

## **Scheduling a telehealth appointment**

Not able to make it to your follow up appointment in the clinic, but still would like to have some physical therapy care from our trusted and knowledgeable providers? Schedule a telehealth appointment with one of our therapists to continue your care, for Dynamic to help keep you moving!

### ***How to schedule a telehealth appointment:***

- [Sign in](#) to your PT Everywhere account on your phone or tablet
- Click Schedule
- Choose the date that works best for you if you have a specific date
- Click Schedule an Appointment in blue
- Choose Telehealth Follow Up Appointment
  - Please note these are 30-minute appointments
- Choose the therapist, date and time that is best for you
- On the left-hand side of the screen, click → Book (blue button)
- You are now scheduled!
  - To confirm that it did schedule, click the green schedule button on the bottom and it will list out your upcoming appointments

### ***At the time of your appointment:***

- [Sign in](#) to your PT Everywhere account on your phone or tablet
- A provider will call you at the time of your appointment (we ask for a 5-minute grace period to call you, as we may just be finishing up with a previous patient but will do our best to call you at your exact scheduled time)
- On your screen, accept the call and allow PTE access to your camera and microphone
- You can expand the therapist by clicking on the 4 arrows button or just tap the picture itself
- Please call from a space where you can prop your camera so that the therapist can see you complete any self-check movements or corrective exercises

### ***Tips for your telehealth appointment:***

- If you are utilizing an app on a tablet or phone, please make sure you have the most up to date version of PTEverywhere prior to your appointment
  - If you are unsure, it is best to delete the app and redownload the day of your appointment to ensure you do
- If you are utilizing an app on a tablet or phone, please make sure your Settings for Display for auto lock are set to “Never” prior to your appointment
  - How to check on your [iphone](#) or [android device](#)
- Make sure the device you are utilizing has a camera and microphone available to access
- You must be logged into the PT Everywhere app or website on your computer at the time of the appointment and be on that screen to receive the call from your provider
- A box may pop up asking for PT Everywhere to access your microphone and camera. You must Allow in order for both to be used for your appointment

***What can I expect from my telehealth appointment from my trusted Dynamic Performance and Therapy provider?***

- Current symptoms: The therapist will ask you how you are doing in comparison to the last time you were seen with them and what you are currently experiencing
- Self-checks: Depending on what you describe to them, they will walk you through appropriate self-checks that will assist them in the next step of self-treatment
- Self-treatment: They will walk you through several self-treatment options to give you pain relief or get you moving and feeling better!
- Depending on what you and your provider talk about and how your current Home Exercise Program looks like, they can help you progress your home program
- At the end of your appointment, you and your therapist will make a plan of care that will continue to serve you in the best way possible!

***How can I pay for the Telehealth appointments?***

- At this time our Telehealth appointments are only covered under our self-pay rates. These appointments range from 15-30 minutes with a self-pay fee of \$25-\$50 depending on the length of the appointment.