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It appears that insurance-approved Telehealth may be continued for a while. The recently-approved Consolidated Appropriations Act of 2023 has extended many of the telehealth flexibilities authorized during the COVID-19 public health emergency through December 31, 2024. However, each insurance company may determine their own guidelines and coverage, so please verify telehealth benefits with your specific insurance policy.

For videoconferencing, I use the following Telehealth platform: **doxy.me**. No download is required. I will email you a link prior to your scheduled appointment. All you need to do is click on that link, enter your name, and click "Check-In." I will begin our session after that.

Here are a few items to consider when engaging in Telehealth:

- There are potential limitations to Telehealth (e.g., may limit patient confidentiality, variable quality of connection, etc.) that differ from in-person sessions.
- Confidentiality still applies to Telehealth services, and nobody will record the session without permission from the patient.
- Telephone sessions are a viable Telehealth option.
- Videoconferencing with doxy.me works best over a computer, though some smartphones can also support this platform.
- It is important to be in a quiet, private space that is free of distractions during sessions.
- It is important to use a secure internet connection rather than public/free Wi-Fi for teleconferencing sessions.

We'll connect soon. Thank you!