

Telehealth Care: Meeting With Your Doctor*

Tips to make the most of your telehealth visit.

Below are suggestions to help you prepare and share the most important information during your visit. Choose the items that are related to your reason for your telehealth visit.



Communicate What Matters

- What is most important to you for this visit (blood pressure control, stop feeling nauseated, etc.)?
- Don't be afraid to ask for different treatment ideas if you are unsure about your doctor's recommendations.
- If you have a relative or caregiver with you, tell your doctor why.



About Your Medications

- Be ready to share:
 - Your list of medications, including any over-the-counter medications and vitamins you are taking, and why you take them.
 - Challenges you may have with your medications. For example, side effects (dizziness or constipation), remembering to take your medications, if you have trouble affording them, etc.
- Have a list ready of any questions you have about your medications.



Other Topics to Consider

- Be ready to share:
 - Any health data you are tracking at home (weight, blood sugar level, blood pressure, etc.)
 - If you have been having any recent memory issues, confusion, or increased stress.
 - If you are having trouble sleeping or if you are taking frequent naps.
 - If you have had any falls or difficulty moving around (changes in physical ability).
- Write out questions before the visit so you don't forget to ask your doctor.



What to Say to Your Doctor

Plan what you want to say to your doctor. It can be helpful to write it down or say it out loud ahead of time. There is space on the next page to write notes.

For Example:

"In the last two weeks when I get up out of bed, the room starts to spin and I feel like I'm going to fall over. It takes a couple minutes for that to stop. I always take my blood pressure medication, and in the last three days on my home machine it was 110/70, 132/86, and 106/68."

*Your telehealth visit might be with a doctor, physician assistant, nurse, or other healthcare professional.



Helpful Tips



Take time to test out your technology and Internet connection before the visit. If needed, ask a family member for help with the technology. Make sure the camera is angled at your face.



Have a pen and paper ready to take notes and have a family member or caregiver attend the appointment with you to help you remember key messages.



Do what you can to make sure you have a quiet place. Turn off the TV and avoid rooms where there may be loud noises, such as dogs barking.



Think about regular visitors and people who may knock on your door. Make sure you schedule for a time when there will be no disruptions.



Stay focused on the visit. This is not the time to multi-task with other household chores.

Notes to share with my doctor:


