



## **WELCOME TO TELEMEDICINE AT ARLINGTON WOMEN'S CENTER!**

We are excited to offer appointments with our providers via our telemedicine platform, doxy.me.

You can access your appointment through the following "waiting rooms".

Dr. Amanda Rohn	<a href="https://doxy.me/dramandarohn">doxy.me/dramandarohn</a>
Dr. Lynsey Owen	<a href="https://doxy.me/drlynseyowen">doxy.me/drlynseyowen</a>
Karen King, CNM	<a href="https://doxy.me/karenkingcnm">doxy.me/karenkingcnm</a>
Deborah Smith, CNM	<a href="https://doxy.me/debsmithcnm">doxy.me/debsmithcnm</a>

- You can access the site on a computer or mobile device.
- Please ensure your microphone and camera are working prior to your appointment time.
- Please "arrive" a few minutes before your scheduled visit. We will do our best to meet you at the arranged time and will contact you if we will be delayed by more than 15 minutes.
- If you have any issues, please contact Arlington Women's Center at 703-717-4600.

### **FOR ALL APPOINTMENTS:**

- If you have access to a blood pressure cuff, please plan to check your BP prior to the appointment. Sit for 5 minutes with your arm at the level of your heart. A table or arm of the couch may work for you. Your feet should be flat on the ground. Follow instructions on your cuff for use.
- If you do not have a blood pressure cuff, it may be a worthwhile investment. They can be purchased at a grocery store, pharmacy, or online.
- Please weigh yourself if you have a home scale.
- You should plan to alert us of any changes to your medical, surgical, or family history or medications.
- Please have your pharmacy information handy as well.

### **FOR OBSTETRIC APPOINTMENTS:**

- You do not need to buy a home Doppler device. If you are feeling normal fetal movement, this is reassuring. If not, we would like to see you in the office.
- We will plan to chat about your concerns and discuss expectations based on your gestational age.
- If we identify any issues that necessitate an in-person evaluation, we will arrange an office or hospital visit.



### **OB VISIT SCHEDULE:**

At a *minimum*, you will need in-person appointments at the following times. This schedule may change depending on underlying medical conditions or pregnancy complications.

8-10 weeks	Dating ultrasound and lab work
11-13 weeks	*If screening for chromosome abnormalities (first trimester screen, NIPT/cell-free fetal DNA, nuchal translucency) or genetic carrier status
20 weeks	Anatomy scan
24-26 weeks	Diabetes screening (glucose test)
32 weeks	Well-being check
36 weeks	Group B strep screening
38 weeks	Well-being check
40 weeks	Delivery planning

\* Optional

### **FOR POSTPARTUM/GYNECOLOGIC APPOINTMENTS:**

- We will do our best to address your concerns over the phone, but you may be asked to come to the office for an examination or ultrasound if the assessment cannot be completed virtually.
- While we are happy to do surgical counseling, please be aware that many non-urgent/emergent cases are being deferred for the near future.

### **BILLING/PAYMENT:**

- We will bill your insurance company for these visits in the same way you would be billed in the office.
- While many insurance companies are currently waiving co-pays for virtual visits, it is possible that you might be responsible for your usual office visit co-pay. It is also possible that your insurance will not cover this service.

Thank you for your partnership in doing our best to minimize risk to our patients, our staff, and our families. We hope you find telemedicine to be a useful adjunct to traditional office visits!