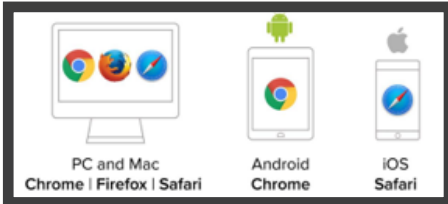
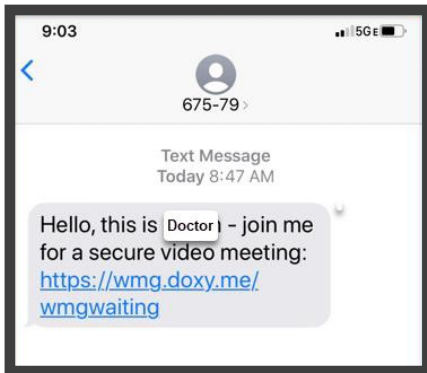


# How to Check in for Your Video Visit



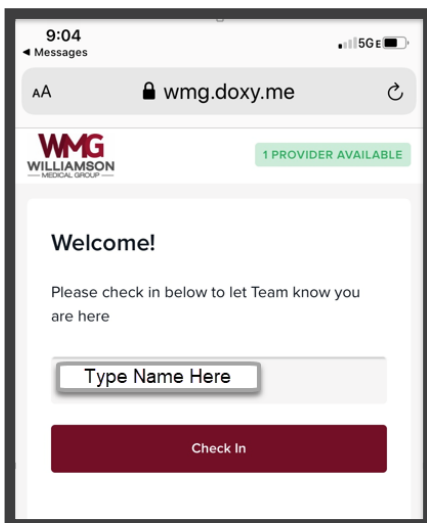
**STEP 1:**

Use a computer or device with a camera/microphone.



**STEP 2:**

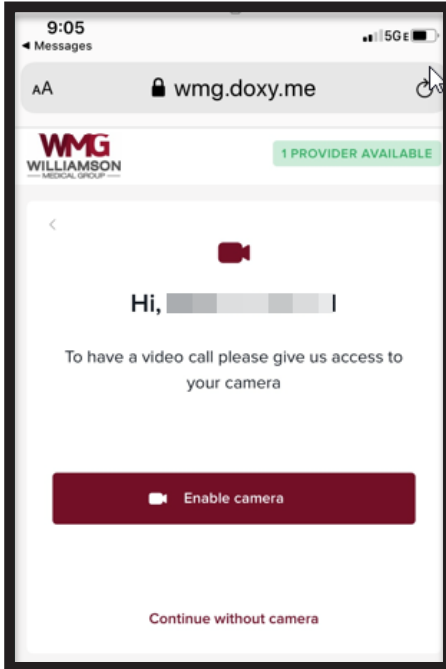
A link will be sent via text message or email from your provider at the time of your virtual visit.



**STEP 3:**

After clicking on the link, you will be directed to the Welcome page. Type your name as requested and click on "Check In".

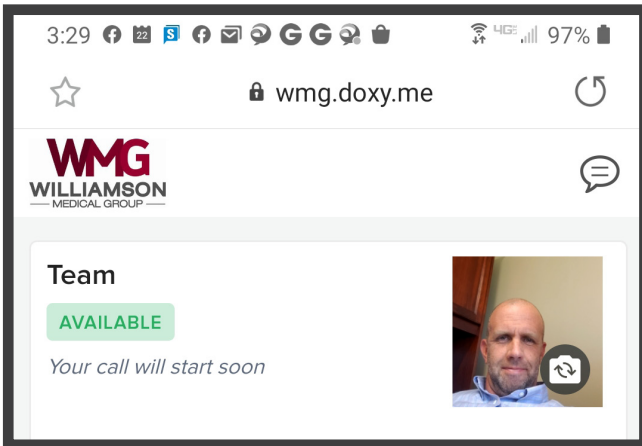
(Instructions continue on next page.)



**STEP 4:**

**At the time of “Check In” allow access to your device camera and microphone by clicking on “Enable Camera”.**

***Because of firewall restrictions, please make sure your WiFi is OFF and are using cellular data for your virtual visit (including public WiFi).***



**STEP 5:**

**You will be directed to our virtual waiting room where the provider will start the virtual visit once notification is received that you are connected and waiting.**