

# HOW TO PREPARE FOR YOUR TELEHEALTH SESSION

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Organize Billing  
Details

Prepare your thoughts. Think about what you want to discuss. Have a pen and paper in case you need to take notes.

Check your internet connection, create a smooth start.

Choose a quiet and safe place to have your session.

Check your technology. Be sure to check audio and camera settings on your device

Bring a glass of your water or favorite beverage

Sign in and get started about 3 minutes before your appointment.

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