

TREATING AN INTERNET PATIENT:

Computer/Camera Requirements/Instructions:

1. PC computer - Pentium 4 or higher CPU, running Windows XP or Windows Vista, and at least 500 megabytes of RAM memory.
Or a Mac computer - G4 or higher CPU, running OS-X Tiger (version 10.4) or Leopard (version 10.5), and 1 gigabyte of RAM memory.
2. Web cam with better than 1.3 mega-pixel resolution and 30 frames per second. (Examples are Logitech Quick Cam Communicate MP - \$49.99 or Logitech Quick Cam® Pro 9000 - \$99.99)
3. Skype Instant Messaging program (best one for both Mac and PC) with free account setup.
4. High speed Cable Internet connection, or telephone DSL connection.

Once you determine you have met the minimum requirements the web cam will be installed first. The web cam will come with an installation CD and instructions. Follow instructions by putting the CD in the CDROM drive on the computer and following the on screen instructions. Near the end of installation you will be prompted to plug in the web cam. Follow instructions for any further installation needs to make it complete.

Now, download and install Skype 3.8 for Windows:

<http://www.skype.com/download/skype/windows/>

Or if you have a Mac then download and install Skype 2.7 for Mac OS X

here: <http://www.skype.com/download/skype/macosx/>

After Skype is installed you will need to create a free account. Choose a username and password for your new account (make the username easy because you'll possibly be spelling it out many times to patients and friends- make note of the username and password for future reference somewhere you will remember if you need to access it).

Try a test call with somebody you know that has Skype already.

I also recommend when you get a new patient and they say they're all setup, connect with them through Skype and do a few minute mock session just to make sure everything will work when you start your lessons.