

Have a quiet place for a visit: Clear communication is important when you are not in the same room as your physician. Avoid loud rooms so you can both hear each other.

Write down specific questions or concerns: Keep a pen and paper handy and jot down questions or concerns you have before your telehealth visit. It's also recommended to take notes from your meeting to help remember key points your doctor may have brought up.

Have a list of your medications handy: Be ready to list your medications, the dosages, and how often you take them.

If possible, know your vital signs; in some cases, you may need to provide this info during your visit session: If you can, record your vital signs in advance (ideally within the previous 24 hours). Vital signs you can record include blood pressure, heart rate, temperature, height and weight – all you need is a home blood pressure machine, a thermometer, and a scale.

Ask questions and repeat instructions: This is your time with your physician, be sure to ask questions and repeat any instructions your health care provider gave you during your telehealth visit. By doing this, you ensure that you heard everything correctly.

Determine how you should follow up: Before the end of your call or virtual visit, make plans on how you should follow up. When should you reach back out? What is the contact information and date and time for your next regularly scheduled appointment? What symptoms should you be looking for?

Have your pharmacy info ready: Know what pharmacy you would like to have your medication order sent to.

Have your Payment card info ready: In cases where copay applies, you will need to enter this info before connecting to our providers for your virtual appointment.

Relevant documents or pictures: If you have relevant labs or pictures to be reviewed by our providers, please email them to info@testmedclinic before your appointment.

Things to consider if you have an upcoming virtual visit:

- Select a spot with good lighting. Avoid sitting with your back to a window, as that can darken your video image.
- Log in to your appointment early to ensure your device, audio, and video are working properly.
- Make sure your web cam is hitting you at eye level.
- Check your sound, volume, and microphone to ensure nothing is muted and everything is operating properly.

Telehealth is a new way of providing care efficiently and conveniently. Join the Telehealth Revolution with TMD!