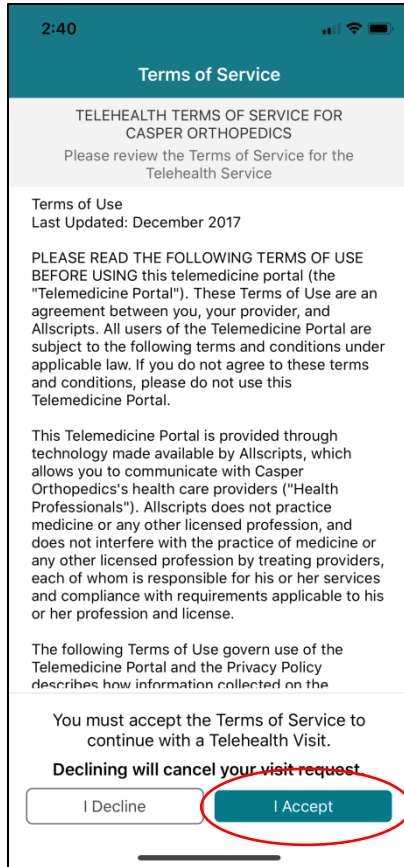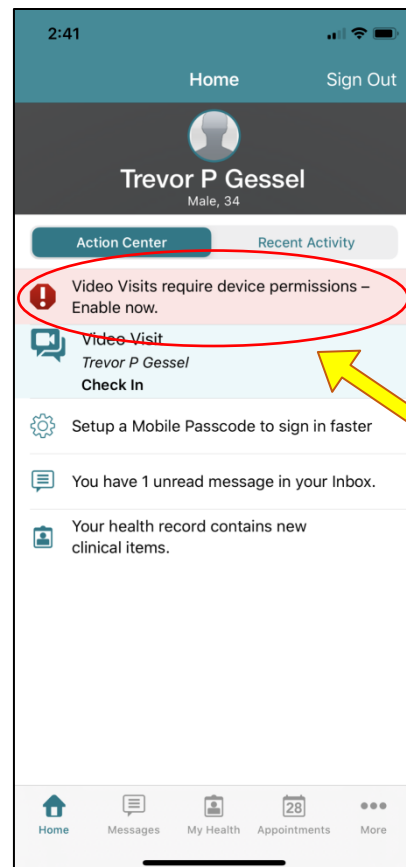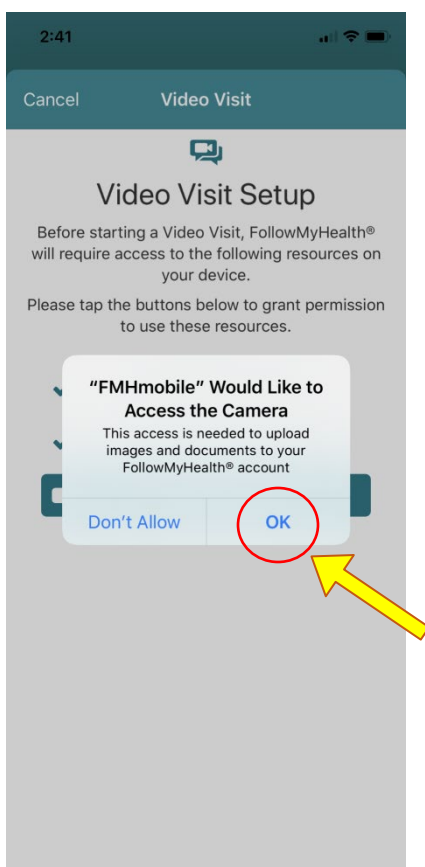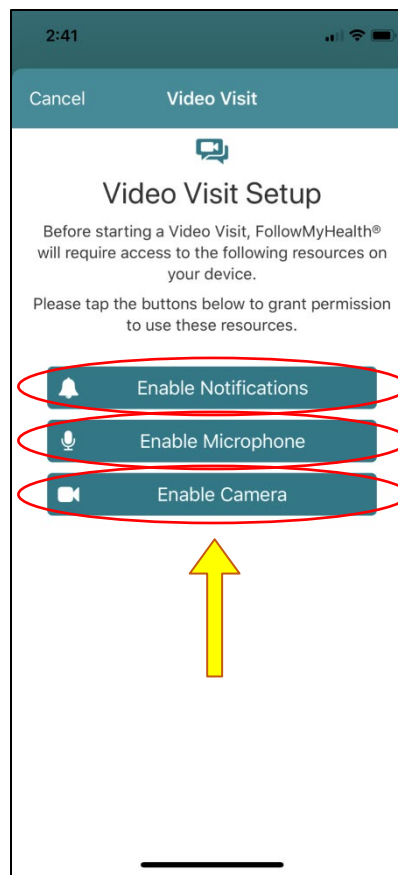## Step 2: Accessing your TeleHealth visit

