

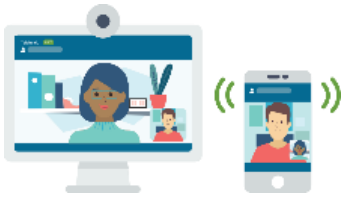
Telehealth for You



What is Telehealth?

- Telehealth allows you to meet with your provider using your phone, computer, or other device.

How can I prepare for my visit?



- Make sure you know how to connect to your telehealth visit using your phone, computer, or other device.
- You will likely need internet access or a data plan on your phone to connect to your visit.
- Write your questions down before your visit.
- Make sure you are sitting in a comfortable and private area.
- Have a pen and paper with you to write notes.

What happens during the visit?



- Your provider will ask questions just like during a typical face-to-face visit.
- Share information about your health, such as new or existing concerns.
- Ask questions if you do not understand or need more information