

# Preparing for a **successful** telehealth **experience**

There are several things you and your caregiver can do to prepare for your telehealth appointment. This checklist will help you both make the most of your time with your doctor. Please review the following before you get on the phone or have a video call with your doctor. Below is a guide of things you may find helpful. Please be sure to ask your doctor if there are any specific requirements for your upcoming telehealth visits, such as vital signs to record and the telehealth platform they use.

## Create a comfortable environment



Find a quiet and well-lit space



Get your device (phone or computer) ready, including headphones or earbuds



Test your camera and microphone a few days prior



Ask your doctor which platform they will be using and spend some time getting familiar with it



If possible, request the link for the meeting ahead of time

## Prepare your questions



Write down any questions you and your caregiver may have and prepare to discuss nonmedical concerns



Think about what you and your caregiver want to get out of your visit



It may be helpful to have a summary of changes in your health, including any changes to your symptoms

## Check your vital signs



Temperature and blood pressure



Oxygen level



Body weight



Heart rate

