**OCEANVIEW PAEDIATRICS**

<https://www.oceanviewpaediatrics.com/>

**Virtual Care Appointment information:**

In order to keep all of us safe and practice social distancing during this time of the COVID-19 pandemic, office appointments are now being scheduled virtually by "telehealth"  (video confererencing or by telephone). This is called "Virtual Care".

Just like on line shopping or email, Virtual Care has some inherent privacy and security risks that your health information may be intercepted or unintentionally disclosed. We are taking all the precautions available however if you have concerns and would prefer not to be booked by Virtual Care, then please let our office know so options can be reviewed.

​

You will hear from us ahead of your child's Virtual Care appointment. Alexie and Nicole, our MOA's, are available on the phone if you have any questions. For patients who already have an appointment, your virtual appointment date and time will be the same as what was previously scheduled. **Please be sure we have current email and phone number(s) for you.**

**Tips for your Virtual Care appointment:**

**​**Smart phones, ipads, laptops, desktop computers all work well for virtual care!

* On your home computer, use GOOGLE CHROME as your browser.
* Try the log in before your scheduled appointment to make sure you can enter your doctor's virtual waiting room. Our MOA's are happy to help you with a practice log in if required.
* Check your settings to make sure your camera and audio is enabled on your device
* Log in 5-10' before your appt. so you are in our waiting room. If you have any difficulties and are not in our waiting room at your appointment time, don't worry-we will phone you.
* Please try to be in a quiet space with minimal distractions.
* Your medical information is considered private and confidential-please be sure that you are in a private space
* Try to have your child participate in the appt.
* Consider writing down your concerns and questions before your appointment.
* If you have documents to share with us-contact our office for directions on how to get them to us before hand
* If the doctor feels a physical exam is necessary, then we will make arrangements to see your child in person.
* Please measure and record your child's height and weight as this is very useful for the doctor. How to measure at home link:

<https://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/measuring_children.html>

* Have any medications your child is on handy for review.
* Lastly- log on to our website for direct links to information and to our virtual waiting rooms!