



### **Getting the Most out of your Telemedicine Visit**

Telemedicine allows you to see your health care professional using your computer, tablet, or phone. Telemedicine visits are also called “telehealth,” “remote,” or “virtual” visits. Your healthcare team may have even contacted you about doing your next visit like this.

Check with your healthcare team to see if they offer these types of appointments. Many insurance plans cover telemedicine, including Medicare. Be sure to ask your health insurance company if your policy covers telemedicine visits. This worksheet can help you prepare for your next telemedicine visit, so you can get the most out of your appointment. You can also write down any recommendations from your doctor or other healthcare professional.

Date and time of your next telemedicine visit:

Name of doctor (or other healthcare professional):

Reason for your telemedicine visit:

#### Questions you may want to ask during your visit:

1. Symptoms or problems you wish to talk about:
2. Questions about your treatment you wish to discuss:
3. Questions about any medicines or supplements:
4. Other questions or concerns you might have:

#### Use the space below to jot down any ideas or recommendations made by your healthcare professional:

5. Changes in your treatment (medicines, eating or lifestyle):
6. Lab work or other follow-up (if required):
7. Date/time of next appointment (if required):