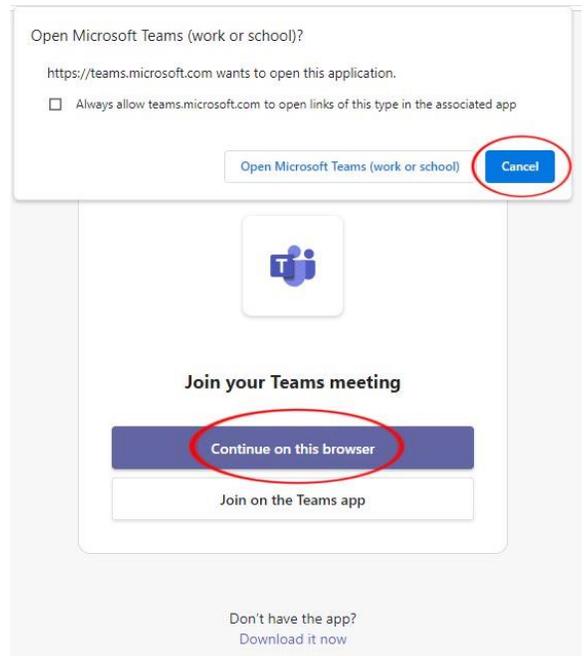


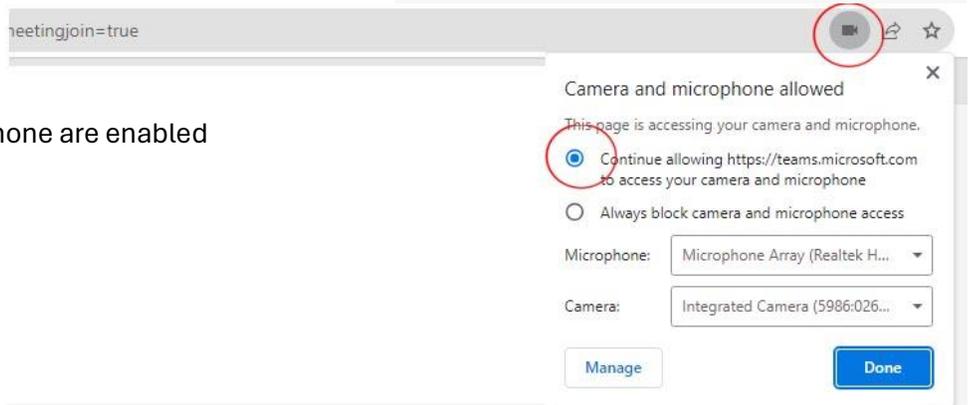
## TELEMEDICINE VISIT INSTRUCTIONS

1. Sign into your telemedicine visit using Microsoft Teams by clicking the link sent to your email.
2. Click “**Cancel**” in order to view through your browser which has higher quality image resolution.
3. Click “**Continue on this browser**”

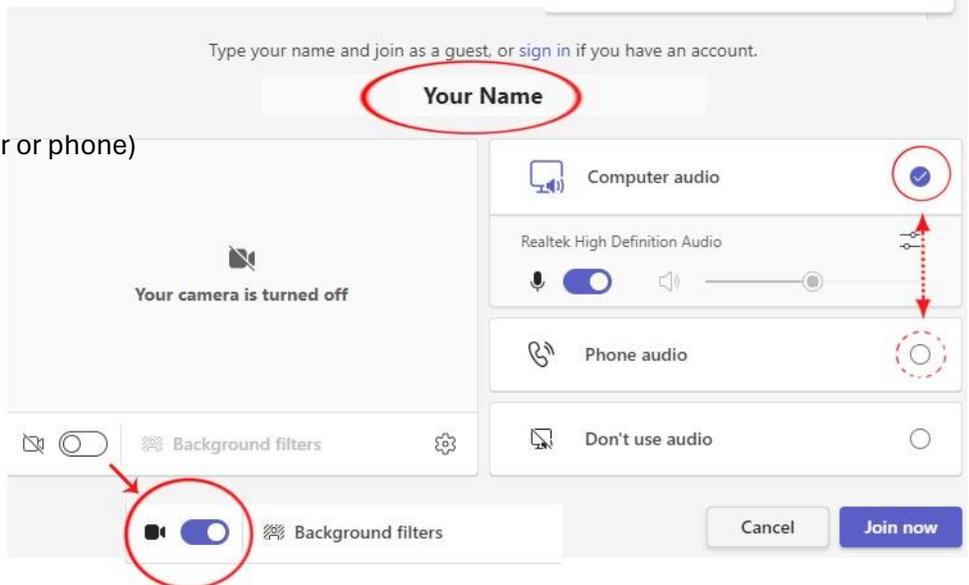


### Set up your video settings:

- 1) Make sure the video and microphone are enabled (top right icon of your browser)



- 2) Type your name
- 3) Choose audio settings (computer or phone)



- 4) Enable video

- 5) Click “**join now**” and wait for your provider to start the visit.

If you have any problems starting your visit, email [info@abbottnd.com](mailto:info@abbottnd.com) or call 206-848-9443. If you experience technical difficulties with Microsoft teams, let us know, and we can use an alternative telemedicine option at <https://doxy.me/drhilliaryabbott>