

# Alief offers Tele-Medicine!

## TO USE REDIMD AS A FIRST-TIME USER

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| <b>1</b><br><b>REGISTER.*</b> <ul style="list-style-type: none"><li>• Click "register"</li><li>• Select "register" or "First Time User"</li><li>• Enter code listed bottom of page and click "next"</li><li>• Follow registration directions, enter your e-mail and create a password</li><li>• Complete profiles and registration directions.</li></ul> | <b>2</b><br><b>SCHEDULE.</b> <ul style="list-style-type: none"><li>• Make appointment</li><li>• Select provider, date, and time</li><li>• No copay or payment required.</li></ul> | <b>3</b><br><b>CONSULT.</b> <ul style="list-style-type: none"><li>• Take vitals. Or put 1 in each box if vitals are not taken.</li><li>• Consult with your provider (see options below)</li></ul> |
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\*Registration is a one-time process and can be done without having to schedule an appointment.

## TO USE REDIMD AS A RETURN USER

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| <b>1</b><br><b>LOG IN.</b> <p>From any internet connected computer or smart phone .</p> <ul style="list-style-type: none"><li>• Log in at <a href="http://www.redimd.com">www.redimd.com</a></li><li>• Enter your e-mail and password</li></ul> | <b>2</b><br><b>SCHEDULE.</b> <ul style="list-style-type: none"><li>• Make appointment</li><li>• Select provider, date, and time</li><li>• No copay or payment required.</li></ul> | <b>3</b><br><b>CONSULT.</b> <ul style="list-style-type: none"><li>• Take vitals or put 1 in each box if vitals are not taken.</li><li>• Consult with your provider (see options below)</li></ul> |
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### CONSULT WITH YOUR REDIMD PROVIDER

#### AT YOUR WORKPLACE or HOME Computer: To see a provider for your online consult

- Go to the RediMD clinic at your workplace or home computer for the online consult 10 minutes before your appointment time
- Have your photo ID available
- Go to [www.redimd.com](http://www.redimd.com), log in to your account and go to your appointment (You can follow the hardcopy instructions located by the computer.)
- Take your blood pressure, pulse and temperature and enter your vital readings as prompted, and follow the directions, or put 1 in each box if vitals are not taken.
- The provider will appear at the appointment time to consult with you about the medical information you provided and give you a diagnosis and recommend treatment.

#### On a smart phone: To see the provider for your online consult

- Go to your smart phone app store and download skype (free). Set up an account.
- 10 minutes before your appointment time, go to [www.redimd.com](http://www.redimd.com), log in to your account and go to your appointment
- Have your photo ID available.
- Put 1 in each box if the vitals: blood pressure, pulse, etc are not taken and follow the directions.
- Press the skype button and the provider will appear at the appointment time to consult with you about the medical information you provided and give you a diagnosis and recommend treatment.

#### BY PHONE: To speak with provider ( Note: you must be an established patient with RediMD to consult by phone. )

- After hours when the clinic is closed or when a computer or smart phone is not available.
- Call our after hours line 281-633-0148.

For help, call RediMD at 866-989-CURE, option 3



Code to register = aliefisd