

Tips for a Successful Virtual Visit with Your Health Care Provider

The conversation with your health care provider will be much like an in-person office appointment. The conversation will be private and confidential.

Before the visit begins, write down what you want to discuss to ensure you cover everything.

Being prepared will help you make the most of your telehealth visit.

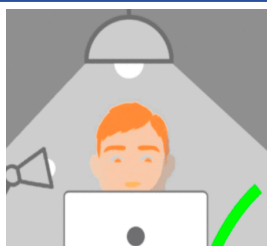
Setting the Scene:

Find a quiet, private space to talk – away from children, pets, and other types of distraction

1. Make sure your device is **fully charged**, or a charger is plugged in



2. Make sure your space has **good lighting**



3. Have your **camera at eye-level**



Too Far

Just Right

Too Close

4. Check to see that your **volume is on** and **not muted**



What to have ready before the visit:

A list of **current medications**, with dosage and the time taken each day

Questions or concerns to discuss with your health care provider

		Date	Result	Date	Result	Date	Result	Date	Result
If you are able to monitor at home, write down the following with date and result:	Blood pressure								
	Blood sugar								
	Weight								
	Temperature								
	Swelling								

Pat yourself on the back!

You just completed your first virtual visit! Follow any instructions your health care provider gave you, and if you have any questions or concerns, please give the office a call

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