



## 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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