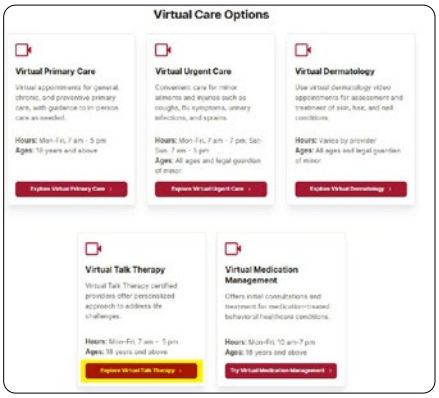
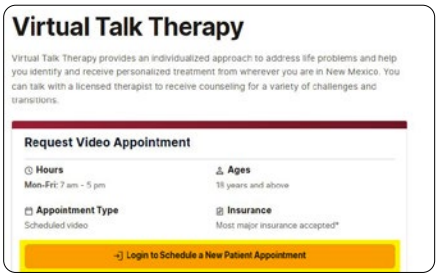
How to make an appointment for VirtualPRES – Talk Therapy

1. Go to **phs.org/virtualpres**. Under Virtual Talk Therapy, click **Explore Virtual Talk Therapy**.



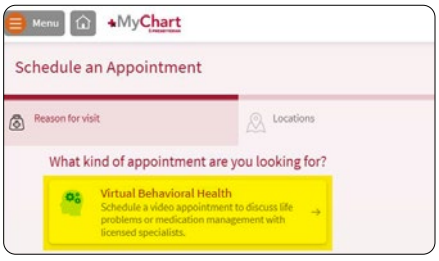
2. Select **Schedule an Appointment**.



3. You will need to sign in to your MyChart account. If you do not have a MyChart account, you will need to create one.



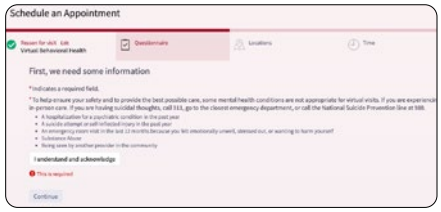
4. Select **Virtual Behavioral Health**.



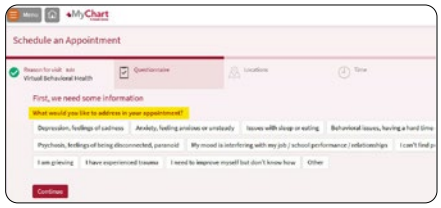
5. Select **Talk Therapy**. Then click continue.



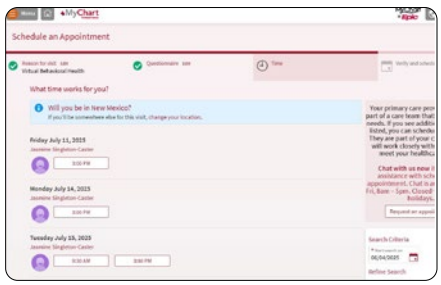
6. Tell us what issues you need help with.



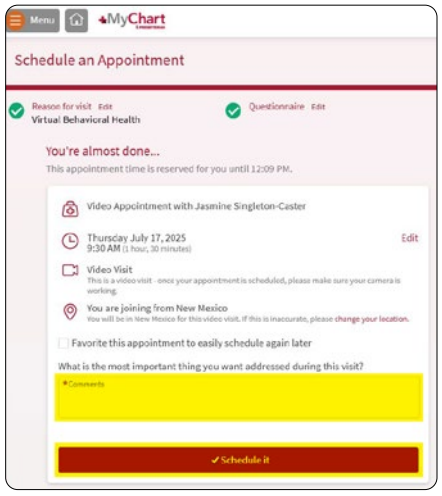
7. Answer the additional question. Then click continue.



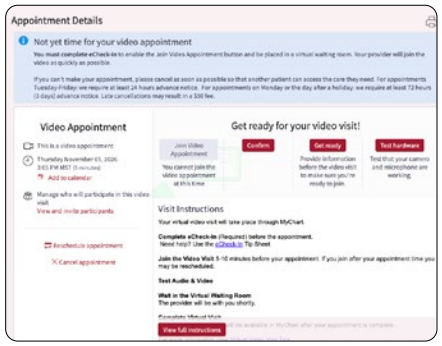
8. You will be presented with a list of providers and available times which you can select from. On the right side of the screen you can also filter your options to best meet your preferences.



9. In a few short words, describe the most important issue you want to address during your visit, then select **Schedule It**.



10. You will receive confirmation showing the details of your video appointment. Before your appointment, you must complete the eCheck-In process. You will receive reminders as your appointment time approaches.



PRESBYTERIAN

MyChart® is a registered trademark of Epic Systems Corporation.