

Welcome to Eugene Center for Anxiety and Stress!

You are confirmed for your teletherapy appointment with ____ on ____ at ____ AM/PM.

This will be a weekly recurring, hour-long appointment time, unless you and your therapist agree to alter it in future.

ALL intake forms below must be completed BEFORE your appointment. Please take as much time as you need and provide information about your experiences to help your therapist better assist you.

. The forms are electronic and can be accessed by clicking the links below:

- [Click here to complete the New Client Intake Paperwork](#)
- [Click here to complete the Diagnostic Screening Tool](#)
- [Click here to complete the COVID-19 Client Informed Consent](#)
- [Click here to complete the Training Therapist Consent](#)

Please note, your appointment may need to be rescheduled if these forms are not completed **48 hours** prior to the scheduled day/time.

Payment Information: Your insurance copayment or coinsurance payment is due at the time of service and will be charged on the credit card information you will provide as part of the intake packet. **NOT FOR OHP**

Telehealth Appointment:

- Please ensure that you have a private space with minimal background noise for your appointment, and that you have adequate internet access.
- To access your telehealth link, you will need to login to the Pimsy Patient Portal. Below is the website, and your username and password (you will change your password on your first login).

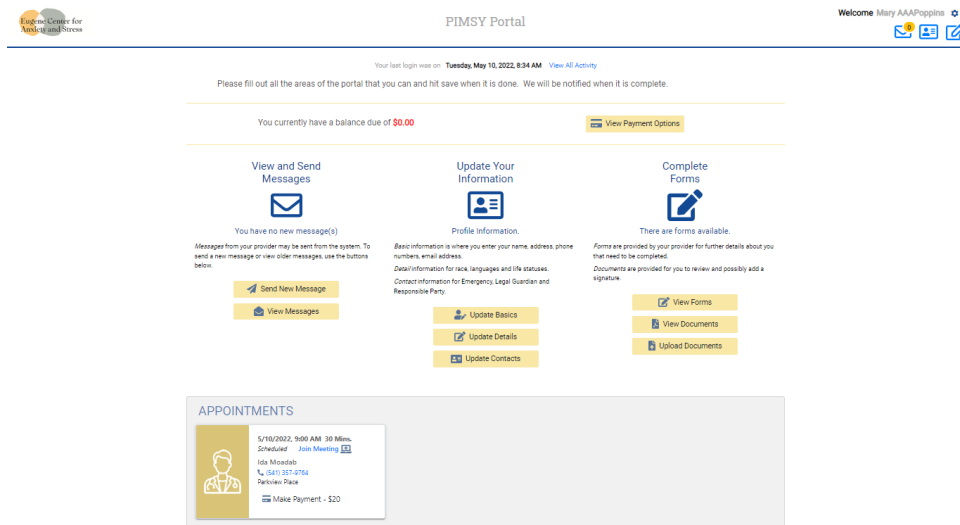
Website: ecas.pimsyportal.com

Login: firstinitiallastname

Password: ECAS123!

Please keep in mind that your portal access will expire after one week if you do not log in and change your temporary password.

Once logged in you will be at this screen which is considered the “Home” tab:



As you can see in the screenshot above, there will be a list of your upcoming appointments.

- Click on “Click Here” under the “Telehealth Link” header next to your appointment for the day (all the way on the right). You can click this link **2 minutes** prior to your session starting.
- If you click on the link more than 2 minutes ahead of your scheduled time, you will get a message that it is too early to check in.

The clinician will allow you into the meeting from the waiting room once they are ready, and your telehealth session will begin. IF YOU ARE ASKED FOR A PASSWORD, DO NOT ENTER ONE!

Please don't hesitate to reach out to us with any additional questions or concerns.

Best,