

## What is Telehealth?

Telehealth is a convenient video and audio appointment that a patient can access from the comfort and safety of their home. This treatment delivery allows patients to continue their care under the supervision of a live, licensed physical therapist. While telehealth is not meant to replace a hands-on and in-person treatment session; under these circumstances, it is a safe option so patients do not lose their recovery momentum.

### For Telehealth you will need:

- Computer, smartphone or tablet with camera and microphone