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Telehealth Consent

INFORMED CONSENT CHECKLIST FOR TELE-THERAPY SERVICES AT BRIGHTER HEALTH COUNSELING

Prior to starting video-conferencing services, we agree to the following:

- There are potential benefits and risks of video-conferencing: (e.g. limits to patient confidentiality) that differ from in-person sessions.
- Confidentiality still applies for teletherapy services, and nobody will record the session without the permission from the others person(s).
- We agree to use the video-conferencing platform selected for our virtual sessions. The therapist or Brighter Health Counseling staff will explain how to use it.
- You need to use a webcam or smartphone during the session.
- It is important for your care to be in a quiet, private space that is free of distractions during the session. · It is important to use a secure internet connection rather than public/free Wi-Fi to protect your confidentiality.
- If you need to cancel or change your tele-appointment, you must notify the therapist 24-hours in advance by phone or email or call the Brighter Health Counseling office at (517) 243-9738.
- We need a back-up plan (e.g., phone number where you can be reached) to restart the session or to reschedule it, in the event of technical problems.
- We need a safety plan that includes at least one emergency contact and the closest ER to your location, in the event of a crisis.
- If you are not an adult, we need the permission of your parent or legal guardian (and their contact information) for you to participate in teletherapy sessions.
- You should confirm with your insurance company that the video sessions will be reimbursed; if they are not reimbursed, contact Brighter Health Counseling staff or your therapist to discuss other options.
- As your therapist, I may determine that due to certain circumstances, tele-therapy is no longer appropriate and that we should resume our sessions in-person.

Client Name: _____

Client/Guardian Signature: _____

Guardian Name (if needed): _____

Name of Therapist: _____

Date: _____