



# Tips For a Great Telehealth Visit



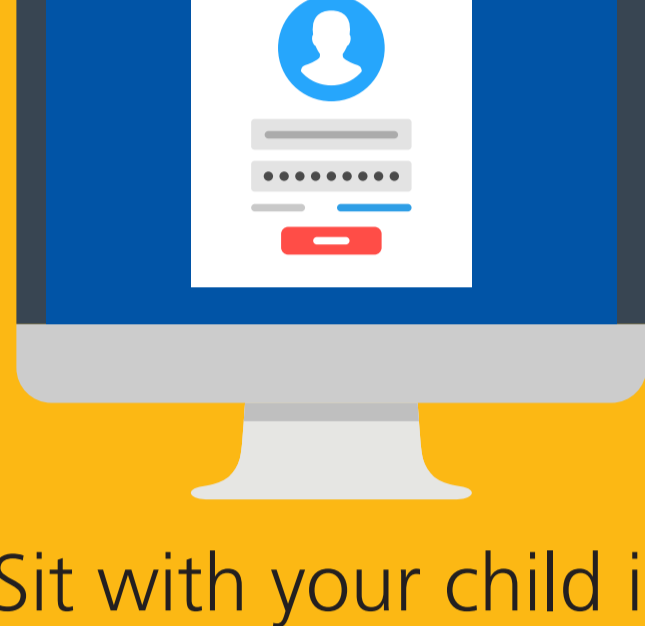
## What you will need

For your online video or telephone (smartphones work best) appointment, you will need:

- A reliable internet connection
- A computer, tablet or smartphone with a camera and microphone
- Google Chrome web browser installed (if using computer)

If using your smartphone, please install any apps that may have been recommended by your provider.

## Tips for a successful Telehealth Visit



Sit with your child in a well lit room that is as distraction-free as possible.

Login using your child's name 5 -10 minutes before your scheduled appointment time.

## Have the following tools available:

A thermometer



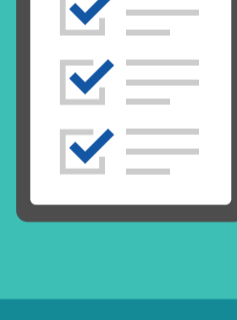
A flashlight or other light source so we can look in your child's throat

A scale (or know your child's weight)



A list of your child's symptoms, when they started and how severe they are.

A list of questions for the health care provider



Pencil and paper to take notes during the appointment

The name, location and phone number of your pharmacy



Comfort items that may make your child more comfortable (toy, blanket, etc.)

## What to expect during your child's virtual exam



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

- Hold your phone to the child's open mouth so the provider can examine their throat
- Gently push on the child's belly as instructed by the provider
- Take the child's temperature
- Other procedures as requested



## After your telehealth visit your provider will:

- Discuss Diagnosis and Treatment
- Provide you with follow up instructions
- Send a prescription (if required)

Questions or concerns? contact your health care provider's office.