



### Telehealth Visit Permission to Treat

I, \_\_\_\_\_(Print Name), consent to participating in a telehealth visit with a Physical Therapist, who is an employee of North Santa Rosa Physical Therapy. I understand that the evaluation and treatment of current medical condition(s) using a synchronous video and/or audio call is under the Physical Therapy scope of practice similar to a clinic visit and will be carried out by a licensed practitioner.

I understand that the telehealth session will use Doxy.me, a computer application that allows for encrypted video meetings. Encrypted meetings are private meetings between the Physical Therapist and the patient that keeps health information on a secure line, prevents hacking, and reduces invasion of privacy. Doxy.me follows HIPAA guidelines to ensure private health information is kept secure throughout the session. This private health information is not stored after completion. No recording of the session will be done unless verbal consent is given.

I understand the Physical Therapist will conduct the session in a space that is conducive for keeping health information private and maintain professional guidelines. I understand that no physical exam or manual therapy will be given during a telehealth visit and I agree to the Therapist's plan of care that may be modified for telehealth.

I have also signed the general consent form for treatment from the clinic, North Santa Rosa Physical Therapy. The current clinic policies apply to telehealth visits as well.

In light of the Covid-19 public health crisis, the state of California has mandated private insurers to cover Telehealth therapy however this continues to be a work in progress. I understand that North Santa Rosa Physical Therapy will make every attempt to confirm coverage and I may receive a bill for my share of costs, such as co-pays or deductibles.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



## How to have a good Telehealth Visit

1. Using your laptop or a cell phone is preferred over a desktop computer as your therapist may need you to move the device to see the full body.
2. Ask other members of your house to avoid downloading or streaming to other digital devices so that your connection may not be slowed down.
3. Dress in comfortable clothing so that you can move easily.
4. Have all pets in another room so that they don't distract you.
5. Find a space that has a clearance of about 3 feet around you with no furniture or other obstacles obstructing the view of you.
6. Have good lighting either with a floor lamp next to you, be near a window during the day or good overhead lighting. If near a window try to position yourself so that the window is at your side and not behind you or behind your laptop/phone device.
7. If possible, ask someone in the home to help hold the camera if directed by your therapist.
8. For any activities that may require balance you may want to have a counter, couch, or other heavy furniture for support. You may also want to have another member of your house available for spotting or safety.
9. Find a space that is quiet.
10. When entering the therapist waiting room click on "Pre-call Test" to check your sound and video quality.

*Take a deep breath and know that you're getting good care right in the comfort of your own home!*