

## How to Prepare for a Video Appointment with your Horizon Treatment Team

### Before the Day of your Appointment



#### Identify a private location for your appointment

This should be a place where you can be alone, uninterrupted, for the duration of your video session. Ideally, find a place with good lighting for the video and an appropriate background. This might be a room in your home or could be in your car. You can also use headphones if you are worried others may hear.



#### Check your technology

Consider what technology you will use. This might be your computer, an iPad, or your mobile phone. Ensure your preferred device has a working camera, speaker and microphone, ensure your camera and audio work, and check that the location for your video session has a strong internet connection.



#### Prepare your thoughts

Think about what you want to discuss. What would be most helpful for you right now? Make notes if that helps you.



#### Charge your devices

If you are using a phone or a laptop, the internet and video usage will require a charged battery.

### On the Day of Your Appointment

#### Get ready for your video session

On the morning of your appointment, your device should be fully charged or have the power cords. Depending on your preference, you will receive an email or text message at the time of your appointment with the link to enter your visit. About 15 minutes in advance, have your technology ready and make sure your space is quiet and without distractions.

#### Do not forget...

Make sure you have any notes about what you want to discuss. Have a pen and paper in case you need to take notes. Bring reading glasses if you need them. Have the phone number for the clinic in case you need technical support.



### Start Your Appointment



#### To get started

Once you've received the link, you will click on it to begin your session. Make sure the camera is at about eye level. Your treatment team member will join and usually start by asking your name (first time sessions), your current location, and other basic details. The video session should last the same amount of time as an office visit. Make sure you ask any questions you have before you sign off.

- [Patient View: Start to Finish \(Computer\)](#)
- [Patient View: Start to Finish \(iPhone\)](#)
- [Patient View: Start to Finish \(Android\)](#)



#### Your next session

You and your treatment team member will schedule your next session at the end of the visit. Please continue to tell them if there are issues or you are uncomfortable with this format.

For additional resources and "How-Tos," please visit our [website](#).

For assistance, contact your clinic today!