

Telehealth: Tips for a Successful Visit

We want your telehealth visit to be as successful as possible.

Here are a few tips to consider as you prepare for your telehealth visit:

- Participate from a quiet, private space that is free from distractions and interruptions by others. Remember, although the visit is happening at home, you are speaking with your care team just as if you were in the office.
- Dress appropriately, as if you were attending an in-person visit.
- Be aware of your background or use the option to blur your background.
- Avoid using public Wi-Fi so that you can better ensure your privacy.
- Have a charger nearby or ensure you have a full battery prior to the visit. Using a cell phone for video will deplete the battery quickly. Have a charger handy should your battery start to run low.
- Place your device in a stationary position and leave it there for the duration of the video call. Keeping the camera at eye level is best.
- If available, using headphones/earbuds with a microphone will help to decrease background noise.
- Don't forget the following items you may need during your visit:
 - Pen and paper in case you need to take notes.
 - Glasses, so you can see the screen clearly.
 - Have the phone number to your care team's office handy in case you need technical support.
- Remember, a video session will last the same amount of time as an in-person visit. Consider the key items you need to discuss in the time allotted.