

ONLINE VIDEO COUNSELING

NEMETH COUNSELING, LLC

WHAT IS IT?

Real-time counseling services with a licensed therapist using secure and safe video conferencing telecommunications technology.

You can get the services you've been wanting without the worry of how you'll get to the office or when you'll find the time!

HOW CAN I START?

- Ask your therapist today!
- Request an appointment by calling (614) 849-8204
- Request an appointment by completing our online form and specify service type as "Online Video Counseling"

CAN I USE MY INSURANCE?

Accepted Insurances Include:

- Anthem BCBS
- Aetna
- Buckeye Cenpatico
- CareSource
- Medical Mutual
- Ohio Medicaid
- Ohio Health
- Paramount
- UMR/GEHA
- United HealthCare
- Molina

SELF PAY RATES

- 30 Minute Consultation: \$65
- 60 Minute Initial Session: \$115
- 60 Minute Follow Up Session: \$95

HOW DOES IT WORK?

BEFORE THE APPOINTMENT:

- You will receive detailed instructions regarding how to complete intake paperwork after confirming your initial appointment. These instructions include how to use Google Hangouts Meet for Online Video Counseling with your therapist.
- Ensure you have a personal Gmail account, video-compatible computer or smartphone, and complete all paperwork using our Patient Portal.
- Plan to arrange a location with sufficient lighting and privacy that is free from distractions or intrusions.
- You will receive an email from your therapist with details regarding your appointment. Confirm the appointment.
- Confirm a secure, reliable, and sufficient internet or data connection.

AT THE TIME OF THE APPOINTMENT:

- Get comfortable in your arranged location with sufficient lighting and privacy that is free from distractions or intrusions.
- Open the email from your therapist and select the hyperlink under "Join Hangouts Meet"
- Allow access to use the microphone and camera. Join the meeting.
- Enjoy convenient and evidence-based counseling services!

FREQUENTLY ASKED QUESTIONS

IS THIS HIPAA COMPLIANT?

Meet, the new video meeting experience from Hangouts, allows for HIPAA compliant use. Google Hangouts Meet is covered by G Suite's HIPAA Business Associate agreement.

HOW CAN I IMPROVE VIDEO QUALITY?

Try restarting your computer, decreasing distance between yourself and your wifi router, ensure other parties are not using bandwidth, minimize the number of browser windows open, and ensure no high intensity programs are running on the computer or smartphone.

HOW DO I PROTECT MY PRIVATE HEALTH INFORMATION?

- Avoid using auto-fill usernames and passwords for your Gmail account and Patient Portal.
- Password protect your wifi- avoid using public or "Guest" wifi sources.
- Do not use a public computer, tablet, or smartphone. Only use yours.
- Create and use a verbal codeword with your therapist to verify your identify at the start of each session.

REMEMBER YOUR LOGIN

Record your login for the Patient Portal Here. Do not share this information with anyone!

- URL: <https://intouch3.insynchcs.com/Default.aspx>
- Username: _____
- Password: _____