

# How to Prepare for a Telehealth Visit

Telehealth visits (also referred to as virtual visits, virtual consultations or telehealth) are a great way to stay connected with your doctors from just about anywhere via a screen — like a computer, tablet or cell phone — instead of trekking to a medical office.

## A little prep goes a long way

### Why patients (and doctors) like telehealth visits



- Access medical specialists easily
- Address health issues without leaving home
- Save time off of work
- See your doctor quickly, possibly the same day

### Know what you'll need for your conversation with the doctor



- Medication bottles
- Paperwork
- Pen and paper
- Test results

### Set up and test your equipment ahead of time



- Charge your device
- Check your internet connection
- Check your laptop, phone or tablet
- Consider your lighting
- Log on a few minutes early

### We're here, whenever and wherever you need us



- If you're not sure about using your computer or cell phone for a telehealth visit, call your provider's office. Our team will walk you through the process, step by step, over the phone. Just remember: You aren't the first to ask questions about telehealth visits. Our experts can explain it to you clearly, so you'll feel comfortable.