# 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

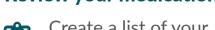


Body weight

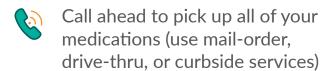


Heart rate

### Schedule future visits **Review your medications** and follow-up



Create a list of your medications. Be prepared to physically share this list or show your medications to your doctor



Ask your doctor or pharmacist about getting larger refills so you can minimize trips to the pharmacy

Pulmonary function tests (PFTs)



Lab tests



High-resolution computed tomography (HRCT) scans

Review your doctor's recommendations before your appointment ends, or have them mailed/emailed to you

Use this area to capture any requirements, important notes, and next steps from your call.	

This checklist was developed in collaboration with Dr. Ryan Boente from the Indiana University Health Medical Center, and the following patient organizations: Arthritis Foundation, Foundation for Sarcoidosis Research, Myositis Association, PF Warriors, Pulmonary Fibrosis Foundation, Scleroderma Foundation, and Sjögren's Foundation.

