

Telehealth Essentials

1. Don't let technology derail the visit. Click here for preparing for help preparing your device for a telemedicine visit.
2. Plan for your appointment like you would an in-person visit. Write down any symptoms you're experiencing, make a list of questions you want answered.
3. Have a list of the prescription and over-the-counter medications or herbal supplements you use, including vitamins.
4. Have your pharmacy phone number and address handy.
5. Have a log of your blood pressure and/or other vital signs that the doctor may want to review with you.
6. Set the scene: Find a quiet place to talk that will allow you a measure of privacy and a secure Internet connection. Although a wired Internet connection is preferred, if the most private place in the house is a closet or pantry, make sure your Wi-Fi connection reaches that far and will support a video conference. The area should be well-lit and allow you to have the camera at eye level, so you can have a direct conversation with your care provider as if you were in the same room.
7. If we have instructed you to monitor your health at home remotely, these are the following tools that are useful:

Oral thermometer (recommended over ear or forehead units)

Fingertip pulse oximeter [such as this product](#) (includes heart rate and oxygen saturation). Garmin wrist monitor (heart rate, oxygen saturation, sleep tracking)

Automated arm blood pressure monitor [such as one of these products](#) (includes heart rate and blood pressure). Most monitors will record readings, or use a paper log such as this (link to existing BP log pdf)

Body scale

EKG recording device, [such as KardiaMobile EKG unit & app](#)