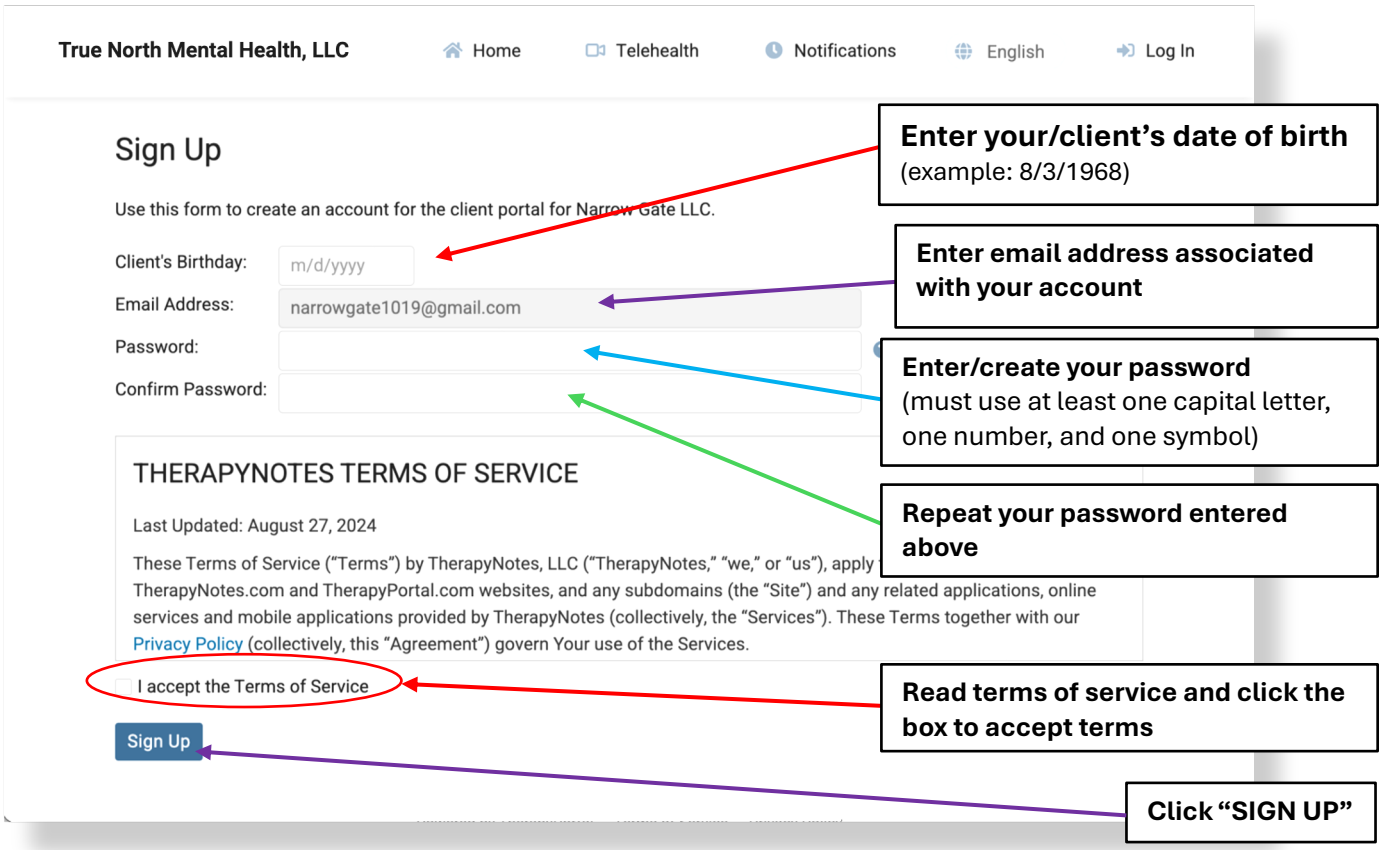
INSTRUCTIONS FOR TELEHEALTH THROUGH COMPUTER

Click on the link provided in your welcome email to sign in or create your account

