Ideal Option

How to Join an Ideal Option Telemed Appointment

1. Click the Link to Get Started

- About 15 minutes before your virtual appointment, you'll receive a text message with a link.
- Click the link **within 15 minutes before or after** your scheduled appointment time.
- On the screen that opens, **click the orange button** to continue.

Check in now for your Ideal Option remote visit: http:// iocheckin.idealoption.com

Audio Issues? Stay connected to your meeting, and we'll call you for audio!

CLICK HERE TO CHECK IN
WITHIN 15 MINUTES OF YOUR APPOINTMENT

2. Choose Your State and Enter Your Information

- Select your state, then enter your **name, date of birth, and phone number** exactly as they appear in Ideal Option's records.
- Check the **consent box**, then click **Next** again.

First name*

Last name*

Date of birth*

Phone number for us to reach you*

Authorization & Notice of Privacy Practices
By checking this box, I consent to treatment and financial responsibility, and acknowledge receipt of the Notice of Privacy Practices.

BACK   NEXT

3. Join the Meeting and Allow Access

- Once your appointment is found and you're verified, click **Join Meeting**.
- When prompted, click **Allow** to give the app access to your **microphone and camera**.

Virtual Clinic

Your appointment has been found.

JOIN MEETING

4. Make Sure Everything is Working

- **Camera**: Make sure you can see yourself on the screen.
- **Microphone**: Look for a **green indicator** showing your mic is active.
- **Speaker**: Complete the sound test to confirm that you'll be able to hear the Ideal Option staff.
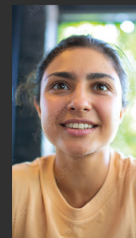- Once everything looks good, click **Join Meeting**.

Microphone
iPhone Microphone

Speaker
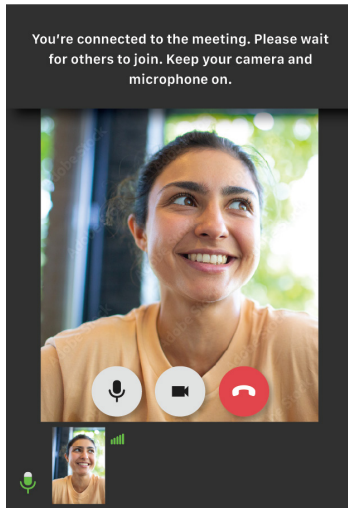System Default Audio Output   STOP

Camera
Front Camera

JOIN MEETING

5. You're In! Just Hang Tight

- Stay on the screen—**don't hang up**. This means you're in the right place, and Ideal Option knows you're ready.
- A **Medical Assistant** will join shortly to start your check-in.

6. Meet with a Medical Assistant and Then Your Provider

- The Medical Assistant will join first to complete your check-in.
- Once finished, you'll wait briefly until your Provider joins the meeting.
- After your Provider visit, **don't disconnect**—the Medical Assistant will return to help schedule your next appointment.