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Consent for Telehealth Visits

What is telehealth?

Telehealth is a way to visit with your psychotherapist from any place, including your home. You don't go to an office.

How do I use telehealth?

- You talk to your therapist by phone, computer, or tablet.
- Sometimes, you use video so you and your therapist can see each other.

What are the upsides to telehealth?

- **You don't have to go to an office to see** your therapist.
- You won't risk getting sick from other people.
- You won't risk getting others sick.
- You can still access therapeutic support during the pandemic or when you are not geographically nearby.

What are the downsides to telehealth?

- You and your provider won't be in the same room, so it may feel different than an office visit.
- Your provider may make a mistake because they are not physically present with you in an office. (We don't know if mistakes are more common with telehealth visits.)
- Technical problems may interrupt or stop your visit before you are done.

Will my telehealth visit be private?

- Your visits will not be recorded by your therapist in any fashion. It is expected that you as the client will not record any part of a telehealth session as well.
- If people are close to you, they may hear something you did not want them to know. You should be in a private place, so other people cannot hear you.
- Your provider will tell you if someone else from their office can hear or see you.
- We attempt to use telehealth technology that is designed to protect your privacy. However, there is a very small chance that someone could use technology to hear or see your telehealth visit.
- If you use the Internet for telehealth, use a network that is private and secure.

What if I try telehealth and don't like it?

- You can stop using telehealth any time, even during a telehealth visit.
- If you decide you do not want to use telehealth again, you should discuss your concerns with your therapist and potential alternatives.

Is telehealth covered by my insurance?

- Reimbursement depends on your insurance. The CPT codes used for telehealth sessions are usually 90834-95 (45-minute psychotherapy), 90837-95 (60-minute psychotherapy), 90791-95 (intake/diagnostic evaluation). Please contact your plan to determine if you will be able to obtain reimbursement for services
- A telehealth session is charged at the same rate as an in-person session.

What does it mean if I sign this document?

If you sign this document, you agree that we talked about the information in this document, I answered all of your questions, and that you (and/or your child) consent to participate in telehealth.

Client's name (please print) Date

Signature of client or parent/guardian Date

Signature of client or parent/guardian Date