1. Allow your phone to access your camera, microphone, and notifications

When you log back into your FollowMyHealth app you will see a screen to accept the terms of service for TeleHealth through Casper Orthopedics, please read this carefully and if you agree then click "I Accept" at the bottom of the window.

Now you must provide permission for FollowMyHealth to access your phone's camera, microphone and notifications. Click on the red box.
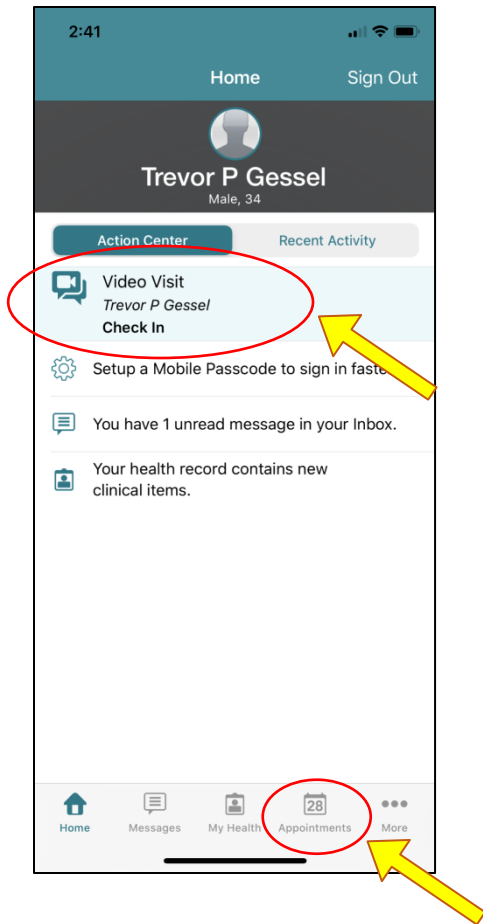
Click on each of these options to allow FollowMyHealth to access your notifications, microphone and camera accordingly.
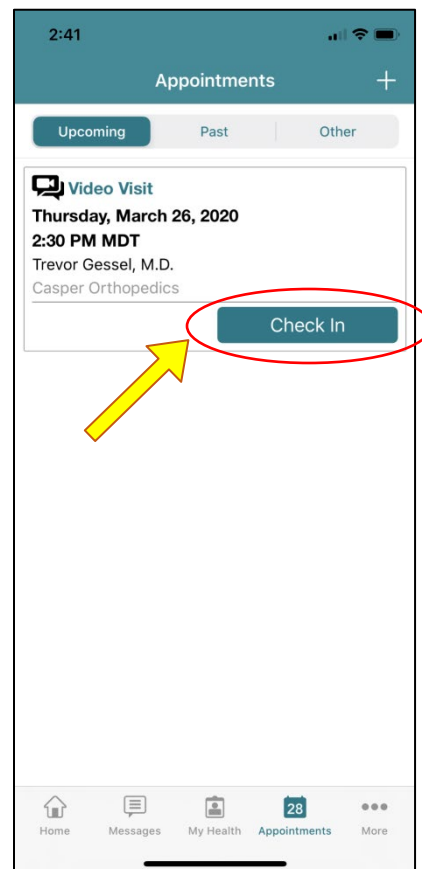

