



# Patient Checklist for Telehealth Visit

**Before your telehealth session, be sure you are ready by following the checklist below:**

	Schedule your appointment with your healthcare provider.
	Confirm how you will log into the session with your healthcare provider (virtual link, patient portal, etc.).
	Prepare for your visit! Write down information to share with your healthcare provider: <ul style="list-style-type: none"><li>• Medications</li><li>• Allergies</li><li>• Chronic diseases (diabetes, high blood pressure, high cholesterol, etc.)</li><li>• Hospitalizations</li><li>• Surgeries</li></ul>
	Write down questions you have for your healthcare provider.
	Are you ready for your session? Thirty (30) minutes before your appointment: <ul style="list-style-type: none"><li>• Find a quiet space for your visit</li><li>• Check that your computer, tablet, or smartphone works and is charged</li><li>• Check that the speaker and microphone on your device work and the volume is at a good level</li><li>• Make sure the internet or cellular connection is good</li></ul>
	Sign onto the telehealth appointment using the link provided to you via email or through the patient portal.
	When the session starts, let your healthcare provider know if you can see and hear them clearly.
	Take notes during the visit to help you remember what your healthcare provider tells you.
	Gather contact information for additional questions or concerns before ending the telehealth appointment.