

## Picking the right device for your telehealth appointment

Device	Pros	Cons
Phone	<ul style="list-style-type: none"> <li>• Portable and can easily move around/change location during session</li> <li>• Zoom app interface is simple to use</li> <li>• Can utilise phone network if home internet is unreliable</li> </ul>	<ul style="list-style-type: none"> <li>• Camera and sound lower quality compared to laptop/desktop</li> <li>• May be challenging to change angle if you don't have a stand</li> <li>• Meetings can be interrupted by phone functions (calls, notifications etc)</li> <li>• Small Screen</li> </ul>
Tablet	<ul style="list-style-type: none"> <li>• Portable and can easily move around/change location during session</li> <li>• Zoom app interface is simple to use</li> </ul>	<ul style="list-style-type: none"> <li>• Camera and sound lower quality compared to laptop/desktop</li> <li>• May be challenging to change angle if you don't have a stand</li> </ul>
Laptop	<ul style="list-style-type: none"> <li>• Easily set up</li> <li>• Able to adjust camera angle easily</li> <li>• More powerful device – more responsive and quicker</li> <li>• Big screen to visualise therapist</li> <li>• Better sound quality</li> </ul>	<ul style="list-style-type: none"> <li>• Can be affected by poor internet connection</li> </ul>
Desktop	<ul style="list-style-type: none"> <li>• No set up required</li> <li>• More powerful device – more responsive and quicker</li> <li>• Big screen to visualise therapist</li> <li>• Better sound quality</li> </ul>	<ul style="list-style-type: none"> <li>• Fixed location, cannot adjust the screen to change angles</li> <li>• Can be affected by poor internet connection</li> </ul>