



THE CARE PARTNER PROJECT™

How to Get the Care You Want
for the People You Love

Don't be afraid to speak up for 'plain speak'!

If your doctor uses medical terms you don't understand, simply say so. Don't stop asking questions until you feel confident that you understand what they are telling you. You don't want to leave any meeting with your doctor feeling confused or bewildered about your health!

Invite someone to be with you during your telehealth appointment.

Studies show that patients forget a lot of what their doctors say (completely normal!) These conversations are packed with lots of good info. Someone at your side, or by FaceTime, can take notes or help you remember your agenda. Nothing missed!

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C H E C K L I S T

HOW TO PREPARE FOR A TELEHEALTH MEETING WITH YOUR DOCTOR

IS TELEHEALTH RIGHT FOR YOU?

When telehealth might be your best option:

- 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?
- 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.

When telehealth might NOT be your best option:

- 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 wifi signal
- You're concerned about internet security or other privacy issues

HOW TO PREPARE FOR YOUR TELEHEALTH APPOINTMENT

A little prep before your doctor appointment—in office or by telehealth—can make all the difference in your quality of care. Regardless of the type of appointment, make every minute count! Take time to prepare:

A written agenda

- Your goals for meeting (in priority order)
- Your questions and concerns (in priority)
- Notes on how you feel physically and emotionally

You can email this agenda to your doctor in advance or upload to their portal, if you wish. Call the office to let them know your agenda is there.

Make copies to take with you—for yourself, the doctor, and anyone you invite to be there with you (in person or via FaceTime).

continued

