## **TELEMEDICINE VISIT using DOXY.ME**

Instructions for Patients

## Prepare for the visit before the Appointment

• Make sure you have access to a computer (with built in camera) or smart phone

## Morning of your Visit

- Have your insurance card
- Be ready to tell us your current medications and any important information (your child's symptoms, weight and temperature)
- If you are sick, it would be helpful (but not required) to have a thermometer and/or blood pressure monitor so you can give us a current reading

We will contact you the morning of your visit to verify your insurance and update your medical profile. If you haven't received a call, please call our office at 301-560-4747, ext 107 (Angela).

## It's time for my appointment and I'm ready to check-in. Now what?

Go to your browser and enter the doxy.me televisit link that Dr. Pabla will send you via email or text. Type in your name and click the Check in button. The doctor will start your visit in 10-15 minutes.

