

Adirondack Health Institute

Lead Empower Innovate



Created by the AHI Telehealth Technical Assistance Center

Telehealth 101: Before Your Visit

What is Telehealth?

- Telehealth allows your health care needs to be met virtually using your phone or computer.

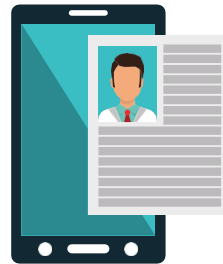


How Can You Prepare?

- Like an in-person visit, write down a few questions before your meeting.
- Make sure you can easily locate your appointment link in advance.
- Make sure you are sitting in a private area that is comfortable.
- Have a pen and paper available to write down any notes or follow-up.

During the Telehealth Visit

- The health care professional will ask questions just like an in-person visit.
- Share information about your health including how you are feeling and any concerns you have.
- Ask questions if you do not understand or need more information.
- Have the office phone number ready in case the connection fails.



After the Telehealth Visit

- The health care professional will give you instructions on next steps for after your visit.
- Call your health care professional's office or use the electronic patient portal if you have follow-up questions.

Remember, this is your visit. Take control of your health!

Reach out to your health care professional's office to find out how you can have your next visit through telehealth!

For more information on telehealth, visit the AHI Telehealth Technical Assistance Center:

<https://ahihealth.org/telehealth-technical-assistance-center/#about>

