

How do I access my telehealth Quick Session?

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A Quick Session is a secure telehealth session. When joining a session by phone, you will not be able to connect your microphone or video at the same time as you are on the phone. Here are the steps to join a secure Quick Session:

- 1. Your therapist will share with you an encrypted telehealth session link with a password.
- 2. You will enter your name and the password provided to you by your therapist.