When you click on these you will see this screen for each one. Click "Ok" to allow access.
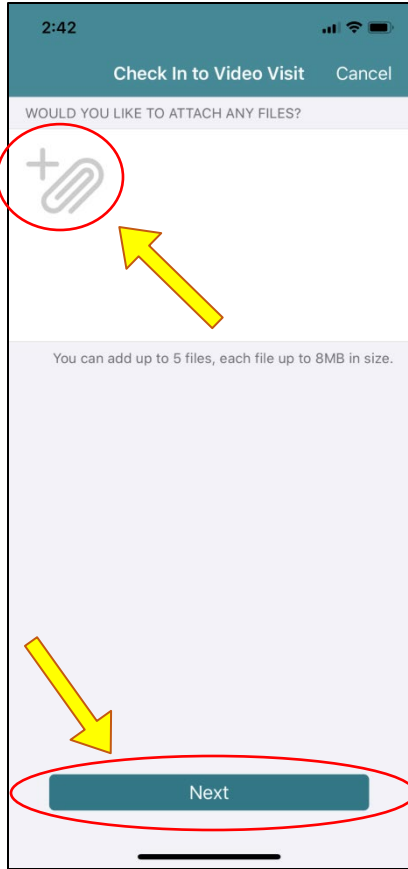
2. Check in for your visit

Now when you go back to your home screen you should see your appointment. You can open your appointment from the home screen by clicking on it, or you can go to the Appointments tab and find it there.

