5 TIPS to get health care from anywhere

Access health care over your telephone or internet.

Use telehealth appointments for:
check-ups • mental health services • some urgent care • other medical needs

1 | Set an Appointment
➤ Ask your provider if they offer telehealth OR
➤ Find a provider who offers telehealth through your insurance provider or your local health center
➤ Ask about forms to complete before your appointment

2 | Get Your Info Ready
➤ Be prepared to verify your personal information
➤ Make a list of your prescription medications
➤ Have your questions and concerns ready before your appointment

3 | Location Matters
➤ Find a private space where you can speak openly with your provider
➤ Minimize background noise
➤ Choose a well-lit spot and make sure you are positioned in front of the camera

4 | Position Yourself for Success
➤ Wear loose clothing if you’ll need to show your provider something on your body
➤ Connect to your appointment 5-minutes early

5 | Check Before You Connect
➤ Is your device charged or plugged in?
➤ Are you connected to the internet through WiFi or a cable connection?
➤ Is your device’s camera uncovered?
➤ Do your privacy settings allow the telehealth program or app to use your camera?
➤ Is your microphone on?
➤ Is your volume on?
➤ Is your device propped up so the screen stays steady and your hands are free?

Turn to Telehealth.HHS.gov