



Checklist: Getting Ready For Your Virtual Doctor Visit

- Keep accurate records in-between doctor appointments. This could include recorded blood pressure readings, blood sugar logs, and daily weights. This could even mean having your temperature taken and recorded and ready to go for your virtual visit. Have these recorded or written logs ready to go when the video visit starts.
- Write down the visit on your calendar. Treat this visit the same as any other appointment.
- Ask for help from a friend, family member or senior center to get any help needed to access the technology.
- Allow enough time to log in and allow for a few minor technological challenges when getting ready to log on.
- Do a practice run with logging in and making sure you know how to get the telehealth visit started. You should get an email with a link to click on to get you on the scheduled video visit.
- Have paper, pencil or pen ready to take notes.
- Make sure you have your current list of medications handy so you and your doctor can make any necessary changes.
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- Prior to your visit, write down any questions you might have to make sure all your needs are addressed during your video visit or phone call visit.
- Make a list of your symptoms if any. How are you feeling? Write down what you want your doctor to know.
- Fully be prepared to give your physician your undivided attention. Eliminate all distractions such as the T.V., music, or any form of “multi-tasking” to set yourself up for the best experience.
- Make sure you are signed up for your “My Chart” with your clinic so you can access your health records online. This way you can see your written summary and results of your visit to review what occurred during your virtual visit.

