

Getting Comfortable with Telemedicine



Get Familiar with the Technology

Visit the website for the telemedicine platform you will be using before your appointment.

Check to see if you need to download any apps if accessing your appointment by mobile device.

Make sure you have enough data to access the virtual platform if you will be using your phone's cellular data plan.

Close all other programs and apps on your computer or phone before your appointment.



Preparing for Your Appointment



FIND A QUIET PLACE

in your home without distractions.

MAKES NOTES

before your appointment of what you want to discuss.

GET COMFORTABLE

Wear loose clothing in case you need to show your health care provider something on your body.



Before your Appointment Ends

SUMMARIZE YOUR VISIT

Go over your care plan with your health care provider.

ASK QUESTIONS

Make sure you fully understand all the information, lab tests, and/or medication refills you need.

Telehealth might be new to you. With a little preparation, you may find telehealth is a valuable, convenient tool to take care of your health.



SCAN TO READ *GETTING COMFORTABLE WITH TELEMEDICINE*
Christopher T. Sneed, Assistant Professor; et al.



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