This is what the Appointments tab looks like and from this tab you can click on the "Check In" button.
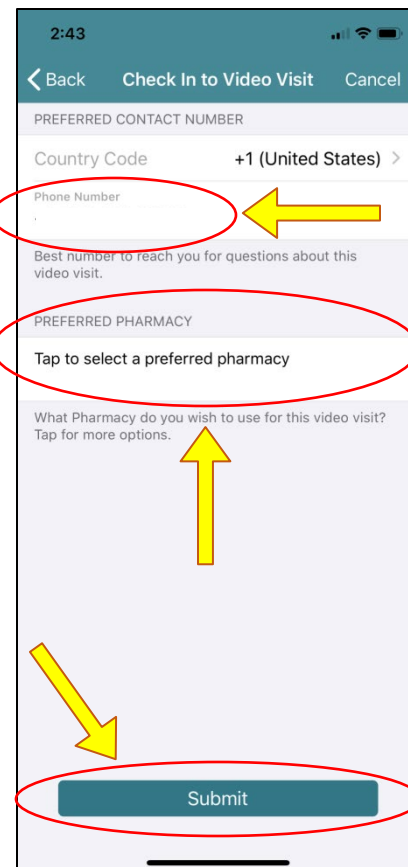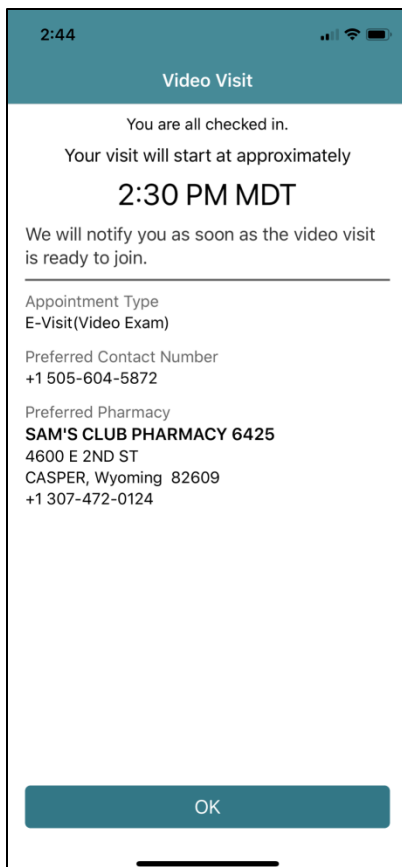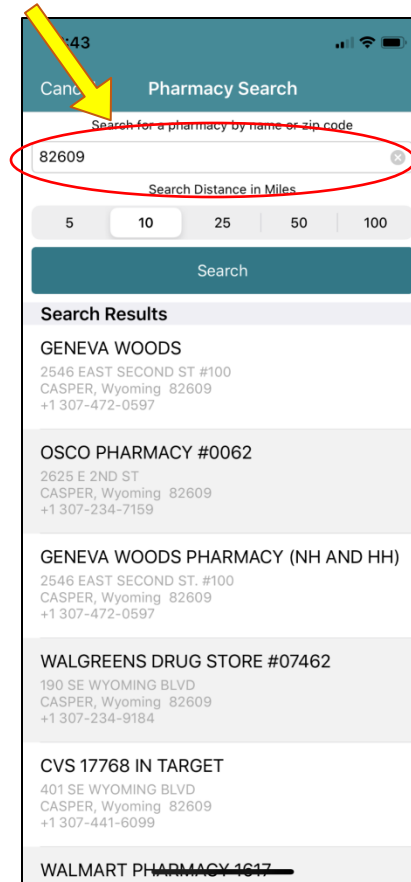
This is the next window you will see. From this window you can click on the plus sign or paperclip at the top left of the page to add a picture to the visit. If you have a surgical incision, rash or something else you may need to show the doctor, please take a picture and attach it here. When you are done, click "Next" at the bottom.
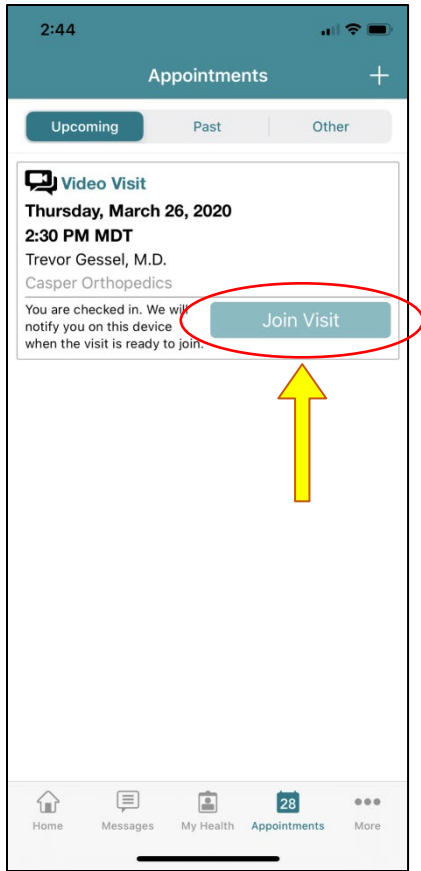
3. Choose your Preferred Pharmacy

First double check to make sure your correct phone number is pulled in from your account information. If it is not present, or not correct, than complete that now. Next, click on the Preferred Pharmacy window to chose which pharmacy to which you would like any medications sent, should they be ordered. If your pharmacy is already showing then you can choose submit.

Use the search bar at the top to search for your preferred pharmacy either by name or by zip code. Then on the menu below find your pharmacy and select it by touching it.

