

Tips for A Great Telehealth Visit

A telehealth visit is an easy way to get care!
This information will help you have a successful visit.
If you have questions or need help, contact your clinic.

Helpful things to have

- **Thermometer**
- **Scale**
- **Blood pressure monitor**
- **Flashlight**
- **Your pharmacy information**

Getting set up

- **Watch your email and text for instructions** to set up your device. HealthPoint will call to make sure you can get set up.
- **Log in 5-10 minutes early.** Test your device and connection.
- **Weigh yourself and take your blood pressure** before your visit if you can.
- **Find a quiet, well-lit spot.**
- **Wear loose clothing** if you need to show the doctor something on your skin or body.



Tips for your child's visit

- **Make sure your child is present during the visit.** Sit in a quiet room with them.
- **Weigh your child before the visit.**
- **Take their temperature if they are sick.**
- **Help with your child's exam if the doctor asks.** For example, feeling their belly.
- **Help your child feel comfortable** by talking to the doctor.

