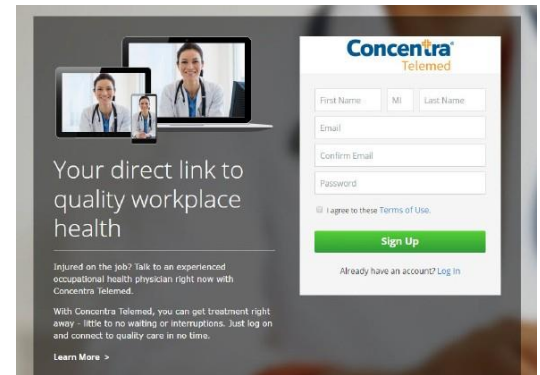


After informing your supervisor or safety personnel of your work-related injury, employee is ready for Concentra Telemed. There are two ways you can access Concentra Telemed, using your web browser on your computer or with the Concentra Telemed app on Android and iPhone.

How to Access ConcentraTelemed.com

You'll need a computer with a webcam and microphone. You can't access ConcentraTelemed.com using a tablet or smartphone.

1. Make sure you have your driver's license or state ID ready.
2. Go to your computer.
3. Open your web browser and go to ConcentraTelemed.com.
4. Sign up or log in. You'll need to use your email address.
5. Once signed into the system, please click on an available care coordinator to start the visit.



How to Use the Concentra Telemed App

To use the app, you'll need a smartphone with a camera.

1. Make sure you have your driver's license or state ID ready.
2. Go to the Apple app store or Google Play app. Search for "Concentra Telemed" and download the Concentra Telemed app.
3. Open the app.
4. Sign up or log in. You'll need to use your email address.
5. Once signed into the system, please click on an available care coordinator to start the visit.

Please note: Concentra Telemed is only For employers that are registered with Concentra for work related injuries.



Your Visit

After you've signed up:

1. Select the option to start a visit with an available care coordinator. Depending on their availability, you may be added to a virtual "waiting room" while you wait for them to connect.
2. The care coordinator will ask you some questions about your medical history and why you're visiting.
3. You'll be queued in a virtual waiting room to see a doctor. If you need to step away, remember to click the box that says **TEXT ME** so that you'll be reminded when the clinician is ready.
4. Time for your appointment! Talk to the clinician as much as you need to. When you're done, your visit will end unless you need a referral or to schedule a follow-up appointment.
5. If you need a referral or follow-up appointment, you'll check out with your care coordinator. They'll help you get scheduled.

Need help? Having technical issues?

Call us at 844-349-7862.