



Welcome to telehealth services at LifeWorks NW

We offer telehealth appointments through Zoom for many of our services and programs. If you are new to telehealth with us, this guide will help you join your visit.

Before your appointment, you may get a text message or email reminder (see examples below). This reminder will include:

- A link to join your video appointment
- A phone number and meeting ID if you want to join by phone

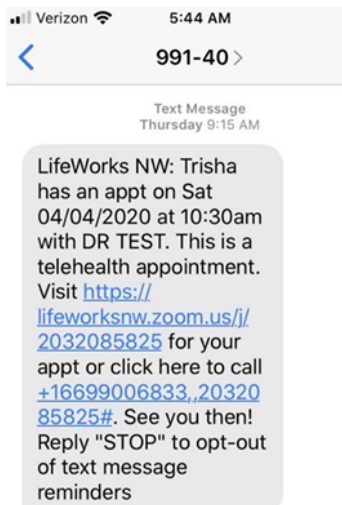
To get reminders by text or email, contact any LifeWorks NW location to update your contact information.

You do not need to download the Zoom app. Use the link or call the number in your reminder to join your appointment.

Good to know

- You will need a phone, tablet, or computer. A camera is recommended for video visits. **Some first visits require video** so you and your provider can see each other.
- Using Wi-Fi can help you use less data.
- Do not join your appointment while driving or in a moving car.
- Choose a private place to protect your personal information.
- Headphones can help keep your conversation private.

Example text reminder



Example email reminder

