

# Telehealth: *What to know*

Telehealth or telemedicine uses video calls or other technology to help you see your doctor. This allows you to have medical appointments from home instead of going to the doctor's office.

## GETTING READY

If you want to use telehealth, but don't know how, contact your doctor's office. Different doctors and hospitals use different apps and technology for their telemedicine appointments. Ask them for instructions on how to get set up.

Before your appointment, check with your insurance company about coverage for telehealth appointments. Prepare a list of questions to ask your doctor so you'll be sure to cover everything.



## IF YOU NEED HELP

If you're feeling overwhelmed, ask a tech-savvy friend or family member to help. Usually, you only need:

1. A strong internet connection. Your connection needs to be fast enough for video chats.
2. A smartphone, tablet or computer that connects to your wi-fi and has a working microphone, speaker and camera. Most newer devices have all of these built in.

Telehealth can be a safe and convenient way to have your medical appointments. Don't be intimidated by technology. With a little help, you can be up and running — and it may become your favorite way to have your doctor visits!

Source: National Institutes on Aging