PREPARING FOR A SUCCESSFUL TELEHEALTH VISIT

Before Telehealth Visit:

Make sure you have the right space & equipment:
- A quiet, private, well-lit area with a reliable internet connection.
- A device with a camera and microphone. Install any apps recommended by your healthcare provider and assure the provider has your most current phone number or email.
- A notepad, paper, shared plan of care or some other way to take notes.
- Confirm with your provider if you will need the following: a thermometer, scale, blood pressure monitor and/or flashlight. These items may be helpful in the exam but may not be required.

Identify and gather information:
- A list of celebrations, concerns or challenges since your child's last visit.
- Changes or observations with child's health, mood, daily life
- A list of medications, supplies and medical equipment.
- Updates from other providers, therapists or schools
- If your child wants to share and be involved in the telehealth visit, help prepare them!

During Visit:

Your child's healthcare provider will need your help with your child's exam. You may be asked to:
- Take your child's vital signs like blood pressure or temperature
- Gently push on your child's stomach as instructed by the provider
- Perform other procedures, as requested
- Hold your phone or computer camera to areas on your child's body so your provider can do a thorough examination
Next Steps:

At the end of your visit, you and your healthcare provider can:

- **Discuss** diagnosis and treatment plan.
- **PAUSE** and make sure you understand and are comfortable with the plan.
- Any questions? Does it meet the needs of your family?
- **Schedule** any future follow-up appointments and any needed testing or labs
- **Discuss** who is taking care of **orders** and **prescriptions**
- **Discuss** what **referrals** might be needed for further care, support or to other providers

*If you have any questions or concerns after your visit, contact your health care provider's office.*

**Telehealth Visit Notes:**

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