



Tips for a successful TELEHEALTH VISIT

Before



Assure you have the right tools:

- A quiet, well-lit area with a reliable internet connection
- A computer, tablet, or smartphone with a camera and microphone (If using your smartphone, install any apps recommended by the health care provider and assure the provider has the most-current number.)
- A notepad and paper or some other way to take notes.
- A thermometer or flashlight so that you can take your child's temperature and/or look down his or her throat.



Identify your primary concern and gather the necessary information:

- A list of your child's symptoms and current medications (and dosages)
- Your child's medical history, including details on allergies or chronic health care issues
- Your child's temperature and weight



During



Your child's health care provider will need your help with your child's physical exam. You may be asked to:

- Hold your phone to your child's open mouth so the provider can examine his or her throat
- Gently push on your child's belly as instructed by the provider
- Take your child's temperature
- Perform other procedures, as requested

After



Following your visit, your health care provider will:

- Discuss diagnosis and treatment
- Give you follow-up instructions
- Send a prescription (if required)



If you have questions or concerns after your visit, contact your health care provider's office.

FAMILY VOICES
of Alabama

This information is provided by Family Voices of Alabama and the Family-to-Family Health Information Center.

To learn more: www.familyvoicesal.org • 877-771-FVOA (3862)