

Hello,

First, as your HealthCare Team here @ Penn Medicine-Princeton Health, Melissa Selke, M.D., P.C., as we transition to this new, hopefully temporary way of life, want you to know that we are here to help and assist you with your healthcare needs.

Below you will find **brief instructions given to help optimize your Video or Telehealth visit with your provider.** Please follow the instructions as they pertain to you and your health. You may also reach out to the office with any questions or concerns regarding your appointment. By now, you should have also received directions, a link for your upcoming appointment and a call coming from a member of our healthcare team to assist in setting up BlueJeans (our video app).

Please ensure both video and microphone permissions are enabled. Please do not attempt to enter the meeting prior to your appointment. If you are unable to use your phone or desktop/laptop, please contact the office at 908-281-1199.

**Appointment time:**

1. You will not have access to your appointment until 10 mins prior your scheduled time.
2. If the provider is still with another patient, the "room" will show as "locked".
3. Please stay logged in until the provider unlocks the room.
4. If the provider is running very late, then Receptionist will reach out to advise you and offer another time and possibly another day if you are unable to wait.
5. We know that during this pandemic, lives are affected in different and sometimes extreme ways, you, our patients may need extended time for us to help you through, if so, please contact our office to reschedule your appointment to an extended time slot.
6. **Also, for your appointment today. Please be sure to have the following:**
  - **Your current weight**
  - **BP if history of hypertension**
  - **temperature if ill**
  - **Blood sugar diary if diabetic**

We know that this is trying times for all but thank you so much for your cooperation at this time.

Kind regards,

Your HealthCare Team

PMPH-Melissa Selke, M.D, P.C.