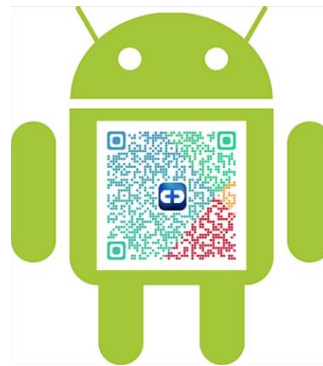
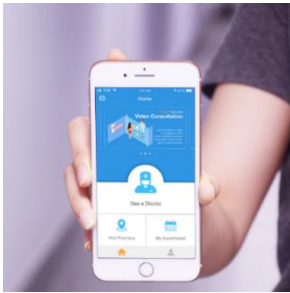


**Important Notice!** If you have been exposed to COVID-19 (coronavirus) or suspect you may have the virus, please use this telemedicine option to pre-screen before coming into the office.



## WHEN TO USE CDOC?

Asthma  
Prescription  
Renewals/Refills  
Rashes  
Nausea, Vomiting  
Diarrhea  
Urinary Tract  
Infection  
Bronchitis  
Depression/Mental  
Health Consults  
Cold, Flu, Fever,  
Cough  
Sore Throat  
Headache  
Insect Bites  
Allergies

**CDoc** is a mobile telehealth app that helps you connect with your healthcare provider, diagnose your non-emergency medical conditions, prescribe medication, and send the prescription to your nearest pharmacy. By using this app, you can have a two-way video conversation with your provider to receive a diagnosis and treatment plan right from your home. Eliminate travel and wait time by connecting to your medical practice all from your mobile device.

### How do I start using it?

1. Contact our medical office at 201-288-6781 to be registered if you are a new patient. If you are an existing patient, proceed to step 2.

*Please have valid identification (driver's license, state ID), insurance information, and payment method (credit card, debit card, etc.) ready.*

2. Use the mobile links below or **scan the QR codes** above to download the app from the [Apple Store \(iPhone\)](#) or [Google Play \(Android\)](#).  
*Note: Say "Yes" when CDoc asks to use your phone, camera, and microphone for the app to work correctly.*

3. Create an account on the CDoc app using the service code **'heightsmedical'** (not case sensitive). *Please use same email you provided our office.*

4. Click "See A Doctor" to choose a provider and book an appointment by picking a time and date (**Recommended**). *Please book only one appointment per day.*

5. You could also use the "Consult Now" button to start the video conversation immediately if a provider is available. If no provider is "on-line", you can join their virtual waiting room and wait for a call back.