



Amy Grassi Watson, PC

## **IMPORTANT UPATE COVID-19**

Due to the recent concerns of the COVID-19 (coronavirus), effective 3/16/20, I will begin offering Tele-therapy to limit exposure and keep everyone as safe and healthy as possible.

**I will be using Theraplatform.com as a tele-therapy platform. I have also set up a back- up site called Doxy.me should there be technical issues with Theraplatform. Both sites are HIPAA compliant for tele-therapy.**

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The following will be required for tele-therapy to be successful for your care:

- Access to a computer or mobile device with camera and sound
- Strong WiFi signal (if there are technical difficulties, we will switch to telephone)
- Private and quiet location (minimize distractions).
- Pencil/Pen
- Paper
- 50-60 minutes for sessions. Time must be designated as if you were coming into the office.
- Payment (credit card on file)
- Insurance will be billed for carriers that reimburse for tele-therapy.
- Tissues

Most insurance companies cover tele-therapy, but should they not, reimbursement will be your responsibility after each session. I have set up a method for payment after our session.

You will be sent an invitation to join Teletherapy site on your appointment reminders. If you prefer me to send the line via email or text, please let me know. Teletherapy site is compatible with most mobile devices.

Please sign in at the time of your appointment. You will see a 'waiting room' screen and I will connect with you as soon as I am available. Please think of the virtual 'waiting room' as if you were sitting in my lobby waiting for me to come and get you for the appt. As you are aware, there may be times, that I am running 5-10 minutes behind schedule. You are always welcome to text me if there are issues.

I will send you the Consent for Telehealth that will require your signature agreeing to the terms through the Client Portal system.

If you have any further questions or comments, please call me at (252) 245-1876.

Sincerely,

Amy Grassi Watson, MS, LCMHCS

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