



SCRIPPS RANCH | 9972 Scripps Ranch Blvd. San Diego, CA 92131
SCRIPPS RANCH (POOL) | 9875 Aviary Dr. San Diego 92131
MISSION BEACH | 2999 Mission Blvd. Suite 101, San Diego, CA 92109
MISSION BEACH (POOL) | 5390 Valeta St. San Diego, CA 92107
LA JOLLA | 3535 General Atomics Ct. Suite 100, San Diego, CA 92121
UTC | 10300 Campus Pointe Dr. San Diego, CA 92121
LA JOLLA/UTC (POOL) | 4244 Campus Point Ct., San Diego, CA 92121
DOWNTOWN | 501 West Broadway, San Diego, CA 92101
CORONADO | 543 Orange Ave. Coronado, CA 92118
CORONADO (POOL) | 818 Sixth St. (Inside BBMAC), Coronado, CA 92118
CARMEL VALLEY | 12395 El Camino Real, Suite 111, San Diego, CA 92130
CARMEL VALLEY (POOL) | 3777 Townsgate Dr. San Diego, CA 92130
POWAY | 12234 Poway Road, Poway, CA 92064
KEARNY MESA (POOL) | 4984 Shawline Street, San Diego, CA 92111
MAILING ADDRESS | 3639 Midway Dr. San Diego, CA 92110

DOXY.ME INSTRUCTIONS FOR PATIENTS

1. **Doxy.me** is the virtual platform that we will use for all of our telemedicine sessions. It is a private and secure platform. It is simple to use.
2. Your physical therapist will have a specific link that you will click on before your appointment (it will be the same link for every appointment you have with your same therapist). You will receive this link in your appointment reminder email. You can also go directly to our website to get your therapist's link (on the first page or in the "contact us" section). All therapists links will be: doxy.me/DrFirstNameLastName (e.g., doxy.me/DrCjRegalla -OR- doxy.me/DrKirstenBrown - etc...
3. When you click on this link, it will take you to your session with your therapist.
4. You will type in your first and last name.
5. You will allow the session to access your audio/video ("enable camera")
6. Then you will automatically enter the virtual waiting room for your physical therapist, as you wait for your therapist to login.
7. Your physical therapist will see that you have signed in and are waiting for the session to start.
8. When it is time for the appointment to start, your physical therapist will click on your name, and you will be joined together to start the appointment.
9. NOTE: In addition to audio and video, you are even able to "message" with your physical therapist when you are both signed in - in case you want the PT to know you are running late, or anything else before you are joined together.

Doxy.me is simple to use, and is accessible on computers (Chrome or Firefox web browser), iPhones, iPads, and Android. You just need audio/video on your device. If you encounter any problems, we would be more than happy to walk you through it. Please call the office for help at any time: 858-488-3597. Doxy.me also has tutorials on their website, in case you want to look at this ahead of time.

TUTORIAL VIDEOS FROM DOXY.ME: [Patient Tutorial How To Use Doxy.me](#)

<https://youtu.be/yJf9N9sjDLI>