

Getting Ready for your TeleMedicine visit with SBCHC



Sign into your MyChart Account

Click on your Appointments tab to make sure your virtual visit has been scheduled. Click on the 'Start Visit' button to make sure the meeting starts.



Adjust your lighting.

Close blinds and limit natural light.



Find a quiet space.

The area should be private and free from distractions.



Be on time!

Log in early for your virtual visit.



Set up your camera.

Place your camera at eye level for a full view of your face.



Communicate clearly.

Speak slowly and clearly into the microphone.