

Using TeleHealth with Atlantic Physical Therapy

Signing up for your appointment

You will need a computer, tablet, or mobile device to access the software. From the Atlantic Physical Therapy website (www.atlanticpt.com), you can access our Telehealth platform.

If this is your first appointment, follow the link to set up your profile. There is a brief video on our website that shows you how to register for the telehealth appointment.

To connect with us for your appointment, you can use a computer or mobile device:

1) Connecting Using Your Computer:

You will be able to connect with us over the internet using your web browser at anywhere.healthcare. You can use any desktop or laptop that has a built-in camera and microphone. Ideally, your internet speed should be at least 15Mbps download and 5Mbps upload. There are many free apps for computers and phones to check your internet speed

2) Connecting Using Your Phone or Tablet:

If utilizing a cell phone or tablet, you will need to download 2 applications.

Apple Products:

In the App Store

Search “Anywhere Healthcare” to find the app

Search “Google Meet” to find the app. Download Hangouts Meet by Google

Android Products:

In the Google Play Store:

Search “Anywhere Healthcare” to find the app and download

Search “Google Meet” to find the app

When it's time for your appointment

- 1) Choose a location that is **quiet** and **private** without distractions. It helps if you use the same location for any follow up visits.
- 2) Make sure you have room to move since we may need to have you get up and do some movements or demonstrate exercises. Wear comfortable clothes that allow for you to move normally.
- 3) Once your appointment is confirmed by your physical therapist, get things ready about 10 minutes before the scheduled time. Sign in to either the application (mobile device or tablet) or web page (computer). You will see your available appointment with a “Video Call Link” which directs you to your video call with your therapist. Be sure to allow the “Google Meets” app to have access to your microphone and camera.
- 4) Be safe. Do not try to have a telehealth visit while driving or performing other activities that require your immediate attention.



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