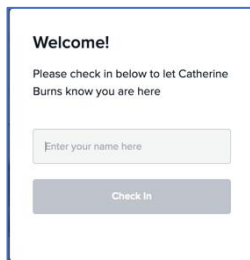


# Preparing for Your Telemedicine Appointment

## Step 1

Enter Cara's virtual waiting room by visiting [www.doxy.me/caracorneau](http://www.doxy.me/caracorneau) on a Google Chrome or Microsoft Firefox web browser. For your first visit, make sure to sign on at least 10-15 minutes early to allow sufficient time to troubleshoot any technical problems.



**Welcome!**

Please check in below to let Catherine Burns know you are here

Enter your name here

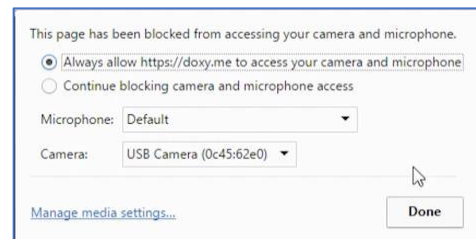
Check In

## Step 2

Type in your name and click "check in" when prompted.

## Step 3

Give your browser permission to access your camera and microphone. Ensure you have a strong internet connection and that you are in a comfortable, private, location for your call. If you run into issues connecting, try restarting your computer or check out [www.help.doxy.me.com](http://www.help.doxy.me.com). You can also select "pre-call test" in the bottom left corner to ensure you have a good connection.



## Step 4

Cara will be alerted that you are waiting and will sign on at your appointment time. She will ask you for identification and for a number to call in case you are disconnected.

To reach Cara directly you can leave a confidential voicemail at 802-777-8583 or email at [cara.corneau@therapysecure.com](mailto:cara.corneau@therapysecure.com).