



embracing
ADHD
'Procrastinate Later'

YOUR TELEHEALTH APPOINTMENT

We have agreed to carry out your appointment using **Telehealth**. It is your responsibility to make sure you know how to use the technology. We will inform you of which platform we intend to use. They include **FaceTime, Meet, or TeleConsult**.

FaceTime

If you have Apple products (iPhone, iPad etc) you automatically have Facetime. You may need to activate it with an Apple ID. Our Facetime ID is drtonymander@protonmail.com. Add our ID to your contact list.

Meet

This is the Google equivalent of Facetime. If you have a Gmail account, Chrome Browser, or other Google product you may already have it. You may need to activate it. During set up answer yes to including your phone number. You will need a Google account. **DO NOT** say yes to reducing data usage as that will markedly affect the quality of the connection. Occasionally you may need to uninstall the version that came with your phone and download a new version from the Play Store. Our Meet ID is 62hwoodmed@gmail.com. Add this to your contact list and note we preferentially use your phone number rather than email address if it is available.

TeleConsult

This is embedded within our practice software. You do not need any software yourself. We will SMS or email the link just prior to your appointment and you follow the instructions. It works with all modern mainstream browsers such as Chrome, Firefox etc.