

PATIENT CHECKLIST FOR TELEHEALTH

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

FOR ON-DEMAND APPOINTMENTS (appointments where you log onto a website or call into a telephone service and see a healthcare provider that is available at that time):	
<input type="checkbox"/>	Write down information to share with your healthcare provider: <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"/>	Prepare your space and devices: <ul style="list-style-type: none">• Find a quiet space for your visit• Check that your computer, tablet, or smartphone works and is charged. If doing telephone call only, check that phone is charged if using a cell or wireless phone.• Check that the speaker and microphone on your device work and the volume is good• Make sure that the internet or cellular connection is good
<input type="checkbox"/>	Sign in on the website or call into the on-demand telehealth service.
<input type="checkbox"/>	For the on-line service, you may be asked to type in answers to questions about yourself and your health before you are connected to a healthcare provider.
<input type="checkbox"/>	Wait until a healthcare provider starts your telehealth session.
<input type="checkbox"/>	Let healthcare provider know if you can see (for the video and audio sessions) 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.