## PATIENT CHECKLIST FOR TELEHEALTH

- Contact your **health care provider** or your **health insurance provider** to see if telehealth services are available.

### FOR SCHEDULED APPOINTMENTS

- Schedule your appointment with your healthcare provider.
- Confirm how you will log into the telehealth session with the provider.
- Write down information to share with your healthcare provider if he/she is not familiar with your medical history:
  - Medications
  - Allergies
  - Chronic diseases (diabetes, high blood pressure, high cholesterol, etc.)
  - Hospitalizations
  - Surgeries
- Write down what questions you have for your health care provider.
- 30 minutes before the appointment:
  - Find a quiet space for your visit
  - Check that your computer, tablet, or smartphone works and is charged
  - Check that the speaker and microphone on your device work and the volume is good
  - Make sure the internet or cellular connection is good
- Sign onto session using the link provided to you usually in an email or through the patient portal of your electronic medical record system.
- Let healthcare provider know if you can see and hear them clearly.
- Take notes during the visit to help you remember what the healthcare provider tells you.
- Get contact information for additional questions or concerns after the telehealth appointment.