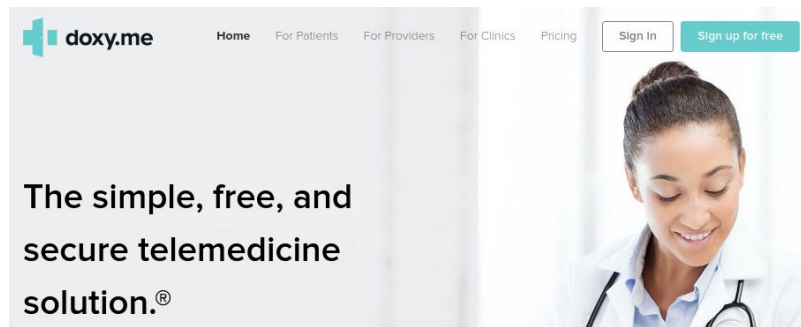


Teletherapy Guidelines

Due to social distancing guidelines from the CDC, insurance carriers have begun covering Teletherapy services. Research is shown that a Teletherapy call is equally as effective as face-to-face therapy and under the current conditions much safer for everyone.



I am using [Doxy.me](https://doxy.me) as a platform. It is HIPPA-compliant and 128-bit encrypted for your security. I will be working from my office and you will have the same confidentiality as if you were here. Of course, confidentiality on your end would depend on going to a quiet room or on your patio or anywhere you would feel comfortable. Some people are using a headset to increase conversation privacy.

How It Works:

- 1) Schedule an appointment as usual
- 2) At your appointment time, go to <https://doxy.me/joewest> on your camera-equipped PC, Mac, or Android Phone, or Apple Phone
- 3) Enter your name and allow Doxy to access to your camera
- 4) Wait for me to join your therapy session

It's quite simple, even for those not technically minded, and works better than you might expect. Thank you for your cooperation in this difficult time.

If you have any questions you can text me at 772-287-6042.

Sincerely,

Joseph A West, LMHC