PREPARING FOR A SUCCESSFUL TELEHEALTH VISIT



Before Telehealth Visit:

Make sure you have the right space & equipment:



- A quiet, private, well-lit area with a reliable internet connection.
- A **device** with a camera and microphone. Install any apps recommended by your healthcare provider and assure the provider has your most current phone number or email.
- A notepad, paper, shared plan of care or some other way to take **notes**.



• **Confirm** with your provider if you will need the following: a thermometer, scale, blood pressure monitor and/or flashlight. These items may be helpful in the exam but may not be required.

Identify and gather information:

- A list of **celebrations**, **concerns or challenges** since your child's last visit.
- Changes or observations with child's health, mood, daily life
- A list of medications, supplies and medical equipment.
- **Updates** from other providers, therapists or schools
- If your **child wants to share** and be involved in the telehealth visit, help prepare them!



During Visit:

Your child's healthcare provider will need your help with your child's exam. You may be asked to:



- Take your child's vital signs like blood pressure or temperature
- Gently push on your child's stomach as instructed by the provider
- Perform other procedures, as requested
- Hold your phone or computer camera to areas on your child's body so your provider can do a thorough examination



Next Steps:

At the end of your visit, you and your healthcare provider can:

• **Discuss** diagnosis and treatment plan.

PAUSE and make sure you understand and are comfortable with the plan.

- Any questions? Does it meet the needs of your family?
- Schedule any future follow-up appointments and any needed testing or labs
- Discuss who is taking care of orders and prescriptions
- Discuss what **referrals** might be needed for further care, support or to other providers







If you have any questions or concerns after your visit, contact your health care provider's office.

<u>Telehealth Visit Notes:</u>		



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