



Sheltering Arms Institute

A collaboration with **VCU**Health

Helpful Tips to Prepare for Your Telehealth Appointment with Physical, Occupational & Speech Therapy

1. [Download Microsoft teams](#). Access by clicking the link on the Sheltering Arms Telehealth webpage.
2. You will need a smartphone, tablet, laptop or desktop computer with consistent cellular service or internet connection.
3. Make sure to check your audio and video connections are working prior to your session.
4. When the therapy invite is sent, please make sure to accept the invitation to improve ability to join the session.
5. You can join the session through the link in the email invite or through your calendar.
6. Be at your computer or with your phone 5-10 minutes prior to your session start time.
7. You may join the appointment prior to the session start and your therapist will then admit you to the session at the start time.
8. Have any necessary paperwork, such as your home exercise program, Theraband or other items used for exercise with you.
9. You may also want to have a sturdy support nearby to help with exercise.
10. Your therapist will let you know if there is anything specific you may also need at the start of your session.
11. You do not need to be in your home for the session, but you want to make sure you have a relatively quiet place to participate with minimal distractions.
12. Remember – you will get out what you put in! Telehealth can be an effective and useful way to receive your therapy – you just need to approach it with an open mind!

If you have any questions or difficulties, please feel free to contact Cristin Beazley, PT, DPT, CBIS, manager of clinical sciences, at cbeazley@shelteringarms.com for help.