# How to start your own telemedicine practice

# Can you hear me now?

- High speed internet min 3MBps/sec upload 3Msec/sec, Ping 25

- Your HIPAA  compliant platform

- Built in camera and microphone

- PC or MAC

- Credit Card processing

- EMR

# How to encrypt your files

- If you just need to encrypt certain files and not the entire computer, you can do that, too. There are *lots* of [freeware](#) programs that support file encryption, so we'll name just a few.

- One really popular way to encrypt single files is with AxCrypt. It changes the [file extension](#) to have the [AXX](#) suffix, and the file can only be opened with AxCrypt if you provide the password used to encrypt it. You can encrypt files on a Windows or Mac computer and even view them on your phone or [tablet](#) with the AxCrypt mobile apps.

- 7-Zip is another file encryption application that has more than one use. Its primary purpose is for extracting files from formats like [ZIP](#), [7Z](#), [RAR](#), [ISO](#), etc. However, it can also make new compressed files, and when you do that, you have the option to encrypt the file names and protect the whole archive with a password.

# What are my options?

- Develop your own materials and practice

- Join an established network of therapists

- Are you going to work as an independent contractor or are you an employee?

- Can you turn over responsibility for patient contact to another person?

- Join an established healthcare facility already practicing teletherapy

# Which services to use

- Make sure your video conferencing venue is HIPAA compliant

- Don't assume your client's insurance will cover your session-verified benefits and prior authorization should be required from you client's provider.

- Each state has its own policies for telehealth-educate yourself about your state.

- Make a plan, include the setting you will be seeing patients

# established before you start seeing patients

- Communications- seeing patients, signing documents, sharing documents (phone, text, email, facetime and skype are not HIPAA-secure).

- Record Keeping-session notes, consent forms, billing, document sharing. Explore different platforms available

- Services-couples, family, age groups, EAP, supervision

- Practice your program, scheduling, start slow and get to know your comfort level. Do you have coverage?

# Popular platforms for teletherapy

- Simple Practice 34%

- Office Ally  16%

- Therapy Notes 13%

- Therapy Appt  6%

- Theranest   5%

- Billing professionals 4%

# Platforms for teletherapy

- Availity  2%

- ShrinkRapt 2 %

- A+ Delphi 1%

- Carepaths 1%

# Psychiatric Evaluation through telemedicine

- What are the perks of doing an evaluation online?

- What are the difficulties with online evaluation?

- What helps the therapeutic relationship?

- How to work as a team to provide medical care?

- How do you communicate with the team?

# My co-therapist  Punim

# Medically monitoring the patient from online

How do you get weighs and what are the obstacles?

What do you need to see to feel medically safe when accepting a patient?

What are the red flags that would block admission to a telemedicine IOP

How do you connect with the patient's medical provider?

# How will you handle an emergency?

- Have local ER and suicide phone numbers

- Have a way to get someone to detox options

- How will you access them if cut off?

- Do you have a contact person or a wellness check option?

- How to screen for patients that are too acute

- How to set boundaries

# Patient responses to telemedicine

- Is the patient able to connect therapeutically?

- What is possible online that you can't do in an office?

- Do you struggle to keep the patient engaged?

- Do you miss anything that you would pick up in a one to one visit in an office?

# How do you change their major relationship being with food ?

- Your issues come into play.

- Do you have a bias with obese patients

- Can you connect with their feelings of hopelessness and fear?

- Do you feel you need to refer the patient?

- How comfortable are you about your own body? What "stinking thinking " around your body do you have?

# What works for one individual may not work for another.