

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

