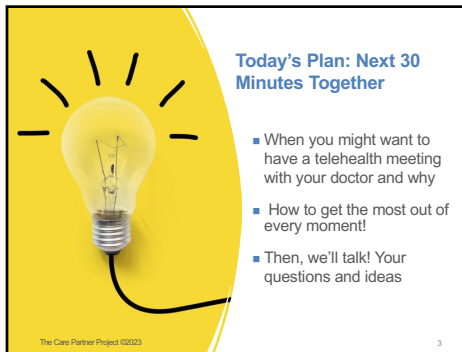


1



2



3

**NOT for everyone.
NOT for every
purpose**

- X-rays, scans and blood work
- Diagnoses that require a more hands-on approach.
- If you have concerns about the security of personal health data
- Insurance may not cover... check first!

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4

When you may want to meet your doctor from home!

- May get an appointment sooner via telehealth (common)
- You want to avoid contagious illnesses in a waiting room.
- You want to avoid exposing others to germs you're carrying!
- You want to save time.
- You want to see a doctor who's out of your area...
 - Possibly a specialist?
 - 2nd opinion?



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Complete your HIPAA form

Allows doctor to talk with you when you have someone at your side



**Health
Insurance
Portability and
Accountability
Act**

PRIVACY

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6

Arrange for your Care Partner to join in
 Side-by-side, or from a distance, 2 heads are better than 1!

If your Care Partner can't be at your side, ask the Dr.'s office if they can provide them with their own login.

Some Dr.'s offices don't have the technology for multiple users, but...

There's a SOLUTION!
 Use Face Time or a speaker phone!



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Prepare your agenda – in advance
 Average length of time with doc = 15 minutes (Goes by fast!)


Make every minute count!
 When you make the appointment, ask how long the doctor has allotted for your time together.
(If you need more time, it's OK to ask.)

Write down your...

- Goals for seeing the doctor
- Questions
- Concerns
- Changes in your health

Share with your doctor and Care Partner before your meeting:

- Email to your Dr. or upload to your portal
- Call the Dr. office to let them know you sent notes
- Ask that your notes are delivered to your Dr. before you meet



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Create a quiet “conference room”
 Not a time to multi-task or let the dog out!

Have your supplies on hand
 Your notebook, pen/pencil, especially if you are alone

Your medications, supplements, vitamins, herbs, any non-prescription drugs you take

Medical supplies you use:
 Blood pressure cuff
 Pulse oximeter
 Thermometer




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Test your computer, camera and sound
 Figure on Murphy's Law. Don't wait until the last minute!


- Test your camera and sound on your computer well before meeting your doctor.
- Ask your doctor's office for a link to their telehealth system to test it.
- They will appreciate that you want to make sure you have a good connection.



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Test your technology!
 Just because it worked yesterday... (remember, Murphy!)



Be sure of your internet connection!


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11

Good lighting is key!
 Show your natural self. It's medical, not vanity!

Help your Doctor gauge your wellness


- Try to sit in a spot with a window in front of you or at your side.
- If a window isn't available, a **lamp or overhead lights** can also be used to give you better light.
- Shades or drapes in the room? Try adjusting them with the lighting before meeting the doctor.
- **Goal:** not too much light, not too little. Show yourself in the most natural way.



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Doctor running late?
DON'T log off! Continue waiting. Your turn will come!



- When you schedule, allow for the possibility that your doctor may run late, so allow extra time.
- Your doctor's office will likely send messages online or by text to keep you posted on the doctor's timing.
- Try to be patient and understanding. It's possible a patient before you had a complication and needed more time. *That could be you someday!*

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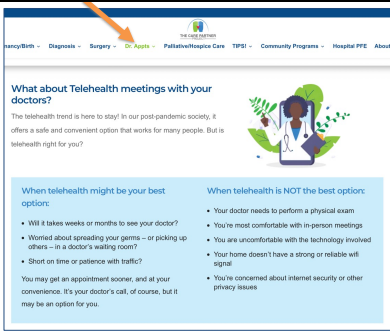
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Speak Up for Plain Speak
 You didn't go to medical school! It's OK to ask for "translation" for anything you don't understand.



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What about Telehealth meetings with your doctors?

The telehealth trend is here to stay! In our post-pandemic society, it offers a safe and convenient option that works for many people. But is telehealth right for you?

When telehealth might be your best option:	When telehealth is NOT the best option:
<ul style="list-style-type: none"> • Will it take weeks or months to see your doctor? • Worried about spreading your germs – or picking up others – in a doctor's waiting room? • Short on time or patience with traffic? <p>You may get an appointment sooner, and at your convenience. It's your doctor's call, of course, but it may be an option for you.</p>	<ul style="list-style-type: none"> • Your doctor needs to perform a physical exam • You're most comfortable with in-person meetings • You are uncomfortable with the technology involved • Your home doesn't have a strong or reliable Wi-Fi signal • You're concerned about internet security or other privacy issues

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