OFFER THERAPY ONLINE

Getting Started with Telehealth

Telehealth offers more flexibility for both therapists and their clients. With this option, your clients can join sessions from the comfort of their home. This step by step guide can help you get started with offering Telehealth services to your clients.

Step 1 - Choose a trusted service

SimplePractice ⭐ *highly recommended by therapists*

SimplePractice is the industry-leading practice management software for health & wellness professionals to manage their businesses, with features like AutoPay, online booking, Telehealth, and customizable documentation and notes. Save time with SimplePractice so that you can spend time on the things that matter.

GET A 30 DAY FREE TRIAL

Click this link if button does not work - https://ter.li/apds

Doxy.me

Doxy.me is a cloud-based electronic medical records (EMR) and telemedicine solution designed for practices of all sizes. The solution is HIPAA-compliant, and Android and iOS apps are available for mobile devices.

https://doxy.me/

VSee

VSee is a proprietary low-bandwidth, group video chat and screen-sharing software tool. It came out of a Stanford University PhD project addressing the problem of making virtual teamwork easy and conveying trust over video.

https://vsee.com/

Theralink

HIPAA-compliant online platform for mental health providers to connect with clients. Scheduling, payment, secure messaging and more!

https://www.thera-link.com/

Clocktree

Telehealth appointments in a secure, HIPAA-compliant platform. Clocktree is easy and your clients will love the convenience.

https://www.clocktree.com/

Step 2 - Set up your office for Telehealth

You can connect on most platforms using your phone, tablet, or webcam enabled computer.

Check your internet connection

To ensure your Telehealth session runs smoothly, you'll need to verify that you have a strong internet connection. Use Google's free speed test to test the quality of your internet. If either your download or upload speed is below 3Mbps, you should consider upgrading your internet connection.

Get your equipment ready

It is recommended that you use an external microphone or headphones with microphone in them to improve audio quality (it makes a huge difference). You'll also need a webcam. If your computer does not have one, you can purchase an external webcam to use.

Recommended USB Microphone: Yeti Microphone
Recommended Webcam: Logitech C920 Pro HD

Make sure lighting looks good

- Make sure there is no light source directly behind you.
- If your office has low natural light, you can use a ring light.
- If you have a window, cover it, or sit facing towards it so the light is facing you.

Be mindful of possible distractions

Conduct your Telehealth sessions with the same level of professionalism as you would an in-person session. Before your session, ensure that there is no noise in the background (i.e. TV, barking dogs, chatter, etc). You'll also want to be mindful of visual distractions such as picture frames, paintings, etc. We recommend a clutter free background with neutral colored walls.

Step 3 - Administrative Checklist

Consent documents: Whether you need to provide your clients with consent documentation or not depends on your state regulations. Be sure to verify your state requirements via **CCHPCA** here.

Simply click on your state and scroll down to *Consent*.

Telehealth billing: Make sure you are up to date on the latest state regulations via CCHPCA. If you take insurance, call the insurance companies your clients use to find out if they have approved Telehealth, and if so, which Telehealth software they accept.

Inform your clients: Make sure your clients know about your new option and let them know what to expect. You can frame it as a benefit for them: convenience, easy to access, etc. Change can be difficult, so make sure your clients know you're there for them every step of the way!

Need more resources?

Join Therapist Toolbox to get instant access to support and resources to help you thrive and do great work with your clients!

Membership includes:

- Access to our online resource library with more content like this, including worksheets, documents and resources.

- Access to our online therapist community, where you can connect with experienced therapist mentors and peers and get support in all aspects of life.

👉   **Want a discount?** Use code **FRIEND** to get 50% off when signing up!

JOIN NOW

https://start.joinmentallyfit.com/p/therapist-toolbox