



Permission for Telehealth Visits

What is telehealth?

- Telehealth is a way to visit with healthcare providers, such as your doctor or psychotherapist.
- You can talk to your provider from any place, including your home. You don't go to a clinic or office.

How do I use telehealth?

- You talk to your provider by phone, computer, or tablet.
- Mostly, you use video so you and your provider can see each other.

How does telehealth help me?

- You don't have to go to a clinic or office to see your provider and it can be more convenient.
- You won't risk getting sick from other people.
- Research so far shows outcomes for psychotherapy are similar for telehealth and in-person visits. Telehealth can be just as effective, and for some people it's a better fit.

Can telehealth be bad for me?

- You and your provider won't be in the same room, so it may feel different than an office visit.
- Technical problems may interrupt or stop your visit before you are done.
- Some people really want the experience of being in-person.

Will my telehealth visit be private?

- We will not record visits with your provider.
- If people are close to you, they may hear something you did not want them to know. You should be in a private place, so other people cannot hear you. This is a must for protecting your confidentiality.
- Your provider will tell you if someone else from their office can hear or see you.
- We use telehealth technology that is designed to protect your privacy.
- If you use the Internet for telehealth, use a network that is private and secure. There is a very small chance that someone could use technology to hear or see your telehealth visit.

What if I want an office visit, not a telehealth visit?

- At this time, all visits with this provider are conducted via telehealth. This provider does not offer in-person visits. You should find a provider who offers in-person visits.

What if I try telehealth and don't like it?

- You can stop using telehealth any time, even during a telehealth visit.
- If you decide you do not want to use telehealth again:
 - Email info@staceyplate.com or call 360-402-7674 and say you want to stop. You will need to find a different provider. This provider only provides telehealth sessions at this time.

What if the technology isn't working properly during my visit?

- We will switch to an audio-only (telephone) session. By signing this consent you agree to be billed, or to have your insurance billed, for audio-only sessions.

How much does a telehealth visit cost?

- What you pay depends on your insurance.
- A telehealth visit will not cost any more than an office visit. The out-of-pocket cost for telehealth visits is \$140.

CONSENT TO USE THE TELEHEALTH BY DOXY.ME SERVICE

- Telehealth by Doxy.me is the technology service we will use to conduct telehealth videoconferencing appointments. It is simple to use and there are no passwords required to log in. By signing this document, I acknowledge:
 1. Telehealth by Doxy.me is NOT an Emergency Service and in the event of an emergency, I will use a phone to call 911.
 2. Though my provider and I may be in direct, virtual contact through the Telehealth Service, neither Doxy.me nor the Telehealth Service provides any medical or healthcare services or advice including, but not limited to, emergency or urgent medical services.
 3. The Telehealth by Doxy.me Service facilitates videoconferencing and is not responsible for the delivery of any healthcare, medical advice or care.
 4. I do not assume that my provider has access to any or all of the technical information in the Telehealth by Doxy.me Service – or that such information is current, accurate or up-to-date. I will not rely on my health care provider to have any of this information in the Telehealth by Doxy.me Service.
 5. To maintain confidentiality, I will not share my telehealth appointment link with anyone unauthorized to attend the appointment.

What does it mean if I sign this document?

- By signing this form, I certify:
 - That I have read or had this form read and/or had this form explained to me.
 - That I fully understand its contents including the risks and benefits of the procedure(s).
 - That I have been given ample opportunity to ask questions and that any questions have been answered to my satisfaction.
 - If the telehealth platform isn't working properly and we need to switch to an audio-only session you consent to be billed, or have your insurance billed, for audio-only sessions.

Your name (please print)

Date

Your signature

Date