

# 5 TIPS to get health care from anywhere

Access health care over your telephone or internet.

**TURN TO**  
**Telehealth.HHS.gov**

## 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



### 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



### 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



### 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?



### 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

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