

Preparing for your first Telehealth appointment 如何设置您的远程医疗看诊

- ⇒ Your Telehealth appointment will be done via a video connection.
您的远程医疗是通过视频连线来完成。
- ⇒ You need to have a computer, tablet or smartphone. Whichever you choose, it must have a front facing camera, so that your provider can see you.
您需要配备电脑、平板电脑或智能手机。无论您选择那种方式、它都必须带有前置摄像头、以便您的医护提供者可以看到您。
- ⇒ You will use a program/app called Zoom to connect for your appointment.
您需要有一个称为视频会议（Zoom）的软件/应用程序来与诊所连接。

What is Zoom? Zoom is a health information (HIPAA) compliant video conferencing system that allows you to have a video visit with your UW medicine care provider.

什么是视频会议（Zoom）？视频会议（Zoom）是符合健康信息隐私权（HIPAA）的视频会议系统、使您可以与华大 UW 医学的医护提供者以视频的方式看诊。

- ⇒ Prior to your first telehealth visit, you will need to take some steps to set up Zoom. See steps below.
在第一次作远程医疗看诊之前、您需要采取一些步骤来设置视频会议（Zoom）。请参阅以下步骤。
- ⇒ When your visit starts, we'll ask for an alternate contact number, in case you get disconnected.
以防万一连接中断、在您开始看诊时、我们会请您提供另一个联系电话、。

If you have trouble or need assistance with set up, contact our service desk at: 206-520-8963.

如您在设置时遇到问题或需要帮助、请联系服务台：206-520-8963.

Prior to your first visit 在第一次远程医疗看诊之前：

<p>STEP 1 第 1 步</p>	<p>If you want to use a tablet or smartphone, you must download the Zoom app; from the Apple App Store or on Google Play.</p> <p>如使用平板电脑或智能手机，则必须下载视频会议（Zoom）的软件/应用程序。从苹果应用程序店或谷歌在线商店上取得。</p>
<p>STEP 2 第 2 步</p>	<p>You will receive a link via eCare or text, with information about how to connect to your appointment.</p> <p>When it is time for your appointment, follow this link to get to the Zoom website.</p> <p>Give yourself a few extra moments if you have never used Zoom before.</p> <p>您将从 eCare 或短信、收到一个链接、其中包含有关如何连接看诊的信息。</p> <p>到了看诊的时间、请点击此链接进入视频会议（Zoom）网站。</p> <p>如您以前从未使用过视频会议（Zoom）、请给自己一些额外的时间来准备。</p>
<p>STEP 3 第 3 步</p>	<p>On a Computer: If prompted, choose to run Zoom.</p> <p>On a Smartphone/Tablet: If prompted, choose to use Zoom app to open the link.</p> <p>NOTE: Zoom is free to use. You do not need to create your own account.</p> <p>如使用计算机：如出现提示、请选择启动“Zoom”。</p> <p>在智能手机/平板电脑上：如出现提示，请选择使用“Zoom”应用程序打开链接。</p> <p>注意：Zoom 是免费使用。您不需要创建自己的帐户。</p>
<p>STEP 4 第 4 步</p>	<p>You'll be asked to enter your name. Please enter your preferred First and Last name.</p> <p>软件会要求您输入姓名。请输入您的名字和姓氏。</p>

STEP 5
第 5 步

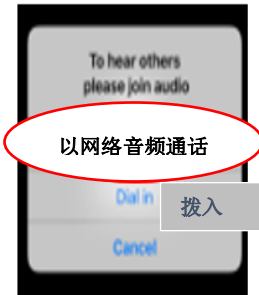
You'll be asked how you'd like to connect your audio/sound. 软件会询问您如何连接音频/声音

TABLET or SMARTPHONE
平板电脑或智能手机:

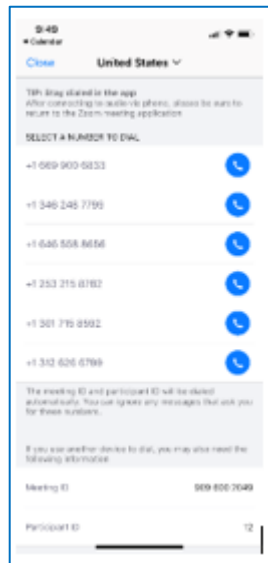
We recommend using 我们建议您使用:

Internet Audio (i phone)
网络音频 (苹果手机)

Device Audio (Android)
设备音频 (安卓)



