

TELEHEALTH

VIRTUALLY VISIT WITH YOUR HEALTHCARE PROVIDER

WHAT IS TELEHEALTH?

Telehealth is an appointment/interaction with your healthcare provider over the internet. Most telehealth visits provide the same quality of care and typically most things can still be done just like in office including parts of your physical exam.



TELEHEALTH BENEFITS

- Convenient
- Secure
- Easy to use
- Reduces travel and wait times

DOES MY PROVIDER OFFER TELEHEALTH?

Call your provider and ask:
What types of virtual visit do they do?
(new problem, followup, wellness visit)
Is it a covered benefit on your insurance?
Will you have a copay or will cost-share apply?



DEVICES FOR TELEHEALTH

A telehealth visit requires an audio and typically a video connection:



- Computer
- Laptop
- Smartphone
- Tablet



HOW TO PREPARE FOR YOUR VISIT



- Good internet/data connection
- A private area with adequate lighting
- Something to record information (pen & paper)
- List your medications (& vitamins); if refills are needed
- List of concerns you would like to discuss
- Wear clothing appropriate for your visit
- Record your vitals before the visit:
height, weight, temperature, heart rate, blood pressure, oxygen