

E-visits offered at Hampstead PT, Sneads Ferry PT, & Topsail PT

Hampstead PT, Sneads Ferry PT, and Topsail PT are dedicated to providing care when you are unable to come into the clinic.

Why do an E-visit? There are circumstances (such as the Covid-19 outbreak) where social distancing may prohibit you from attending a traditional PT clinic.

E-visits will prevent a delay in your rehab progression and are covered by Medicare and through BCBS, Aetna, Optum, and United Healthcare plans via your typical PT coverage. E-visit co-payment and coinsurance will apply as with your outpatient PT coverage per your health insurance plan. We will also be offering Self-Pay options of \$20/ 20 minute session, \$30 for 30 minute session, \$40 for 40 minute session

Here are some suggestions on how to get the most out of your e-visit with us:

Equipment needs:

- Laptop, iPad, computer tablet or phone with a working camera & microphone
- Ability to use either: **Apple FaceTime or Zoom** for communication. Your therapist and you will establish which method of communication will be used depending on what you have available prior to your appointment
- Have any exercise equipment that you may be using with your PT program ready by you (i.e: theraband, hand weights).
- If you are a balance patient, please have an upright chair available to perform exercise if possible

How to make the most of your visit:

- Have any questions listed out prior to your appointment
- Have your computer/ phone/ tablet screen set up in an area where you can move easily and in ideally in a quiet environment
- If you will be needing help from a family member, please be sure to have them available during the time of your appointment
- Practice with Face time or Zoom in advance
- Please wear appropriate clothing and shoes that you would normally wear in the clinic

What to expect the day of your visit:

- The day prior to your appointment, you will receive a text message reminder.
- Be ready for your visit 5 minutes prior to assure that you get your login/video call.
- You will be seen virtually by your physical therapist. The therapist will be able to assess you through subjective questions and also movement assessment via video... be prepared to move during the session. The therapist will have access to your electronic medical record during your visit. The therapist can send you educational material regarding your condition, video links and also establish and update a personalized home exercise program during your visit.

To request an appointment please call our central scheduling office

(910) 270-6026.

Connecting to E-Visit with Zoom or Facetime

Zoom

- Your therapist will share a link with you for your “Meeting”.
- Click the link and it will prompt you to provide sign in details if you are on a laptop/computer.
- If you are on your smart phone or tablet, it may ask you to download the “Zoom” app.
 1. From your app store, search for “Zoom”
 2. Download the “Zoom” app – it is a blue icon with a white video camera.
 3. Click the link your therapist provided you with and the “Zoom” app will open.
 4. Be sure to turn on the video and microphone.

Facetime

1. From your iPhone or iPad, swipe all the way to the left to search for “Facetime.” If you are on your Macbook or iMac, go down to your dock to select the “Facetime” icon.
2. Your therapist will reach out to you via “Facetime” for your scheduled appointment time. Make sure you share your contact information with your therapist so that they can contact you.