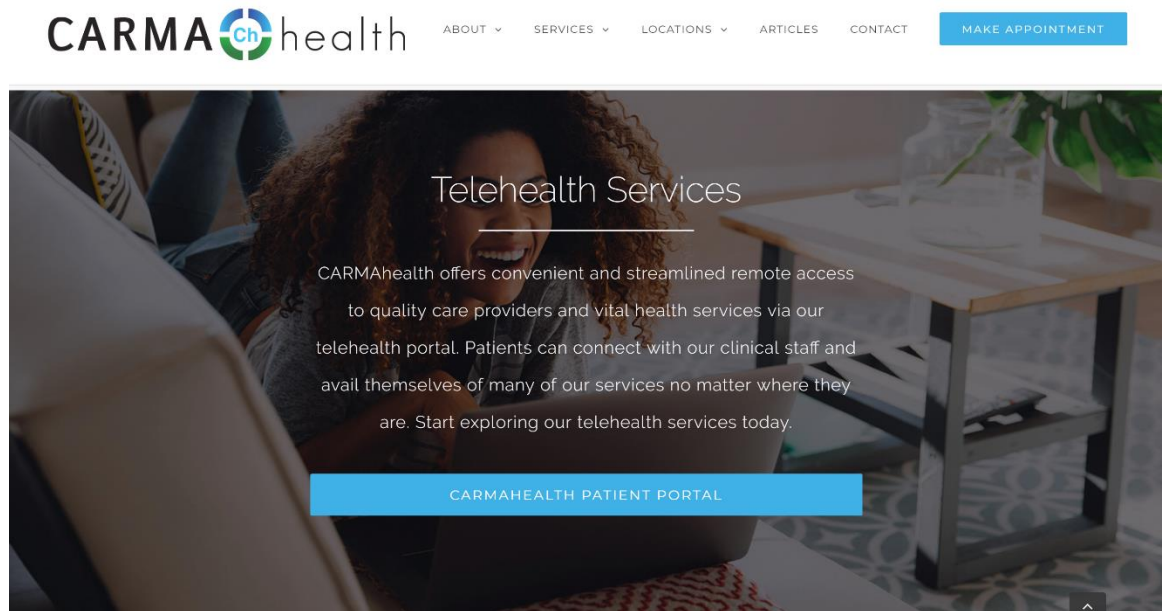


Use your computer for a Televisit

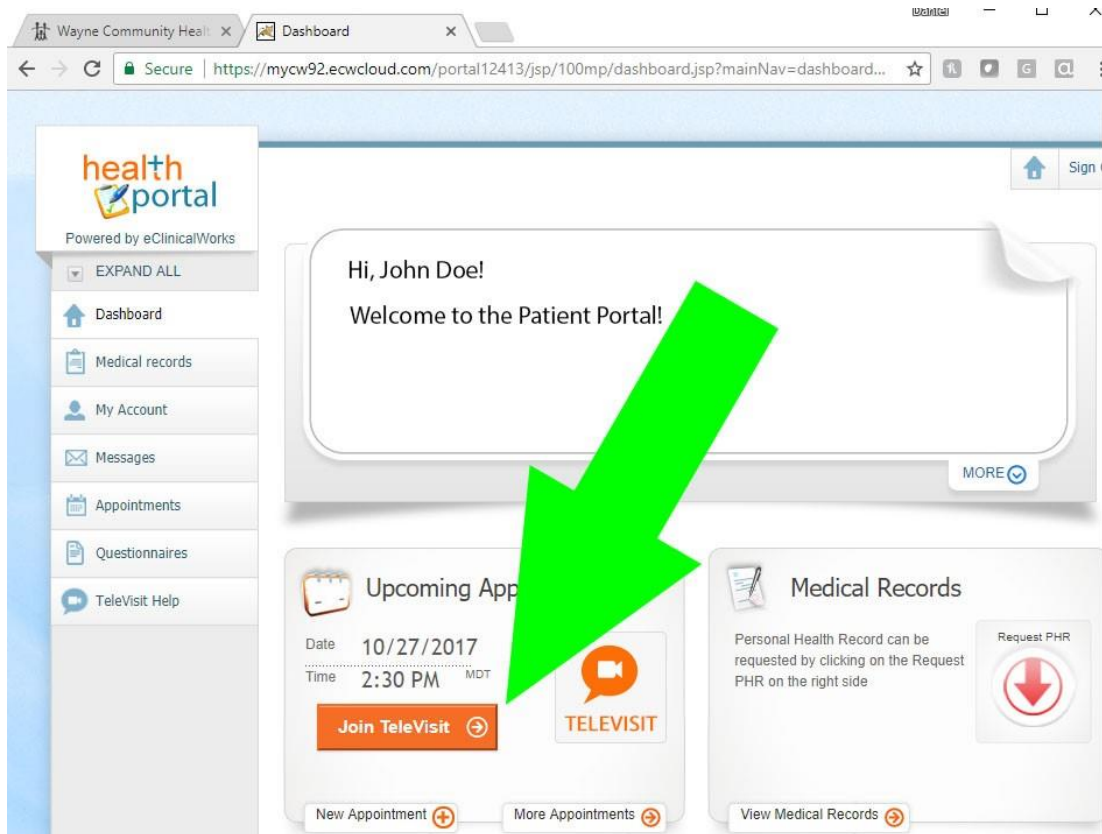
Your computer must have a built in camera with microphone. Before starting your Televisit ensure that you are in a private and quiet area with good internet connection.

