

For website:

Resource: Telemed with NP Cassie Rogers instructions:

### **Before Your Appointment**

- **Please have an updated list of all medications you are taking (Prescription and over the counter). You can review the list we have on file via the patient portal and let us know of any changes.**
- **Take Your Weight:** Have a fresh weight reading ready to provide during the call.
- **Check Your Tech:** Ensure your device has a working camera and microphone. You will need to "Allow" access to these when you click the link.

Completing all the above will lessen the time to complete your appointment.

### **At the Time of Your Visit**

4. **Click the Link:** Use <https://doxy.me/jfprogers> to enter the virtual waiting room. Be sure to “allow camera and microphone” when prompted by the link.
5. **Sign In:** Use your first and last name so the provider can identify you.
6. **Be Patient:** If the provider is running a few minutes behind, stay in the virtual waiting room.

**Note:** If you have been waiting for more than **10 minutes** past your scheduled time, call the office directly at **210-759-1420** to check on the status of your appointment.

You can save the link above for future appointments.

Thank you!