

Making Telehealth Visits Easy

Mt Baker Rheumatology Center is deeply concerned about the health and well-being of our patients, staff and community. To minimize the risk to our patients and staff, we encourage you to connect with your provider via Telehealth. Telehealth visits are as easy as the steps below.

STEP 1

Get scheduled for a Telehealth Visit

Call our office and we will change your existing visit from an in-office visit to a Telehealth visit. Our office uses Doxy.me to connect easily with patients.

All you need is a computer, phone, or tablet with a camera, and microphone and good internet or cell phone reception.

Doxy.me works on the latest versions of Chrome, Firefox and Safari as well as Android and iOS.

STEP 2

Check in for your Telehealth visit

Dr Xu's Link: doxy.me/drxurheum
Glenna's Link: doxy.me/glennanp

After you schedule your Telehealth visit, you will be given a link to your provider's waiting room. A few minutes prior to your call, click the link. Allow your browser access to your camera and microphone. Enter your name in the check in box and click enter, this way your doctor knows you arrived.

STEP 3

Enjoy your visit from the comfort of home

Once your doctor is available, they will join the visit. You will be able to see and hear each other, all from the comfort of your own home.

Helpful Tips!

- Take the call in a quiet room, preferably one that is not too echoey.
 - Bedroom or living room are better than kitchen.
- Avoid bright backgrounds such as windows or lights behind you.
 - It is better to a bright light in front of you and a dark background.
- If you are using a computer, close other programs to avoid pop-ups or interruptions.
- If the call is choppy or interrupted, try ending the call and restarting it.
 - Close the window and re-enter the same address or link.
 - You can also try refreshing the browser
- If you are using a separate microphone and speakers, keep them far from each other to avoid loud ringing tones.

Want more information?

Follow this link for demo of Doxy.me to see just how easy it is:

<https://www.youtube.com/watch?v=yJf9N9sjDLI>

Call our office at (360) 676-1610 for more information on how you can connect using Telehealth.

We will get through this together.