1. 15 minutes prior to your appointment go to <http://www.carmahealth.com> and **click on “CARMAhealth Patient Portal.”**



2. Login to your Patient Portal

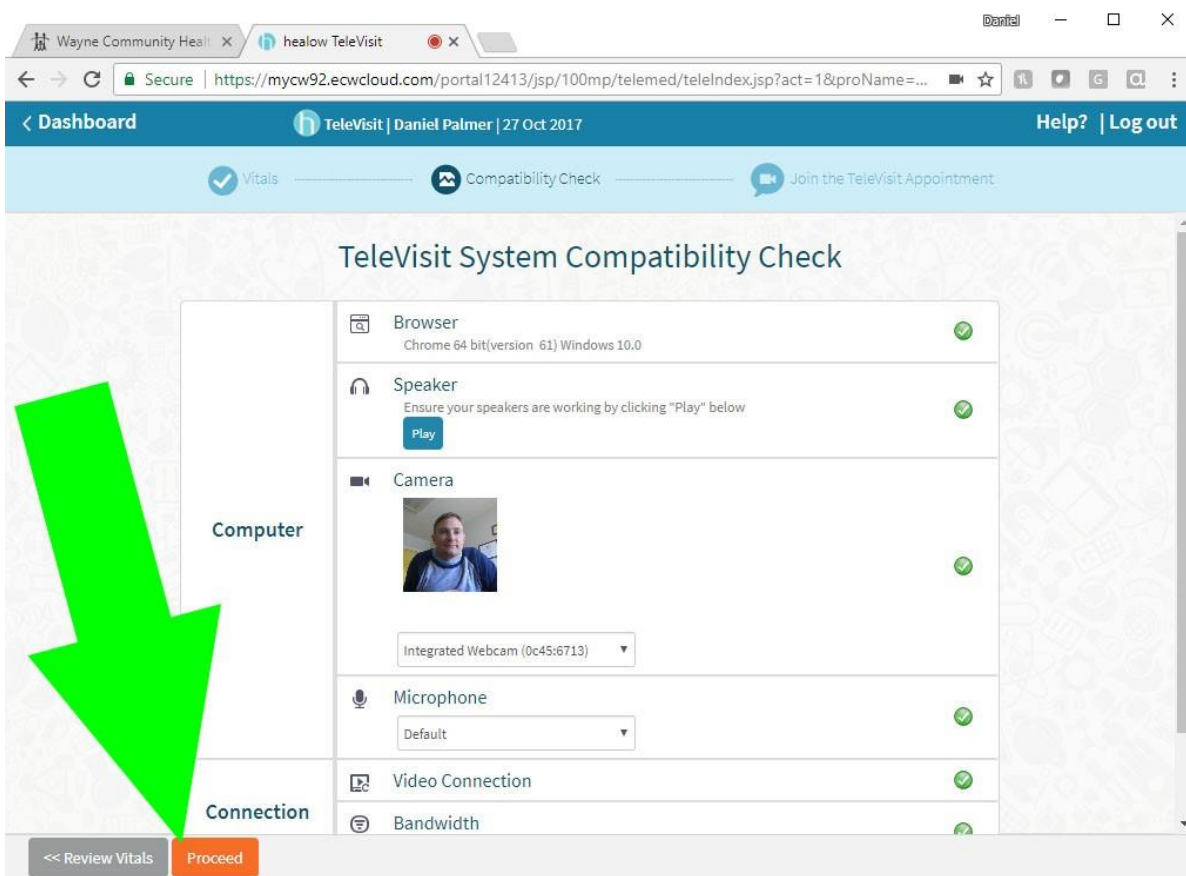
3. Click on the orange “Join Televisit” button toward the bottom of the screen.



