



TELEMEDICINE APPOINTMENT PREP

With virtual health visits the “new normal,” at least for a while, here are some preparation tips to get all you can out of your appointment:

- Ensure the device you're using is in good working order and that your Internet connection is stable
- Download the platform or app from which your physician will conduct the visit in advance of your appointment to ensure you can navigate it properly
- Set up the space where your appointment will take place and be sure it has good lighting and minimal background noise
- Minimize distractions by turning other electronics off beforehand and asking other members of your household to refrain from making unnecessary noise during your appointment
- Have all medications being taken available for identification/discussion/review
- If possible, have someone available/with you for appointment who can assist if necessary (holding device, answering questions, retrieving information, etc.)
- Develop a list of priority issues to discuss (and refer to it during visit)
- Begin with confirmation of approximate amount of time available for the visit