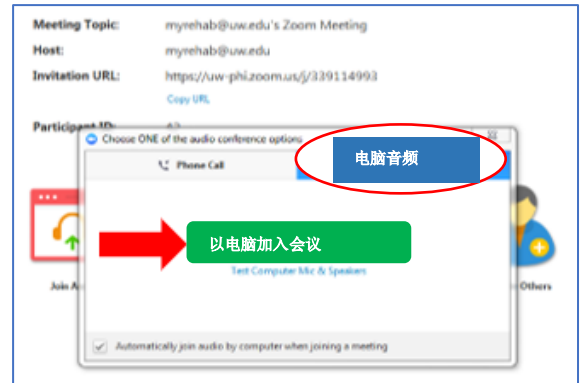
you select *Dial In*, a list of numbers will appear. You may call any of them.
您选择拨入、就会显示很多号码、您可任选其一



- You'll be asked to enter the meeting ID, followed by #.
软件会要求您输入会议 ID 紧接“#”号
- You may enter your participant ID (followed by #), or you can just press # to continue.

COMPUTER 电脑:

We recommend *Computer Audio*
我们建议您使用“电脑音响”

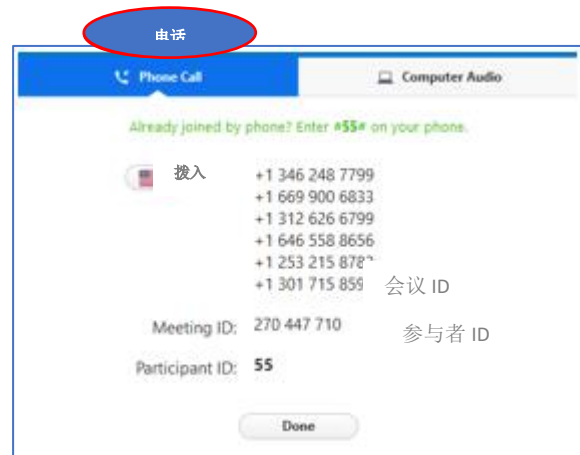


If your computer doesn't have a microphone or speaker, you can use your phone for audio:

- Select "Phone Call". A list of numbers will appear. Call any one of these:

如您的计算机没有麦克风或扬声器、则可以用手机来听:

- 选择“电话” 就会显示很多号码、您可任选其一。

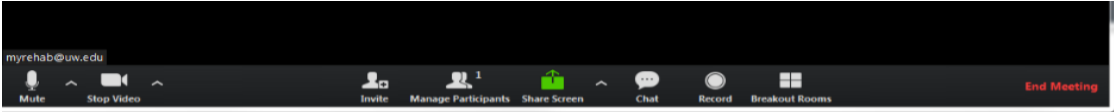
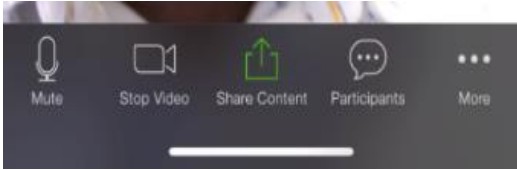


- You'll be asked to enter the meeting ID, followed by #.
软件会要求您输入会议 ID, 紧接“#”号

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	<p>您可以输入参与者 ID（后跟#），也可以按#继续。</p>	<ul style="list-style-type: none">• You may enter your participant ID (followed by #), or you can just press # to continue. 您可以输入参与者 ID（后跟#），也可以直接按#继续。
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<p>STEP 6 第 6 步</p>	<p>Check your settings.检查您的 Zoom 设置</p> <ul style="list-style-type: none">• Make sure your microphone and speakers aren't muted. 确保您的麦克风和扬声器未静音• Make sure your video stream is started. You may need to click "Start Video" on the tool bar. 确保“视频流 video stream”已启动。您可能需要单击工具栏上的“开启视频 Start Video”。 <p>The tool bar at the bottom of your screen should look like this:</p> <p>屏幕底部的工具栏应如下所示：</p> <p>COMPUTER 电脑: (you may need to hover your mouse over the Zoom window for these to appear) (您可能需要将鼠标悬停在“Zoom”的窗口上才能显示这些内容)</p>  <p>TABLET or SMARTPHONE 或平板电脑智慧手机:</p> 
<p>DONE! 完成!</p>	<p>You are now ready to begin your visit.您现在可以开始您的远程看诊了。</p> <p>NOTES 备注:</p> <p>If your provider is having issues seeing or hearing you, they may contact you at the number that you provided to them at the beginning of your session.</p> <p>If you use the same device to connect on future Telehealth visits, you should be already set-up. You should only be required to do this set-up once for each new device.</p> <p>如您的医疗提供者在屏幕或音响与您联系有问题、他们可能在看诊前、用您提供的电话号码与您联系。</p> <p>如您在以后的远程医疗看诊时是使用同一个设备、就应该已经设置完毕。您只需要为每个新设备设置一次此即可。</p>

If you have trouble or need assistance, contact our service desk at: 206-520-8963.

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