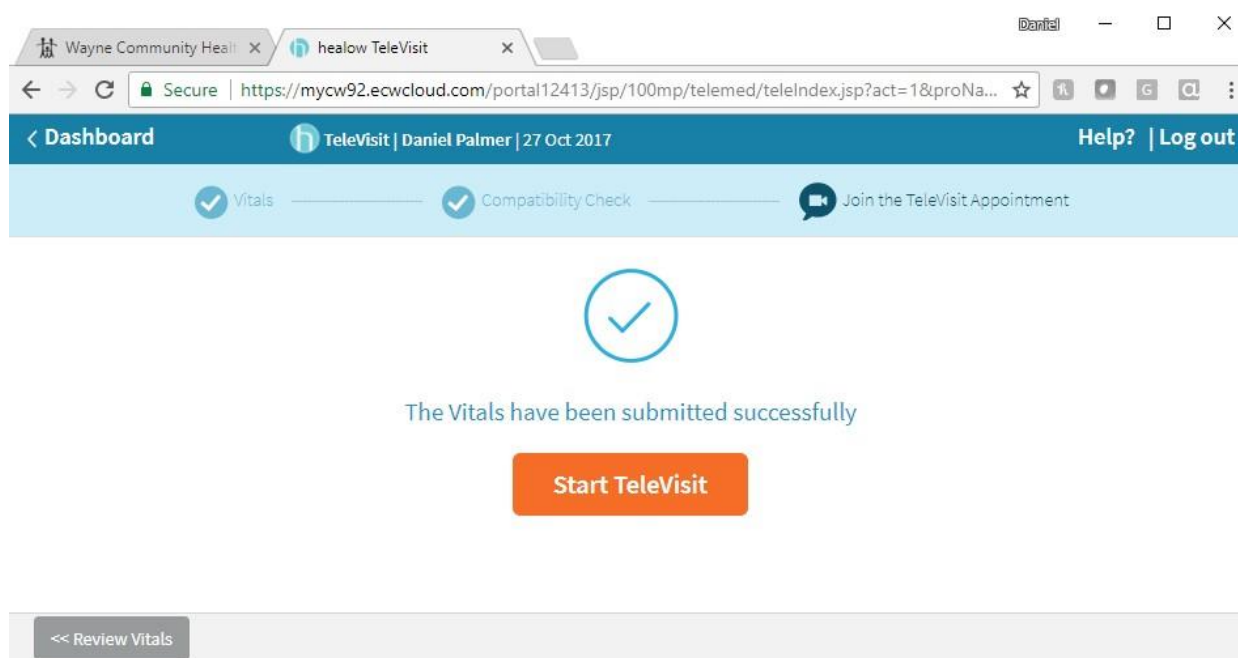
4. Please fill in your vital signs as thoroughly and accurate as possible. Each field does **NOT** need to be populated in order for you to continue. After your vital signs are filled in and submitted you are **“checked in.”**

