

ATHENA TELEHEALTH GUIDE



Telehealth provides a safe and easy way to connect with your Wayspring care team from a location that works for you – such as your home or another private space. This guide will help you join your Wayspring Telehealth appointment.

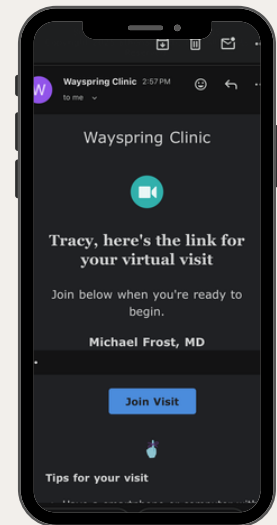
Please treat your Telehealth visit just like an in-person medical appointment. Choose a quiet, private space for your call whenever possible. We understand that may not always be easy, but reducing background noise will help ensure a smooth and productive appointment.

DIRECTIONS:

1

Either click on the [Telehealth link in your text message](#) **OR** click the [Join Visit button in your email](#).

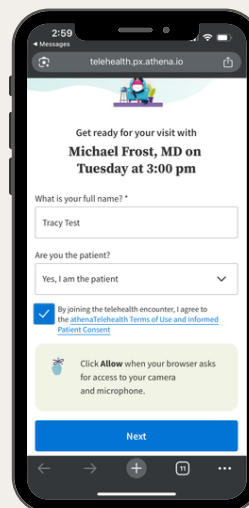
Your virtual visit is at 4:00 PM EST on 11/18 with Michael Frost, MD. <https://telehealth.px.athena.io/join/1WygPMMkUWrY4DITuHRn.24435> Please log on to your appointment link 5 minutes early to ensure there are no technical issues. Please contact our office with any concerns at (615) 583-0083. Reply STOP to opt out.



2

You will be redirected to a browser page to enter:

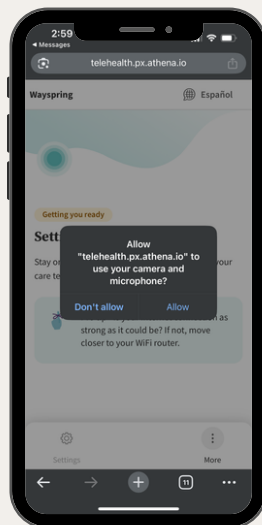
- Full name
- Answer “Are you the patient?”
- Check the box to accept Athena Terms.
- When complete, [click Next](#).



3

Select Allow on the pop-up for Athena Telehealth to use your camera and microphone.

The pop-up will go away and your screen will show "Setting up your device(s)..."



4

Once the provider is online, you will be redirected to the Telehealth visit.

