



Key Tips:

- **Get ready early**
 - Find a quiet, comfortable, private space for your telehealth appointment if possible.
 - Make sure you have plenty of light in the room so your provider can see you well.
 - Set up all your equipment early – you may not need to use everything in your telehealth backpack, get if you know you need to show the provider something, organize in advance.
 - If you need to show something on the skin or in the mouth, plug in the Telemedicine Wand.
 - If you need to an ear, plug in the otoscope.
 - If you have questions about breathing, know where the stethoscope is located (the provide may only need the microphone on your computer).
 - If you are hard of hearing, plug in the headphone. If there is more than one person joining the visit, use the round speakerphone.
 - Make sure your device is connected to the internet.
 - Have a list of all of your prescription medications, and your log of recent blood pressure readings and/or blood glucose levels if applicable.
 - Write down any questions you want to ask your healthcare provider.
 - If you have children in the room, we suggest that you prepare an activity or toy to help the children stay busy so that you can focus on the provider as much as possible.
- **Sign on early.**
 - Log into your account early so that you know how to find the meeting link and complete any consent forms before the visit starts.
 - Many telehealth appointments are hosted through the patient portal for the organization you are seeing – make sure you know how to log on.

Sample Resources:

- HHS.gov What Should I know before my Telehealth Visit?
 - <https://telehealth.hhs.gov/patients/what-should-i-know-before-my-telehealth-visit>
- American Heart Association How to Get Ready for a Telehealth Appointment
 - <https://www.heart.org/en/professional/telehealth/telehealth-patient-resources/how-to-get-ready-checklist>
- National Consortium of Telehealth Resource Centers: 5 Tips for Preparing Your Child for a Telemedicine Visit
 - <https://telehealthresourcecenter.org/news/5-tips-for-preparing-your-child-for-a-telemedicine-visit/>