

Using Telehealth through the DOXY.ME Platform

- Schedule an appointment with your therapist by email or text message.
- Once your appointment is confirmed with your therapist, you will automatically receive an email and/or text reminder for Telehealth appointments 30 minutes prior to the scheduled appointment time.
- The reminder email will include a link that will take you directly to a private “**waiting room**” for your therapist (**Vicki J. Cathcart**). You will simply click on the link and wait for your therapist to click you in.
- The platform can be used for audio or video conferencing.
- Verify HIPPA privacy rules before beginning the session. Your therapist will let you know how this is done.