

Arbor Place, Inc.

How to check in for telehealth virtual counseling appointments

Using [Zoom](#). Accessible from everywhere using
Your desktop, smart phone, tablet

Using [Zoom](#) with your smart phone or tablet

1. Download the FREE [Zoom Cloud Meetings App](#) from your app store.
2. Counselor will send an email with a link for the Zoom meeting.
3. Click [Join Zoom Meeting] link at scheduled time and follow the prompts.



Using [Zoom](#) with your desktop

1. Download the FREE [Zoom](#) to your PC from <https://zoom.us/download>.
2. Counselor will send an email with a link for the Zoom meeting.
3. Click [Join Zoom Meeting] link at scheduled time and follow the prompts.

How to check in for telehealth appointments with Cara Helmer, APNP

Using [doxy.me](#). Accessible from everywhere using
Your desktop, smart phone, tablet

Using [doxy.me](#) with your desktop, smart phone, tablet

1. Use a computer or device with camera/microphone
2. Enter your Cara's doxy.me web address [[doxy.me/carahelmer](#)] into the browser or click <https://doxy.me/carahelmer>
 - Use either Firefox  or Chrome  as the browser
3. Type in your name and click [Check In]
4. Allow your browser to use your webcam and microphone
5. Your provider will start your appointment