

How to Get the Most From Your Telehealth Session

Judith Aronson-Ramos, MD

We need to hear and see each other well. Use the largest screen you can and try to find a space at home that is relatively quiet and free of distractions.

For our portal you can use a phone, tablet, or computer any device is fine. A test call is a good idea you can login to the waiting room to try out your connection <https://doxy.me/draronsonramos>

Make sure you are close to your router or in a location with the best signal possible in your home.

Keep the device stationary using a table and position yourself 2-3 feet from the screen. This way we can visualize each other well. I may ask your child to do certain tasks in front of the camera making this type of stationary set up ideal.

Do not stress if we lose the connection, we will use the phone as back up!

