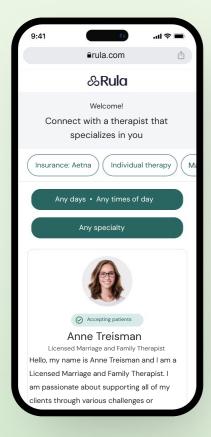
## & Rula

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- 1 Select your therapist
  Tell us your therapist
  preferences so we can match
  you with the right provider.
- 2 Complete registration
  Register within 12 hours of selecting
  your therapist. No charges will be
  made till after your first appointment
  (cancel anytime).
- We'll check with your insurance and let your know your payment estimate before your appointment.
- 4 Confirm your appt. time
  You'll receive a confirmation notice
  1-2 days before your appt. along with
  a video call link.

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