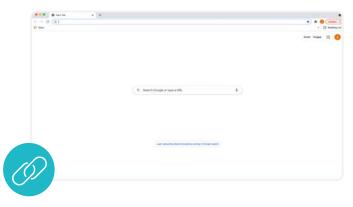


- Schedule a video visit: Contact your local military hospital, clinic or health care team, or use secure messaging through the TRICARE **Online Patient Portal or MHS GENESIS**
- Patient Portal.



On the day of your visit, open the email a few minutes before your appointment to test the link.

Receive an email confirmation the day your visit is scheduled.



Click the link or copy and paste it into your web browser and click Enter. Tip: The current versions of Google Chrome or Safari work best.



Enter your name, information, and physical location for E-911 in case you need emergency services during your video visit.



Wait until your care team arrives.



When the visit is finished, click **Disconnect** to exit the virtual treatment room.



Select your microphone, camera, and audio options, and click Start.



Talk with your provider as you would in person.

Learn More

Use your phone camera to scan the QR code to learn more.

