

# TeleMedicine Clinic Instructions

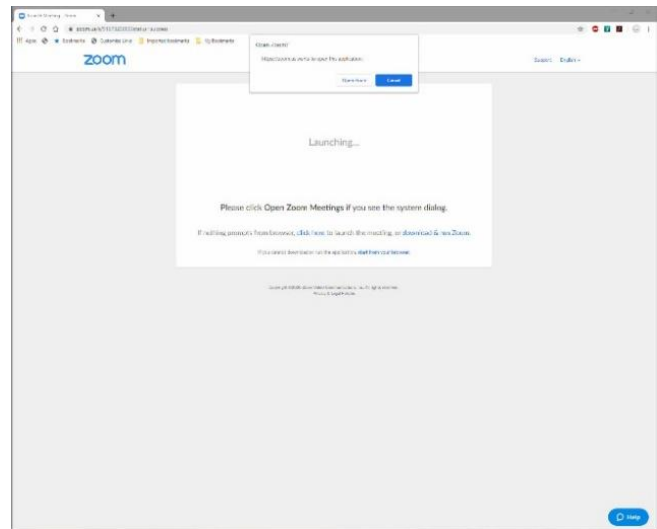
## for Alan M Hirahara, MD, FRCSC

Our clinic will be using TeleMedicine to continue care for our patients to follow the current guidelines by the WHO and CDC by limiting contact between people.

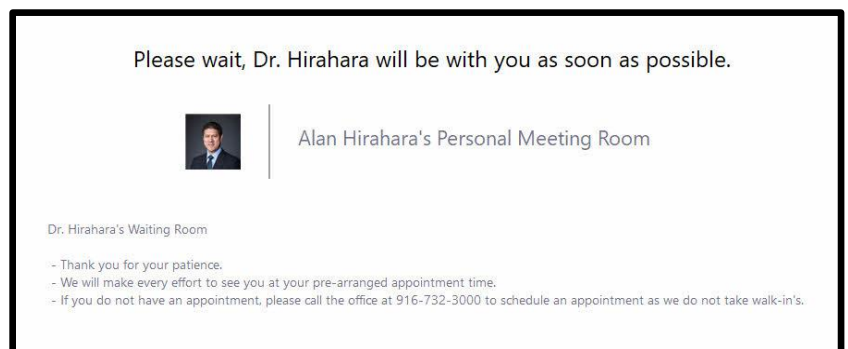
Any desktop, laptop, phone, or tablet can be used for your appointment. We will be using the Zoom platform for your appointment. You will need a camera, microphone, and speaker attached to your device.

At your scheduled appointment day and time, please follow these instructions:

- 1) Click on the hyperlink below for Dr. Hirahara:  
<https://web.zoom.us/j/9167323000>
- 2) Or open a browser window using Chrome or Firefox (Internet Explorer not supported).
  - a. Then type in the web address.
- 3) A box will open to download or open the Zoom application.
  - a. If you do not wish to download or use the Zoom app, click on the link to “start from your browser”



- 4) Once you have opened the zoom app, choose “Join with Video”, if asked. If you have a webcam, your computer may ask you for permission to use it. Please accept.
- 5) You will then be placed into our Waiting Room as seen to the right.
- 6) When admitted, choose “Join with Audio”. Your computer may ask you for permission to use its microphone. Please accept.



- 7) Please be patient, we will be seeing patients as quickly as possible. You will be admitted into the meeting and then asked to join a “Breakout Room” to see Dr. Hirahara when he is available for your appointment.

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## **for Sacramento Orthopaedic Center Doctors**

If you are scheduled to see a different physician, click on the hyperlink below for your doctor and follow the instructions on the previous page.

Alberto J Panero, DO <https://web.zoom.us/j/9168469990>

Michael P Leathers, MD <https://web.zoom.us/j/9167323005>

Michael W Leathers, MD <https://web.zoom.us/j/9167323003>

Timothy P Mar, MD <https://web.zoom.us/j/9167323004>