

TeleHealth Psychiatry

What is the TeleHealth Psychiatry?

TeleHealth psychiatry lets you see and talk with a psychiatrist through an audio and video connection.

The service is like a regular mental health visit, only you see the psychiatrist on a monitor.

Why is Allina Health Using TeleHealth Psychiatrists?

Having access to a psychiatrist helps provide more timely support and care during visits.

What Happens During Your Visit?

- A member of your health care team will set up the visit. He or she will:
 - help you prepare for the visit
 - set up and run the equipment
 - answer your questions
 - help you with decisions you and the psychiatrist agreed upon.
- A member of your health care team may also be with you during the visit if you request it.

- You and the psychiatrist will be able to hear, see and talk to each other, just like you are face-to-face.
- You will be able to ask questions. The psychiatrist will give you treatment or care recommendations.
- The member of your health care team will turn off the monitor when your visit is finished.

How Secure is Your Visit?

Staff members take every precaution to meet security standards established by the Health Insurance Portability and Accountability Act (known as HIPAA).

Staff members use your electronic health record to communicate with the psychiatrist. The video connection is real-time. Your visit is not recorded or stored in any way.

Whom To Ask for More Information

Talk with your nurse if you have any questions about this service.