



Flexible Scheduling through

# WellStone Telehealth

Available weeknights and weekends during select hours.\*



## Is Telehealth right for you?

Some WellStone masters-level therapists offer appointments during non-traditional hours such as weeknights and weekends. If you experience barriers to transportation, mobility, or are otherwise unable to attend appointments during traditional hours, telehealth might be right for you!

### \*Available Hours

- Sun - 8am to 12pm
- Mon - 5pm to 9pm
- Tues - 5pm to 9pm
- Wed - 5pm to 9pm

## Three Easy Steps



### Download Zoom or Teams

All clients must have access to Zoom or Microsoft Teams on your desktop or mobile device for video chat capabilities during Telehealth appointments.



### Schedule an Appointment

Schedule a telehealth appointment by calling WellStone's Access-to-Care line or request the service on your Netsmart myHealthPointe portal.



### Prepare for Your Video Call

Choose a quiet, private space to take your video call. Make sure you have a strong internet connection. Arrive to your appointment 10 minutes early.

## Frequently Asked Questions



### Can I use iPhone's FaceTime feature?

No. To help us provide quality, confidential care, all clients must download Zoom or Teams prior to your scheduled appointment.



### What device(s) can I use?

Clients may participate in telehealth appointments using any mobile device, tablet, or desktop computer with access to Zoom or Microsoft Teams.



### Can I schedule a telehealth appointment as a current client?

Clients with existing in-person appointments may schedule telehealth appointments as needed.

Call to schedule a telehealth appointment 256-705-6444



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WellStone is a 501(c)3 nonprofit organization. We accept most forms of insurance, including Medicare and Medicaid. Self-pay available on a sliding fee scale, based on income.