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Telemedicine Instructions

→ **STEP 1: Fill Out Required Form - Telemedicine Informed Consent & Protocols**

- ◆ DIRECT link to the form: <https://forms.myupdox.com/#/form/64037> (*you can submit this form from any device online*)
- ◆ More information on our telemedicine policies can be found on our website: <http://romeokfernandezmd.com/telemedicine/>

→ **STEP 2: Attending Your Virtual Appointment Online**

- ◆ 10 minutes prior to your appointment time, you will receive an e-mail and a text message with a link to your virtual appointment.
- ◆ The platform we utilize is called “Updox”. **No app download is necessary**. You simply click on the link and make sure your microphone and camera are functional.

→ **STEP 3: After your appointment: Check-Out**

- ◆ You will receive another link via e-mail and text message to complete the checking out process where a member of our staff will send you order forms, submit refills, and schedule a follow-up appointment.