



## Appointments Now Available!



Smartphones, laptops, desktops, or tablets with internet service may be used to connect

### INTRODUCING TELEHEALTH

#### Benefits of Telehealth:

- More time for other activities and responsibilities
- Quick appointments
- More convenient
- Privacy



#### PREPARE FOR YOUR

##### VISIT

- Set a calendar reminder for your appointment.
- Ensure access to a working phone or device with internet.
- Find a quiet, private, comfortable place for your appointment.
- If able, take your blood pressure, pulse, temperature, weight, & blood glucose.
- Gather any information about allergies, your medication list, & information about any recent hospitalizations, surgeries, or test results.
- Write down any questions you have for your provider.

#### TYPES OF VISITS

- ⇒ Chronic disease management for Diabetes, High Blood Pressure, & High Cholesterol
  - ⇒ Birth control
  - ⇒ Mental health
  - ⇒ Medication refills
  - ⇒ Cold symptoms
    - ⇒ Allergies
    - ⇒ Sore throat
    - ⇒ Rash

#### WHAT TO EXPECT AT YOUR

##### VISIT

- Log in to the virtual waiting room using the link sent to you with your appointment reminder.
- Your provider will start the visit and ask for your consent to telehealth services.
- Let your provider know if you have problems hearing or seeing them.
- Your provider will talk with you just as if you were in the clinic.
- At the end of your visit, the provider will let you know their recommendations and need for follow-up.
- If needed, schedule a convenient time to come to the clinic for any needed labs or medications