-OR-

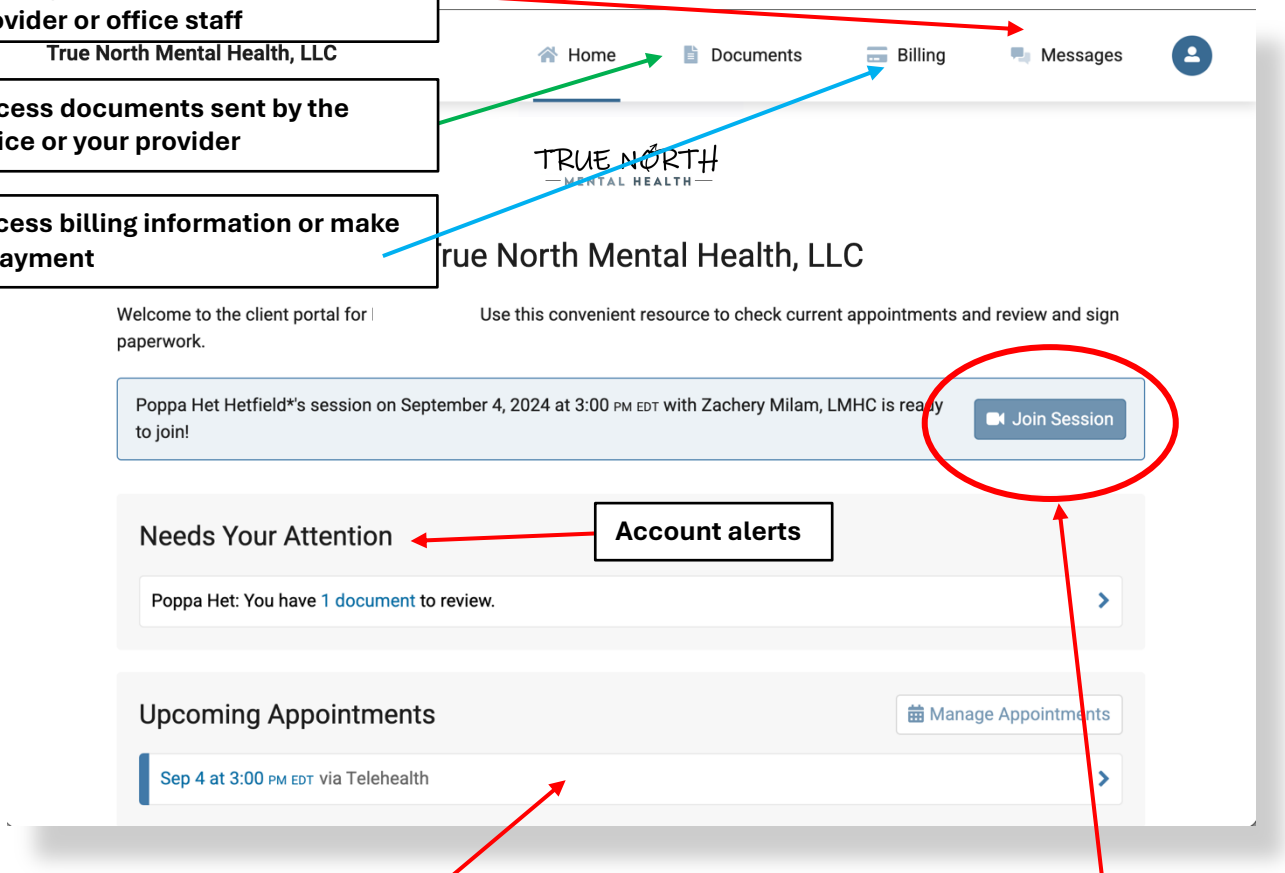
Enter this address: www.therapyportal.com/p/truenorth4



