

How to Get Ready for a Telehealth Appointment

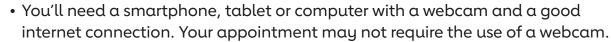
Here are some tips on how to prepare:



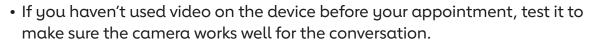
Check your insurance coverage.

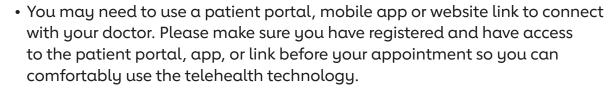
Ask your public or private health insurance provider beforehand to see whether a telehealth visit will be covered. Check with your public or private health insurance provider before your visit to confirm your telehealth visit is covered.













Choose a quiet, comfortable, and well-lit location.

Make sure there's enough light for your doctor or other health care professional to clearly see your face and any physical issues you want to discuss.



- Using headphones or earbuds can help you hear better and give you privacy.
- Let your doctor know about your hearing aid needs. Those with hearing loss may use captions or visual aids during the appointment to improve understanding, if available. Additionally, Bluetooth-compatible hearing devices may be able to connect to audio for better sound.



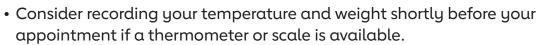
- Make a list of questions you have in advance as a reminder.
- Please list all medications you are currently taking when requesting your appointment, and be sure to mention any new medications during the appointment.







Be ready to explain your symptoms and any health updates.



- If you have a fever, what is your temperature and has it changed lately?
- Be ready to answer if you have taken any over-the-counter medication to reduce fever.
- If you have a blood pressure monitor, what is your latest reading?
- If you keep food, exercise or blood sugar (glucose) records, have them ready to share.



Have health devices with you.

Have any medical devices your health care team has prescribed or recommended you use with you for the appointment. These might include blood pressure monitors or glucose meters.





- Ask about managing your risks for heart disease, stroke and kidney disease.
- Have a notebook handy to take notes about what your health care professional recommends. Don't hesitate to ask questions if anything is unclear to you.



Other topics you may want to address:

- Changes in your medical status. These may include explaining symptom changes, or reviewing blood pressure or blood glucose (sugar) logs.
- Challenges or questions you may have.
- Your medications, when to take them and how to adjust them, if needed.
- Recent cholesterol numbers.
- Your meal plan and whether to adjust it.
- Actions you can take to be more physically active and manage your weight.
- How much sleep you get each night.
- Quitting smoking or vaping, if applicable.