


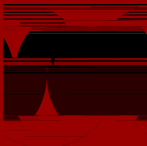
Telehealth at UCS

1 q j] + g l d < g l N] g 9] k g / l h h

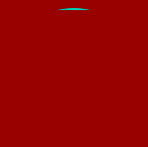
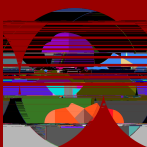
Plan Ahead

 	<p>N d] h h Q D Y I k h l <</p> <p>/ l j k d ;]] O Z [h D] s Y Y O [O] g l h j Q [O j P l D g] q h l</p>	 <p>Q [G < d Y < E l q P l g l [] j Q [j l g g k d j l G < [G N] g j P l < d d] Q [j Z l [j</p> <p>1 h l < d g Q p < j l [l j q] g < j P l g j P < [d k D Y Q E</p>
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Get Ready

	<p>+ Q E X < E] Z N] g j < D Y E < [h Q j k d + Y < E l Y l p l Y < D] k j ~ ~ N l l]</p> <p>G W k h j j P l Y Q O P j Q l D < E X Y Q j P < g O l s</p>	 <p>Y] h l d g] O g < Z h < [G < q < s D]] X h < [G d < Q [E] Z Q [O Z l h h < O l h</p> <p>1 h l j P l D < j P g]] Z] g g l < j P l < [G . s h X s] l</p>
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Start Your Session

	<p>Y Q E X] [j P l ;]] Z Y s] k [j l g Q [O j P l q s] k g j P l g < d Q h j X []</p>	 <p>] j] j P l] d j Q] [h Z l s] k g Y Q p l p Q G l] < [G</p>
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