

Integrity and Compassion Inspired by the

# First Nurses

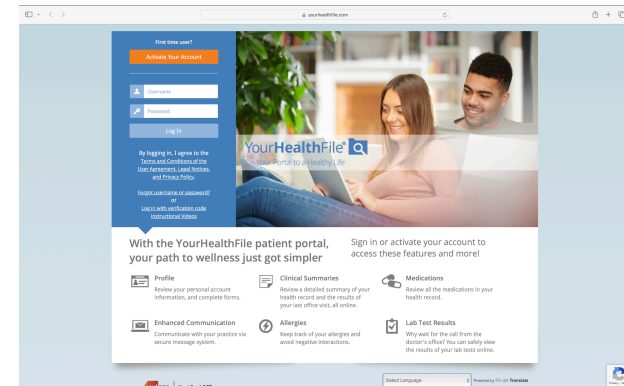
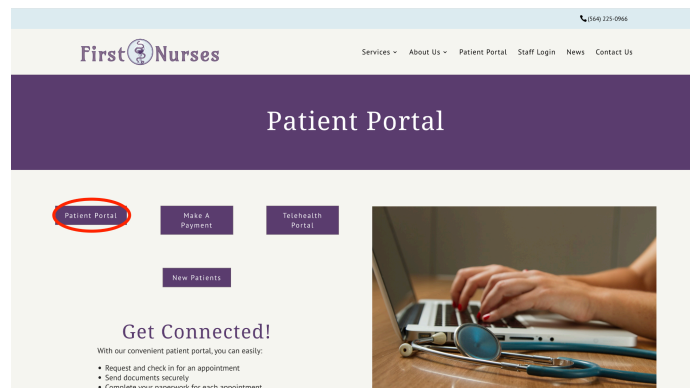
info@firstnurses.com | 17050 Pilkington Rd Suite 220 Lake Oswego OR 97035 | (564) 225-0966

## How to Attend your Telehealth Appointment

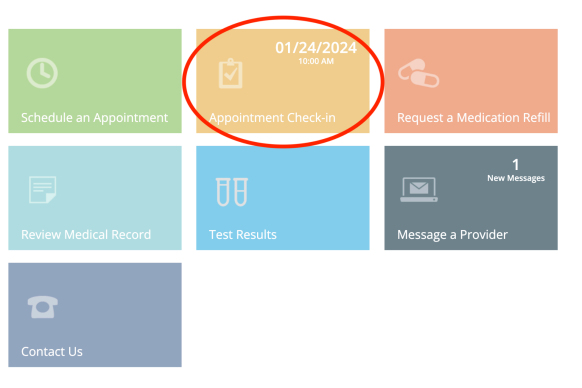
Please complete these steps **before** your scheduled telehealth appointment. This will take between 15 and 45 minutes.  
Find a quiet and private spot to have your appointment and do not drive a vehicle when attending.

Start on the First Nurses Patient Portal Page located at  
<https://www.firstnurses.com/first-nurses-patient-portal/>

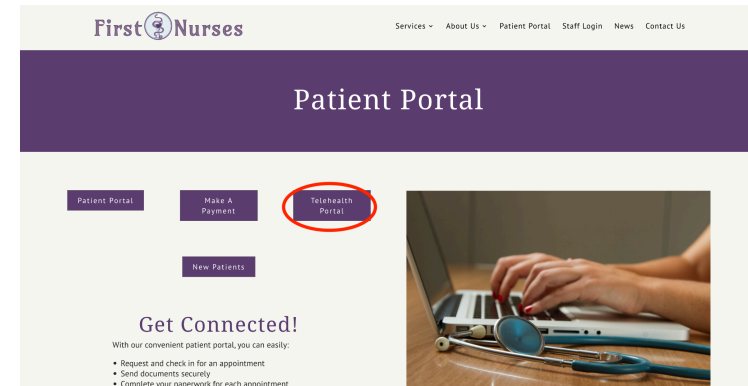
Clicking the purple “Patient Portal” button brings you to this page



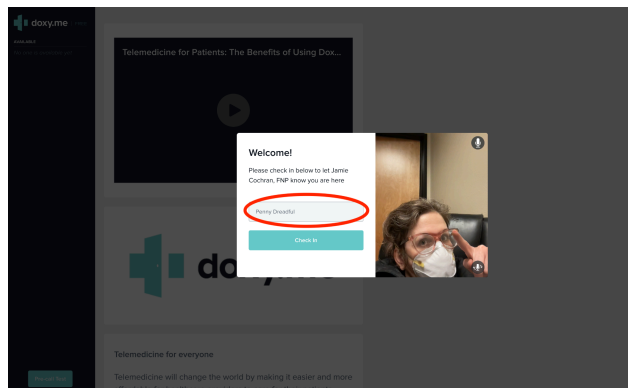
You can check in for your appointment using this button. **You must be checked in before you are seen on the telehealth portal.**



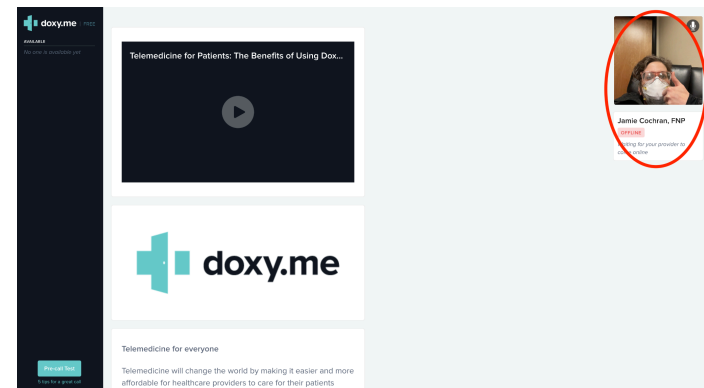
Click on the purple “telehealth portal” button on the First Nurses page OR simply go to <https://doxy.me/firstnurses>



Allow the camera and microphone on your computer or phone and enter your name.



Thumbs up! You are now logged in to your telehealth appointment.



Please make sure you are **checked in on your patient portal before** your appointment. If your provider has not checked in or started the appointment 15 minutes after you are scheduled, contacting the office.

If you continue to struggle with these instructions, please contact the clinic using your portal, our email [info@firstnurses.com](mailto:info@firstnurses.com), or by phone at (564) 225-0966.