**Benefits of Using Telehealth**

Here are some of the research-based benefits to providing Telehealth services:

**Increases access.** Approximately 123 million Americans live in an area with limited access to healthcare. Telehealth can play an important role in these communities by increasing accessibility.

**Reduces costs for clients.**Nearly all research suggests that Telehealth saves money when compared with traditional approaches to providing care. For clients, this often means lower copays, transportation costs, less time missed from work, and less money spent on child care expenses.

**Reduces cost for providers.**In general, adding Telehealth to your practice can increase the efficiency of your office and reduce your overhead costs. Plus, it allows you to see more clients in less time.

**Better work/life balance**. In a 2015 survey of clinicians, 79% said offering video appointments promotes a more flexible work-life schedule.

**Same-level client care.**No client outcome difference was found between Telehealth appointments and face-to-face office visits.

**Better client experience.**Telehealth eliminates the wasted time traveling and sitting in the waiting room.

**Common Questions**

**What is Telehealth?**

Telehealth allows us to meet through audio and video over the internet.

**How does Telehealth work?**

You’ll be sent a link for the video appointment. Click on the link when your appointment is scheduled to start. You will be directed to your therapist’s waiting room on the DOXY.ME platform.

**Why should I try Telehealth?**

No travel time to an office, you won’t have to take time off work or other priorities. Plus, DOXY.ME is 100% HIPAA compliant and secure.

**How much will it cost?**

Your cost for a video appointment will be set by your therapist. Returning clients will retain the same fee; new clients will have their fee set at the initial intake and before scheduling an appointment.