

## TELEMEDICINE TIPS & INSTRUCTIONS

**INITIAL EVALUATIONS FOR CHILDREN (UNDER 18)** will take a total of 90 minutes in two sessions. The first one-hour session will be dedicated to gathering history and speaking with both the patient and parent(s). The second thirty-minute session will be to discuss treatment plan and further recommendations.

**INITIAL EVALUATIONS FOR ADULTS** will last 60 minutes in one session.

**FOLLOW-UP APPOINTMENTS** will usually last 30 minutes, though may be longer if you are receiving therapy.

- Choose an area of your home that is comfortable, free from distraction, and allows for some privacy. The beginning of the appointment will include both the child and parent. For most patients except very young children, there will be a portion of the appointment where the psychiatrist will meet with the child only. We ask that you respect their growing independence, and go to an area of the home that allows for your child to meet with their psychiatrist privately when asked. (i.e. setting the computer up in the child's room or a home office, going downstairs, and being available when your child calls you to come back to resume the joint session)
- For younger children, consider having some toys available and plan to complete the call in a childproofed area where your young child can play throughout the evaluation.
- For school-age children, consider having an activity such as coloring or reading available for your child should they need to take a break during the appointment.
- Gather important information, such as a list of your child's current medications (if any), their medical history, as well as any questions you and/or your child have for the psychiatrist

You can join/launch the telemedicine appointment by logging into the luminello patient portal. There is a link to the portal on [evergreen-psychiatry.com](http://evergreen-psychiatry.com) or you can type in [www.luminello.com](http://www.luminello.com)

Once you have logged into the luminello portal, there will be an area in the upper right that says "Next Appointment". Your appointment date & time will be there, as well as a link that says "Go to online waiting room". At the time of your appointment, just click on the "Go to online waiting room" button, and your visit will begin.

**Having trouble? Send a portal message or call (610) 600-1289.**