



Ready for a medical visit using your phone, tablet, or computer?

These are called “telehealth” visits. They might work for you.

If you have internet connection, telehealth may allow you to visit your provider from your home.

1. Ask your provider if a telehealth visit is right for you.
2. Schedule a visit in the usual way.
3. On the day and time of the visit, your provider will contact you on your device.

Get ready *before* your telehealth visit. It’s easy.

- **Wear** loose clothing if you need to show something on your body.
- **Find** a private place to talk.
- **Make sure** your device is turned on and charged up. The camera and microphone must work.
- **Prepare** to share information. ▪ Gather all your medicines near you.
▪ Weigh yourself. ▪ If possible, take your blood pressure and record numbers.
- **Write down** your questions. Don’t worry. Only you see what you write.

Your visit is private and likely covered by insurance.

- Your visit is kept private – the same as in the office. And, telehealth visits are covered by most insurance.
- Telehealth visits might include yearly check-ups, Medicare Annual Wellness visits, mental health services, some urgent care, and other medical needs.

Enjoy your freedom from travel time, gas expense, and waiting in the office.

You might be surprised how easy telehealth is and how well it works for you.

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