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.

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.

Helpful things to have

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

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