



Google Meet Guide

*** For confirmed and scheduled appointments only ***

The purpose of this guide is to provide an overview of the *Google Meet* platform and share recommendations on how to maintain privacy.

Please visit [this Google support website](#) for an overview of the platform and how to join a *Google Meet*.

Google Meet utilized by Transitions Counseling Services is a HIPAA compliant platform, which means the data transmitted during the call is encrypted and meets all requirements of the Health Insurance Portability and Accountability Act (HIPAA).

We recommend the following to get the most out of your session and maintain privacy:

- Connect via WiFi vs. cellular data
- Use a desktop or laptop with camera when possible
- Connecting via mobile app is an option on a smartphone or tablet, be sure to log in with your email address you provided for your appointment
- Use headphones
- Take the call in a private space with minimal distractions
- Join your session at the start time (should either you or the therapist run late, you will communicate via text or phone)

Please [contact us here](#) or call our main line 781-742-4515 with any questions or concerns.