

PATIENT CHECKLIST FOR TELEHEALTH

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

FOR SCHEDULED APPOINTMENTS	
<input type="checkbox"/>	Schedule your appointment with your healthcare provider.
<input type="checkbox"/>	Confirm how you will log into the telehealth session with the provider.
<input type="checkbox"/>	Write down information to share with your healthcare provider if he/she is not familiar with your medical history: <ul style="list-style-type: none">• Medications• Allergies• Chronic diseases (diabetes, high blood pressure, high cholesterol, etc.)• Hospitalizations• Surgeries
<input type="checkbox"/>	Write down what questions you have for your health care provider.
<input type="checkbox"/>	30 minutes before the appointment: <ul style="list-style-type: none">• 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
<input type="checkbox"/>	Sign onto session using the link provided to you usually in an email or through the patient portal of your electronic medical record system.
<input type="checkbox"/>	Let healthcare provider know if you can see and hear them clearly.
<input type="checkbox"/>	Take notes during the visit to help you remember what the healthcare provider tells you.
<input type="checkbox"/>	Get contact information for additional questions or concerns after the telehealth appointment.