The screenshot shows the 'Vitals' form in the Patient Portal. The form contains input fields for Height (6 ft 2 inches), Weight (220 pounds), Blood Pressure (145/85), Temperature (98.6 F), Respiratory Rate (20), and Pulse Rate (72). A 'Submit Vitals' button is at the bottom. A large green arrow points from the 'Submit Vitals' button towards the 'Request PHR' button in the previous screenshot.

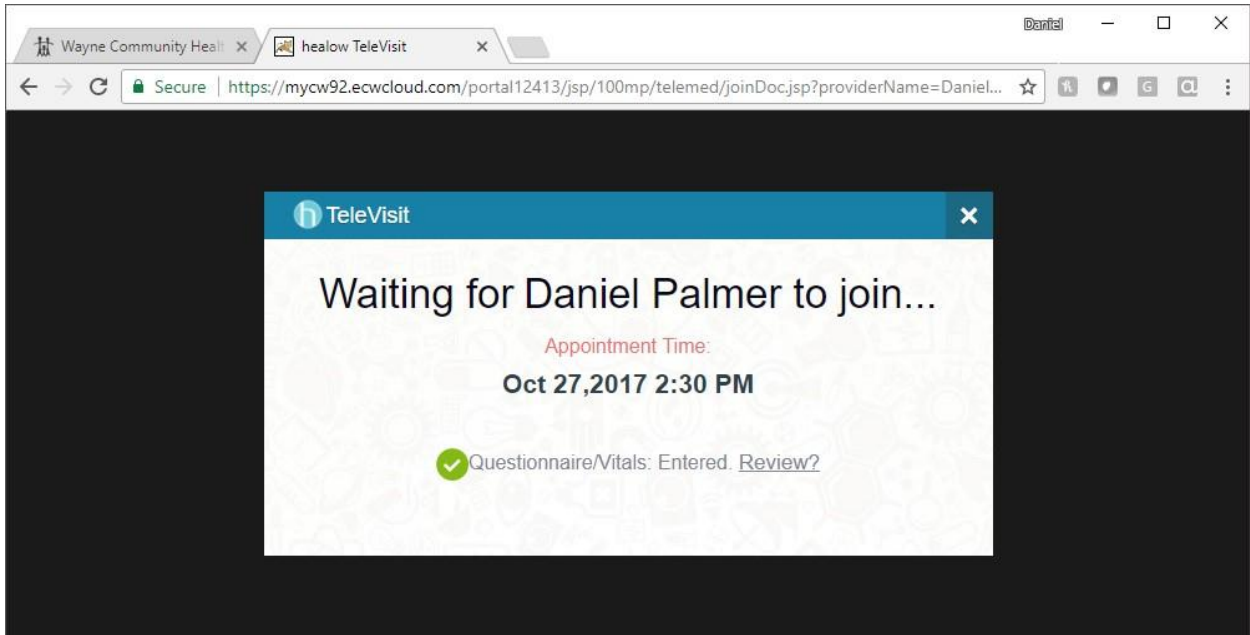
5. Your computer will automatically run a system compatibility check. Wait for your computer to complete this process. Once it finishes you will be able to click **“Proceed”** on the bottom left of the screen.



6. When you are ready to start your visit click “Start Televisit.”



7. At this screen you will wait for your provider to connect. This may take a few minutes.



8. Once your provider joins your visit will begin. When the visit is complete click the red phone icon at the bottom of the screen.

