consider using headphones.
5. If you plan to use a device with video, please be dressed appropriately.
6. If the medication monitoring appointment is for your child, the child and the parent or guardian must be present. Medication cannot be prescribed or refilled without a parent/guardian present.
7. Treat your telehealth session as if you were meeting in person. Avoid engaging in tasks that you wouldn't do if you and your therapist were meeting in their office (i.e. driving, shopping, cooking)
8. The doctor or therapist will call the number or send email invites to the phone numbers and email addresses on file. Please contact our office if they need to be updated.
9. Please remember that we require 48 hours in order to send refills. Any refill requests received after 3pm on Fridays will not be processed until the following business day.

Please call our office at 856-299-3200 if you have any questions about your appointment.