View or send NON URGENT messages or questions to your provider or office staff

Access documents sent by the office or your provider

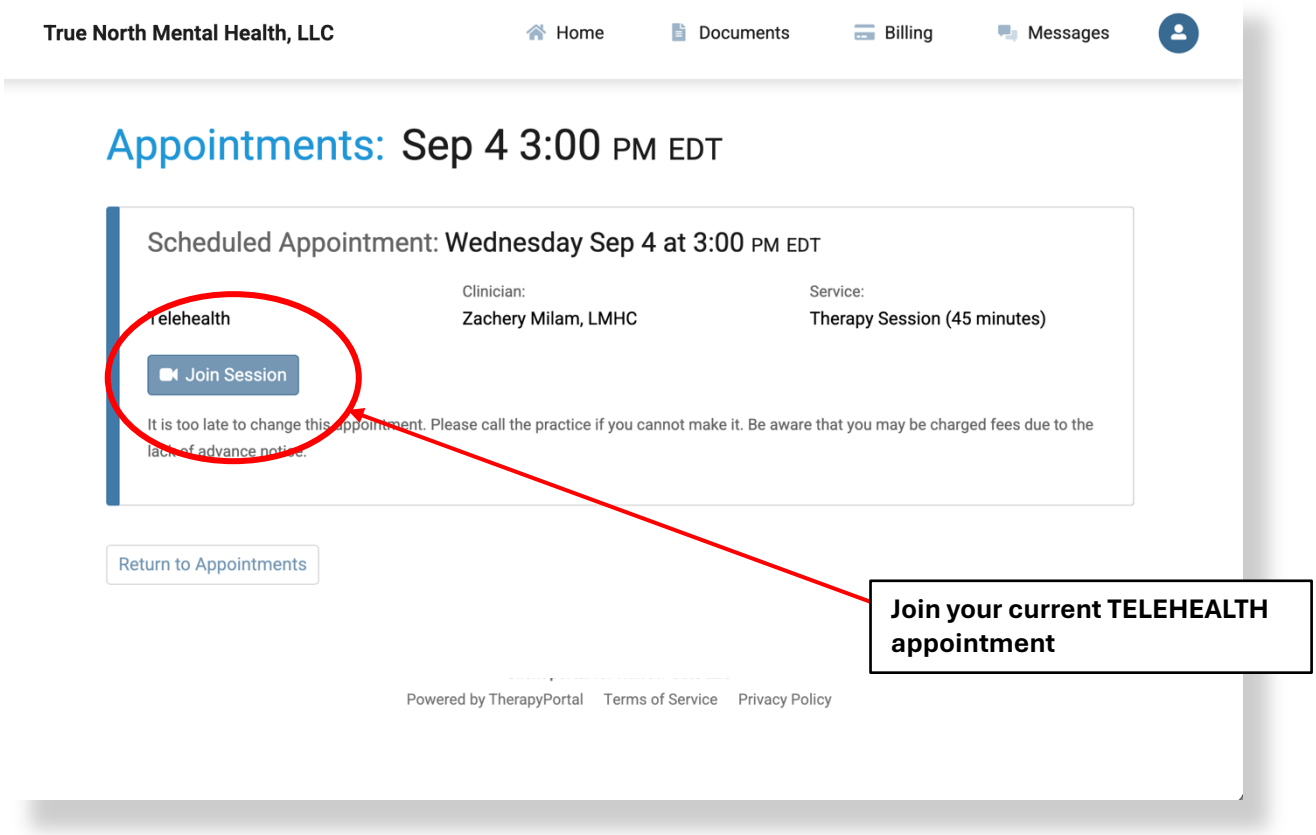
Access billing information or make a payment



Account alerts

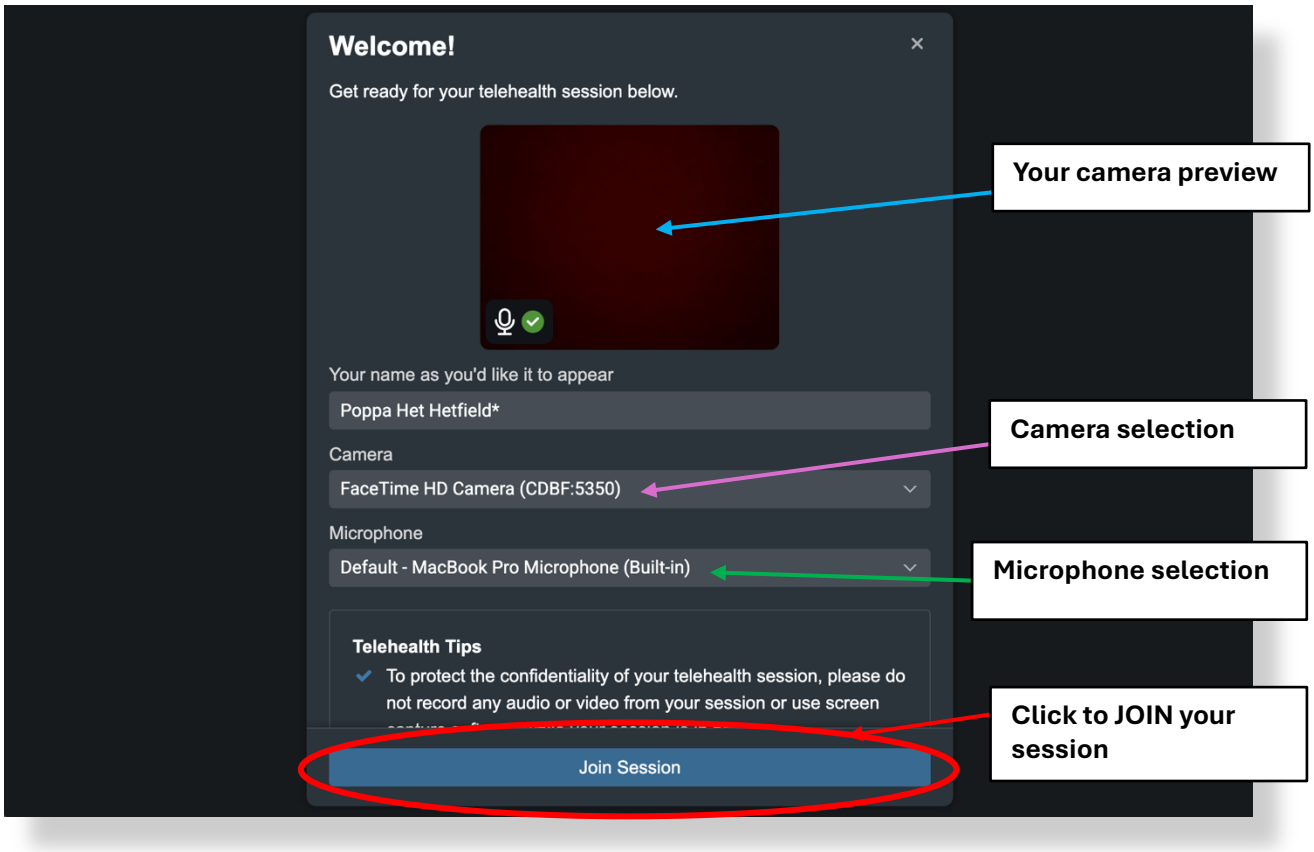
View your current and upcoming appointments

