



## Frequently Asked Questions

### **Will I see my therapist, or just talk to them?**

Virtual Therapy is done face to face, just virtually. You will still see and interact as you would if meeting in person.

### **Do I need a computer to have virtual visits?**

Not necessarily. You can use a tablet or even your phone providing you have a good internet connection.

### **Will I have a designated appointment time like I would in person?**

Absolutely, your appointment time is the same virtually as it would be in person.

### **Do I need to dress up for a virtual appointment?**

One benefit of virtual appointments is that you can dress comfortably in your home. Wear what you feel is appropriate, and remember the view will be primarily from the chest and up, so bunny slippers are just fine.

### **Can I use insurance for a virtual visit?**

You can discuss that with the therapist prior to your appointment. Just as a face to face session, it varies depending on the therapist.

### **How do I pay for my session?**

Whether you have a copay, or are self pay, you will pay online or by phone for your visit, and that process will be explained to you prior to your appointment.