



## How to Stay Connected

### *With patients at UWMC - Northwest campus*

*Even if you cannot visit in person, there are lots of ways to stay connected with patients at UWMC - Northwest. This handout lists just a few options.*

### Phone Calls

To reach a patient by phone, please call the UWMC - Northwest Operator at 206.668.0500. They will help you connect to the patient's room.

### U.S. Mail

You can send cards, letters, or small care packages to a patient's room. Mail is delivered to patient floors every day.

Please do **not** mail anything that is perishable, is sensitive to heat or cold, needs to arrive by a certain time, or is of high value.

Before mailing, please call the UWMC - Northwest Operator at 206.668.0500 to make sure of the patient's room number.

Use this address for mailing:

Patient Name  
Room Number  
UWMC - Northwest  
1550 N. 115th St.  
Seattle WA 98133

### Caring Bridge Webpages

Using Caring Bridge, you can create a free, personal webpage to connect patients with family and friends during their health journey. Patients can share news and updates with everyone at the same time, coordinate help, and receive emotional strength and support.



- Caring Bridge webpages can be private or public. They do not have ads. You can create a site for yourself or someone else.
- Visit [caringbridge.org](http://caringbridge.org).

## **Apps and Programs**

There are many apps and programs that allow you to make voice and video calls, send text and voice messages, or share images, documents, and other media. They may run off your phone number or over the internet. Some are free and others charge a fee for certain services. Please check with your mobile carrier or internet service provider to learn more.

### **FaceTime**

- Make 1-on-1 audio or video calls from your iPhone, iPad, iPod Touch, or Mac computer to other iOS devices only.
- Uses Wi-Fi or your phone plan.
- Download FaceTime from the App Store.

### **Skype**

- Make video chat or voice calls between Skype users, mobile numbers, and landlines.
- Supports calls and chats between 2 to 25 people at a time.
- Can be used with computers, tablets, mobile devices, and some gaming consoles and smart watches.
- Download Skype from [www.skype.com/en/get-skype](http://www.skype.com/en/get-skype), the App Store, or Google Play.

### **Zoom**

- Audio and video from cell phones and computers, or voice from phones.
- Video and voice conference calls, and screen sharing for up to 300 people at a time.
- Offers a free plan with full features. Free meetings are limited to 40 minutes.
- One of the easiest programs to install, use, and invite others to join.
- Download from the internet (<https://zoom.us/download>), the App Store or Google Play.

## WhatsApp

- Send messages or make calls between cell phones and computers, even in other countries.
- Offers a group chat feature.
- Can quickly connect to your phone contacts.
- Download WhatsApp from the App Store or Google Play.



### Questions?

Your questions are important.  
Call your doctor or healthcare  
provider if you have questions  
or concerns.