Join your current TELEHEALTH appointment

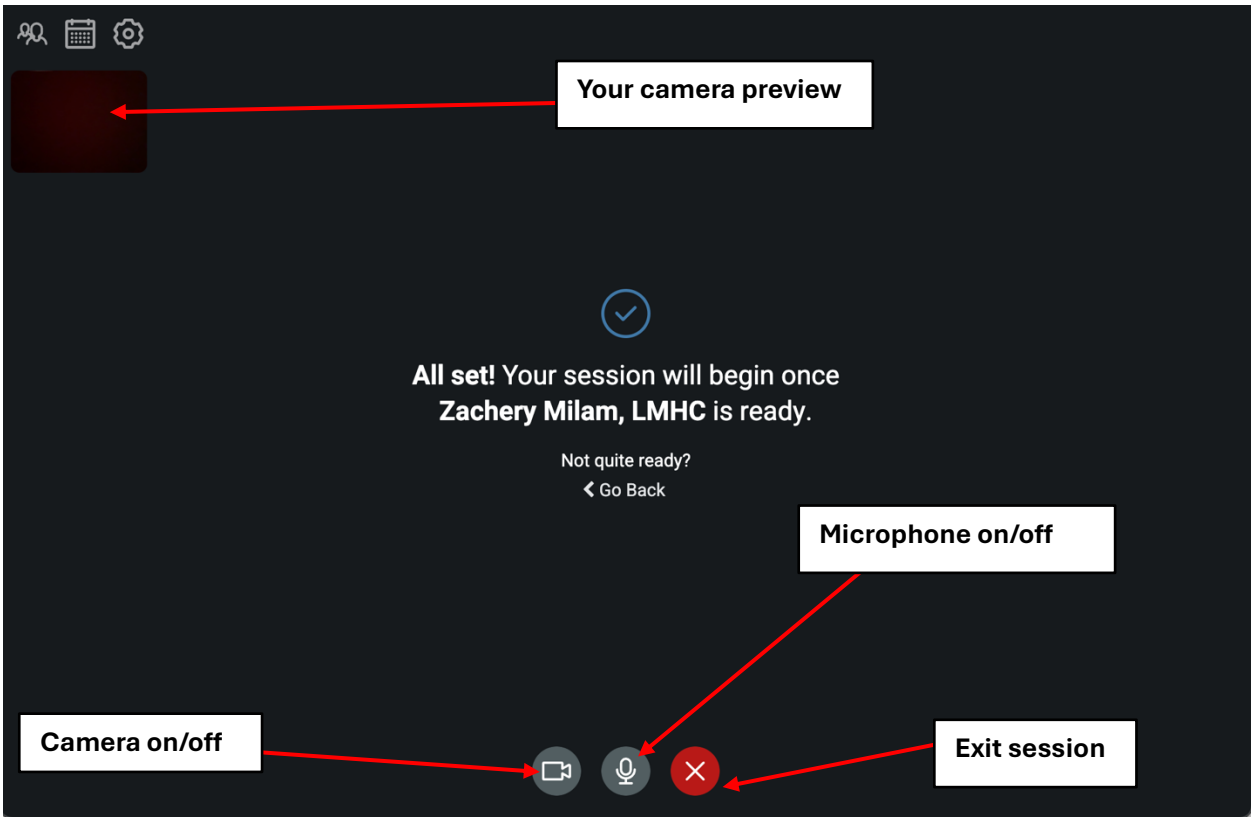


VIEW OF YOUR CURRENT/UPCOMING APPOINTMENTS WINDOW
You have the option to join your TELEHEALTH appointment from this window, as well.

PRO TIP: If you believe that you may want to utilize telehealth services, speak with office staff about turning on email reminders. Appointment reminders sent to the email listed in your chart will include a direct link to your telehealth appointment.



This is the last screen before entering the “waiting room” to see your provider.



This is the window in which your session will take place. If your provider is not signed in within a few minutes, please contact the office in order to make sure there are no issues with technology or connection.