

Have you heard of My Military Health Scheduled Virtual Visits?

Scheduled Virtual Visits is changing how patients interact with care teams by allowing them the option to meet with their health care team through a video appointment.

Benefits of Scheduled Virtual Visits:

- ◆ No driving
- ◆ No gates and no lines
- ◆ Less time away from family and work
- ◆ Avoid inclement weather i.e., snow

Also, ask your care team about “My Military Health Scheduled Virtual Visits.”

Schedule your virtual video visit when and where it is convenient for you!

How to get started:

1. **Schedule your appointment:** Submit a request via the MHS GENESIS Patient Portal or contact your clinic to request a virtual video visit.
2. **Find a suitable space for your appointment:** Choose a secure, private, well lit, and quiet environment where you can discuss health concerns with your care team via video. Dress in appropriate clothing.
3. **Choose your device:** Ensure your chosen device has audio and video capability and allow microphone and camera access, when prompted.
4. **Check in and begin session:** Please join your session 15 minutes prior to the appointment start time to begin check-in process with clinical staff. Click the session link you received via text or email or join from the MHS GENESIS Patient Portal.

