CalmTech
SUPPORT

A LITTLE HELP. A LOT MORE CONFIDENCE.

Apple device help.
At your pace.

One-on-one help with your iPhone, iPad, Mac, and Apple Watch.



Hi, I'm Lily

I'm your personal tech guide

For adults 55+, at your home or another convenient location.

Sacramento & Placer Counties

HELP WITH THE THINGS THAT MATTER

- Device setup & updates
- FaceTime, texts & email
- Passwords & online safety
- Doctor's apps & video visits
- Photos, iCloud & backups
- Maps & Find your location

First visit
$75 per hour
In-home visits: 1-hour minimum.

Follow-up visits
$65 per hour

FREE 20-MINUTE PHONE CONSULTATION

916-619-9154

calmtech-support.com
Lic # GNB32026-02340

Lily Barretto
Yo hablo español

CalmTech
SUPPORT

PERSONAL HELP WITH HEALTH TECHNOLOGY

Guidance for your online healthcare.

I'll help you access your test results, message your doctor, request refills, and join video appointments.

Sign in with confidence
MyChart, Kaiser, Sutter Health & more.

Find test results & records
See your health information in one place.

Message your doctor
Send messages and manage appointments.

Request prescription refills
Use your doctor's app or pharmacy website.

Join video appointments
I'll help you set up and practice joining a visit.

At your pace. In plain language.
One-on-one guidance, written notes as needed.

FREE 20-MINUTE PHONE CONSULTATION

916-619-9154

calmtech-support.com
Lic # GNB32026-02340

Lily Barretto
Yo hablo español