

I can't do my telemedicine visit because... I AM NOT COMFORTABLE BEING ON CAMERA



WHAT DOES THIS MEAN?

This means you (or your loved one) may not feel comfortable being on video. Most telehealth visits are done through video on your laptop, tablet, or phone.



WHO CAN HELP?

- A family member can help by practicing a telehealth visit with a friend or other family member.
- The provider's office can help by scheduling a practice call sometime before the actual telehealth appointment.



WHAT ARE MY NEXT STEPS?

- Talk through the steps of what will happen in a Telehealth visit.
- Practice each step of what will happen for the visit.
- Practice sitting in front of the screen with the camera on.
- Have a practice a call with a friend or family member.
- Ask for what would make you comfortable, including an option where you can remain off-camera.
- Set a time with the provider's office to do a practice call.



WHERE CAN I LEARN MORE?

- [A Kid's Guide to Telehealth](#)
- [Nationwide Children's Telehealth](#)
- [Pathfinders for Autism Telehealth Tips](#)
- [Telehealth Social Story](#)
- [My Telehealth Social Story](#)