

TELEHEALTH

Now, more than ever, it is important to continue maintaining your health and following up with all your required medical appointments. Sometimes it can be difficult to travel or take the time out of your day to be seen by your healthcare provider. Telehealth appointments are a good solution to navigating these obstacles.

What it is: Telehealth is the use of technology, real-time telephone or live audio-video interaction, through which a patient and health care provider can communicate.

What you will need: A smartphone, tablet, or computer with internet or wifi access.

Benefits of telehealth medicine include:

- Greater access to primary care providers and specialists
- Comfort and convenience of being assisted in your own home
- Prioritized safety of both the patient and provider

Telehealth appointments are best suited for:

- Follow up visits
- Medication management
- Chronic disease management
- Lifestyle coaching
- Flu, cold, or allergy
- Mental health information

How to prepare for your telehealth visit:

- Make sure you have a reliable internet connection
- Check to see if your device is fully charged
- Have a paper and pen ready to take notes during the call

If you do not feel comfortable having a telehealth visit, please speak with your provider about the possibility of an in-person visit. Telehealth can make a simple trip to the doctor's office both safer and easier during events such as a global pandemic.