

CENTER FOR POSITIVE CHANGE, LLC

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MT License # PSY 2553; WA License # PY 2910

TELEHEALTH/TELEPSYCHOLOGY

Informed Consent

It is known by several names: telehealth/telemedicine/telepsychology Telehealth is the use of telecommunications technology to provide health care services to persons who are at some distance from the provider. It involves a spectrum of technologies in the broader medical world. Coverage and payment for Medicare (and many other insurances) telehealth includes consultation and individual psychotherapy delivered via an interactive audio and video telecommunications system. Providers are located at the distant site and beneficiaries are located at the originating rural site. Among insurance companies Medicare has established the most stringent rules for using telehealth.

Positive Aspects:

This enables you to obtain professional help which otherwise may not be available in your locale. For those not using Medicare, you can have your sessions in the privacy of your own home.

Negative Aspects:

- Some people are anxious about using technology.
- If you are at home, someone could walk in on our conversation.
- It may necessitate you getting authorization from your insurance company.
- Though unlikely, you could experience technical issues with our connection, depending upon your connection.
- If we do loose connection on your end, you may be required to pay for the session cut short.

Setting:

Medicare: the “rural setting” patient must be located in a third party “office” setting while in session.

Other Insurances: most other insurances allow the patient to be in a location of their choosing, i.e., their own home. Some insurances either do not cover telehealth services or require the patient to sign up with their own telehealth providers.

Out of Pocket: currently there are no rules for the location of the patient.

Services:

Psychotherapy services are generally the same for in-person or telehealth treatment.

Equipment:

While out-of-pocket patients may use the platform of their own choosing (i.e., Skype or FaceTime), neither of these are “encrypted” systems. The encrypted system I use is called *doxy.me*. It is very user friendly and typically works quite well. There is no extra cost to the patient for using this system.

Bandwidth: check with your Internet carrier to be sure that you have enough Wi-Fi bandwidth to use a “Skype” type of application—though we will actually be using **doxy.me** rather than Skype.

Computer: You need a camera and microphone (built in or add-on). Most newer computers are well equipped. You will not need to sign up for any type of special “app”.

Tablet/smartphone: you **may** need to first download the free “doxy.me” app from your app store. Some find this unnecessary so experiment with your device without downloading the app first.

Instructions:

Open your browser. Note, Chrome, FireFox, Safari work the best.

In the address bar, type: <https://doxy.me/drtimberly>

- A “Welcome” window will appear
- Enter YOUR name
- Click “check in”
- When it brings you to a new screen, they will request access to your camera. Click “Enable Camera”.
- You then see my BIG photo.
- You will see a message box entitled: Dr. Berry, and either “Available Clinician” or “Off Line”.
- WHEN I click on your name from my computer, we will become connected.
- Maximize your screen to “full window” status if you like
- During the session, even if the video happens to cut out, we should still have audio.
- Worst case, my phone number is listed below.

Any questions/problems:

360-302-0705

406-880-3090

I agree to use the telehealth services and realize that I am responsible for my own privacy on my end of the conversation. I also agree that like any other medical service, I am ultimately responsible for any charge that my insurance company may not pay.

Signature

Date