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Logging In to Your Telehealth Session

Here's a quick, step-by-step guide to help you join our video session smoothly. If you get stuck along the way, don't worry — just shoot me a text (832-437-6260) and I'll help you get connected.

- 1. Sign in to the client portal**

Go to **portal.therapyappointment.com** (it's worth bookmarking this page for next time). Log in with the username and password you set up when you registered.

- 2. Launch your session**

From your dashboard, click **Launch**.

You'll see a loading screen while you wait — once I've joined, a **Join Session** button will appear. Click it, and a new tab will open for our video visit.

- 3. Choose how to join**

If the app is already installed, click **Open** to continue.

If not, no need to install anything — just click the option to **continue in your browser** instead.

- 4. Enter the session**

Type in your preferred name and click **Join Meeting**. And that's it — you're in!

- 5. Ending the session**

When we're finished, just click the small **X** at the bottom center of the screen, or simply close the tab. Either way brings you back to your client portal.

Having trouble?

Forgot your password? You can reset it yourself right from the portal login page, as long as you know the email address on file.

Don't remember your username or password at all? Just call/text me and we'll get you sorted out.

Looking forward to seeing you,

Lourdes