




Guidelines for your Telemedicine Conference

In order to make your Telemedicine appointment with your doctor easy and worry-free, please follow our guidelines below:

1. Please log onto www.doxy.me/foothillallergy ; Make sure you are using either a Google Chrome , Mozilla Firefox , or Safari Browser .
 - a. If you do not have any of these browsers, please give us a call at (626) 445-1853, option 2.

Use a computer or device with camera/microphone



PC and Mac
Chrome | Firefox | Safari



Android
Chrome



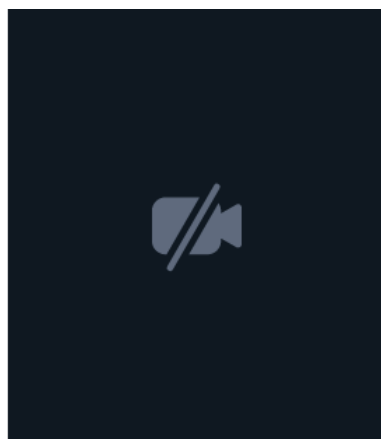
iOS
Safari

2. Once there, enter your **FIRST** and **LAST** name in the provided space and click “**Check In**”.

Welcome!

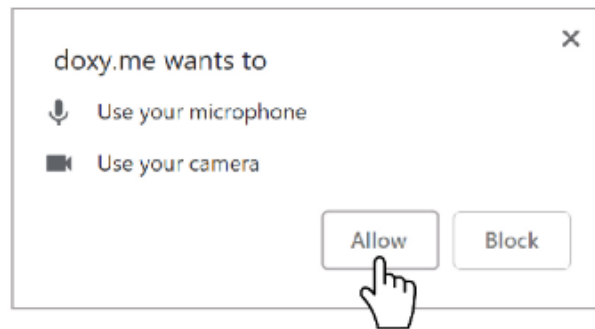
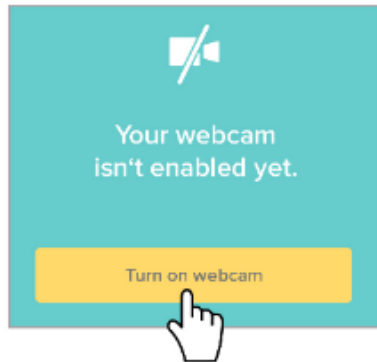
Please check in below to let Dr.
BONILLA know you are here

Check In



3. A notification will pop-up, asking your computer for access to your microphone and camera.

Please click **“Allow”** on all notifications from our doxy.me lobby.



4. Please check if the video is clear.

This means that:

- 1) Your room is well-lit
- 2) Your video is not too bright
- 3) You are able to show the affected parts of your body on screen

a. Bad Examples:



- i. In the first image, the room is too dark and the glare from the computer screen prevents the doctor from properly seeing the patient.
- ii. In the second image, it is too bright for the doctor to properly assess the patient.
- iii. In both, the patient is too close to the screen. Stay a good distance away from the camera, unless the doctor asks you otherwise.



b. Good Examples:

- i. The room is well-lit and you can see the patient clearly.
- ii. The patient's video is not too bright.
- iii. The patient is not too close to the camera.

5. Please check if the audio is working.

- a. If you do not know how to check or it is not working, please call the office with your concerns at *(626) 445-1853, opt. 2.*

6. Prior to the appointment, please try to obtain the following vitals for your appointment:

1) Blood Pressure -

Electronic System: <https://www.youtube.com/watch?v=iEwgq3lzK0c>

Manual System: https://www.youtube.com/watch?v=UGOoegSo_ws

2) Height & Weight

3) Pulse - <https://www.youtube.com/watch?v=AHHR8qNU9QY>

If you cannot measure any of these, please tell the doctor.

7. In order to ensure a worry-free appointment, please try these tips out before your scheduled appointment. This way, if the patient runs into any problems they can call us if help is needed.
 - a. We will call to confirm the Telemedicine appointment at least 1-2 days prior to the appointment as well.
8. We will call the patient on the day of the appointment to check them into the office. Please wait in the online lobby.
9. For any other questions, please call us at **(626) 445-1853, opt. 2.**

Thank you, and stay safe!

- Dr. Sheila M Bonilla, MS, MD
& the Staff of Foothill Allergy