This is the next window that will come up. It indicates that you have completed the check in process. When the physician is ready to join the visit you will be taken to the video visit. You can either stay on this screen and wait, or click the "Ok" button at the bottom.
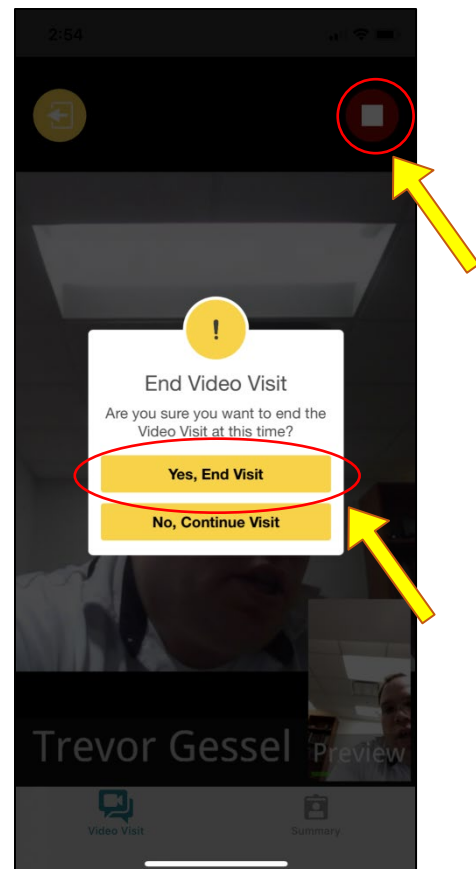
If you clicked "Ok" on the previous screen this is then what you would see on the Appointments tab. When the provider is ready to join the visit then you will be able to select the "Joint Visit" button. You video should start automatically.
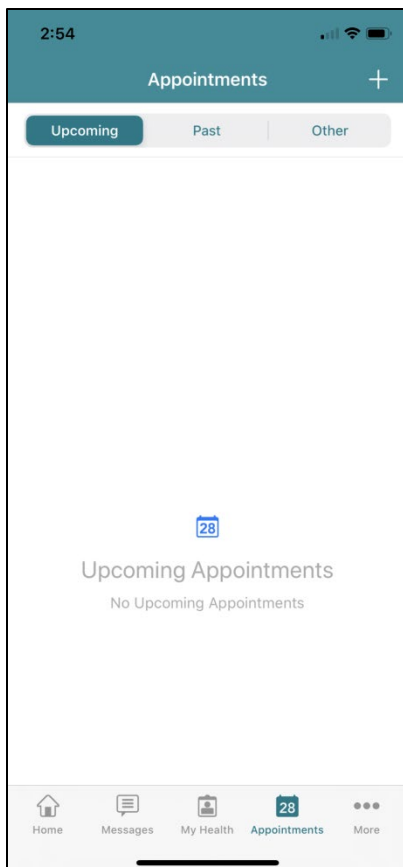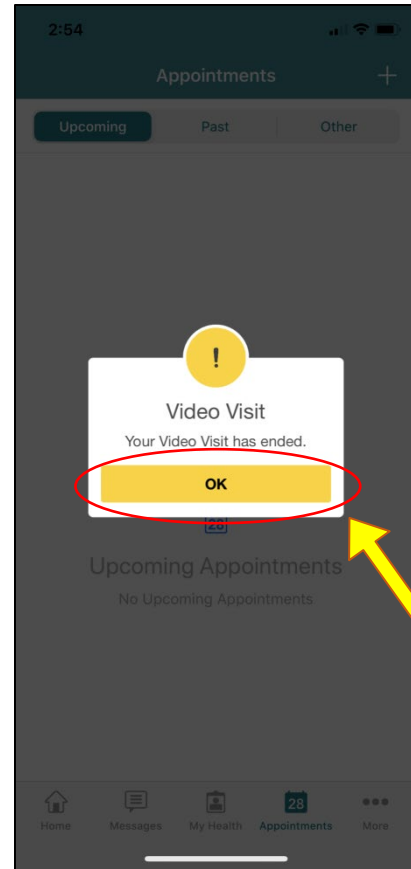
4. What to do to finish the visit

When you are done with the visit then you can click the red button on the top right. And then you will have to confirm the end of the visit by selecting "Yes, End Visit."

If you need to take a break during the visit, you can select the yellow door icon at the top left of the screen, this will take you to the previous screen where you can rejoin the visit when ready.

After you confirm to end the visit you will see this notice that the visit has ended, click "Ok."

Then you will be taken back to the Appointments tab. Congratulations, you have completed your TeleHealth video visit.