

Thank you for your interest in telehealth sessions. In the weeks ahead, please regularly check your phone and/or email for scheduling updates or changes, and if needed please respond in a timely manner. I will do my best to do the same! Also, please be sure that your voicemail is not full. Telehealth sessions require a camera/webcam, working microphone, and your ability to achieve privacy in your environment.

**Insurance and Billing:**

Please contact your insurance company about your specific plan benefits. It is important to verify that they will cover telehealth sessions. Most insurance companies appear to be making the necessary changes and waivers to make this happen. Be sure to specify "behavioral health" and if they request a CPT code, please provide the number 90791 and 90837. At the end of session, please prepare your payment which can be done by sending a personal check or sending a check directly from your bank.

**Consent:**

A new consent must be completed for telehealth sessions. ***Please do this before our first session.*** I request that if you have access to a printer, please print the attached consent, review, ***initial/complete all blanks, and sign.*** Please email me a picture of your signed consent. After our session, please mail or fax (260.459.0282) me this form. My address and fax number are listed underneath my email signature below.

***If you do not have access to a printer,*** I will need you to send me an email stating the following:

- you have reviewed the consent
- list the appropriate number for emergencies and appropriate number to call for technology failure (could be the same number)
- you consent and agree to all terms
- type your full name and the date you reviewed the consent

\*\*\*I encourage the use of computers or tablets for the telehealth sessions; therefore we may communicate via phone if something goes wrong.

**Telehealth Sessions:**

Here is the link to use for sessions: **will be given at confirmation of appt via email.**

Click this link a couple minutes before our session begins and "check in" to my waiting room. Then please wait for my video call.

Thank you for allowing me to part of this journey we are on.