



Know Your Coverage and Copays

Do you know what your insurance company will cover for telehealth visits? Do you know if there's a copay?

Where Will You Sit?

Plan to sit in a quiet spot free of distractions during your telehealth appointment.

Bring Your Notes

Feel prepared by writing down questions as well as any symptoms, pre-existing conditions and medications, including prescriptions, over-the-counter medications and supplements.

Prepare Your Personal Devices

Make sure the device (laptop, cell phone, tablet) you plan to use is fully charged and that you have a reliable Internet connection. Download any required mobile apps ahead of time.

Have Your Medical Devices Ready

Do you use any kind of medical device (ex: blood pressure monitor, bathroom scale, thermometer, pulse oximeter and glucose meter)? Have it accessible during your appointment.



How to Prepare for Your Telehealth Appointment