



Secure Video for Telehealth



Powered by 

Telehealth communications you
can trust for sleep medicine

Healthy Sleep ~ A Partnership For Life



Introduction:

California Center for Sleep Disorders is able to conduct your follow-up appointments through the use of secure video for telehealth from your home or office. Telehealth appointments are covered by most insurance plans. Our sleep physicians and specialists will be able to see and speak with you and conduct the following online sessions:



- Review test results
- Sleep apnea education
- PAP therapy and mask counseling
- Discuss alternative therapy options such as Oral Appliance
- Annual visits from your home



Solutions that work for your *lifestyle*

simplifying **appointments**

Benefits:

- Save travel time to your appointments
- Reduce travel costs
- See your sleep specialist from the comfort of your home



How it works:

1. At your in-office appointment, inquire about scheduling your next follow-up appointment for an online telehealth session.
2. If you and your sleep specialist agree that an online appointment is appropriate for your needs, we'll schedule it.
3. You'll receive an email from iTel with instructions how to log in for your appointment using your computer or mobile device.
4. Click on your appointment time in the virtual waiting room.
5. Your sleep specialist will enter the session when they are ready to see you.
6. There will be a \$20 per session convenience fee.
7. Credit card on file is required (encrypted and secure).

Preparing for your 1st Session

For your online video session you'll need:

1. Laptop or desktop computer (Mac or PC) or iPhone/iPad, or Android device.
2. Microphone, camera and speakers and/or headphones or a headset.
3. Network connection to the Internet with 5Mbps upload/10Mbps download speed (recommended for best video quality); LTE or 4G.
4. Access to email on your computer
5. The Google Chrome browser installed on your laptop, desktop, or Android device (click "download" on this website):
<https://www.google.com/chrome/>
6. Test your video as soon as you receive your appointment email notice.
7. To schedule an appointment please call us at: 510-263-3300
8. Our website: www.californiasleepcenters.com

iTel support: 1-800-553-8610

Our website: www.itel.us.com

