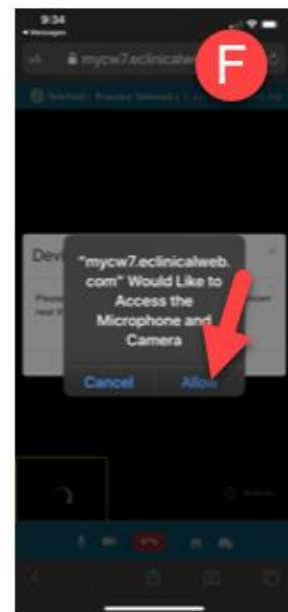
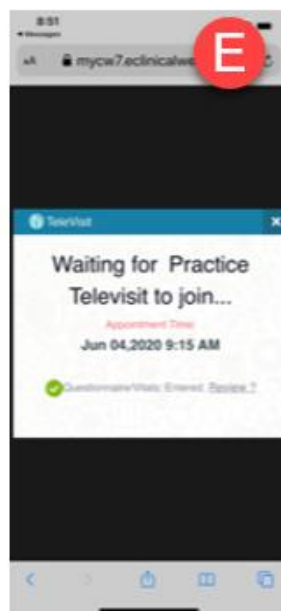
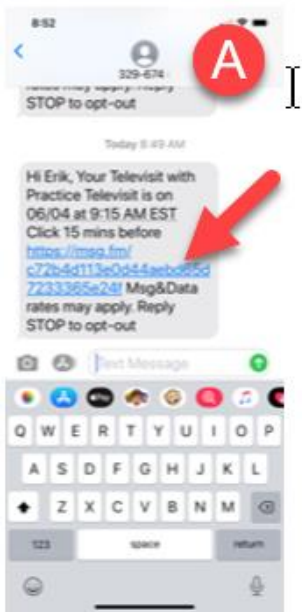




Joining Your TeleVisit Through the Text Message

You will receive a text message 30 minutes prior to your appointment if your cell phone number is listed in your InterMed account. If your cell phone has camera and microphone capabilities, you may use this to join your TeleVisit.

You will see the following screens with some variation depending on the type of cell phone (see page 2 for instructions):



- A. Click on the text link 10 minutes prior to the start of your visit. Please note the provider may be running behind.
- B. Complete the questionnaire then click Submit Questionnaire.
- C. If you have a blood pressure cuff, thermometer, or scale you may enter your vital signs and click Next. If you have no vitals to enter, it is ok to leave the fields blank and click Next.
- D. Click the orange Start Televisit button. If you need to review your questionnaire or vitals before joining the visit, you may click the button at the bottom of the screen.
- E. You are now waiting in the virtual waiting room when you see “Waiting for Your Doctor to join”. If your phone times out or the screensaver comes on, you are likely disconnected. Be sure to periodically touch your screen until the provider joins the TeleVisit.
- F. When the provider joins, it may take a few seconds for their picture to present. You may receive a pop-up asking to Allow Camera and Microphone access – Say Yes! You will see the provider in the large portion of the screen. Your picture will be in the bottom corner. Be sure the provider can see you clearly. There are 4 icons at the bottom of the video screen:
 - a. The video camera icon allows you to pause the video so the provider will not see you.
 - b. The red phone icon allows you to disconnect from the visit.
 - c. The microphone icon allows you to mute yourself so the provider can’t hear you.
 - d. The cell phone icon allows you to reverse your camera.