

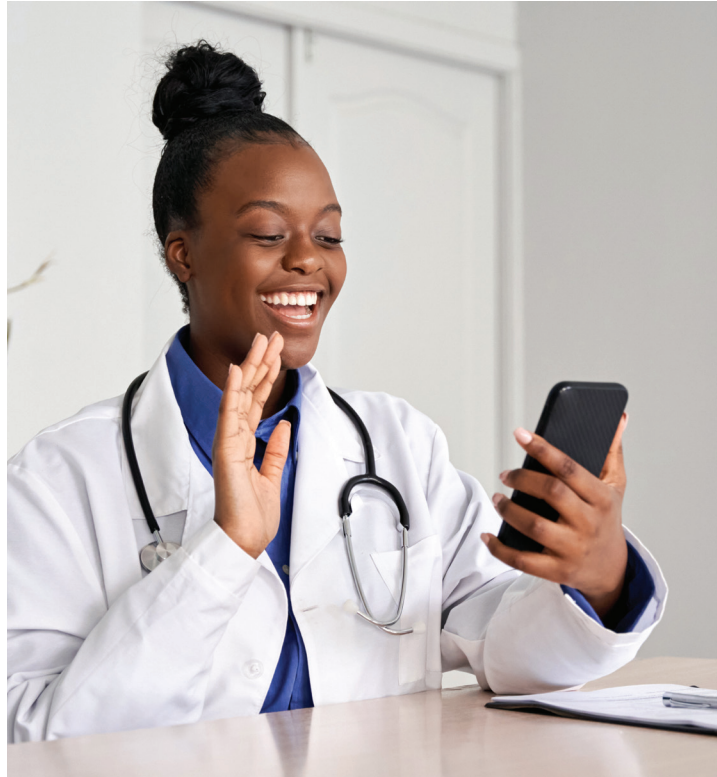


# Telemedicine:

## *Pros & cons*

For some people, seeing their doctor from the comfort of their own home has made accessing care easier. But, for others, the lack of in-person care makes managing their health difficult.

Telemedicine is unlikely to go away. As a patient, you need to know how to get the most out of virtual visits and when an in-person visit might be the way to go.



### PROS OF TELEMEDICINE

- Fast and flexible access to care
- Decreased exposure to other ill patients
- No need to leave home when dealing with a minor illness or concern
- Less time spent driving
- Ease of follow-up for existing health issues
- Less time lost at work

### CONS OF TELEMEDICINE

- Insurance may not cover video visits; check your plan carefully
- Not everyone has access to technology
- Diagnosing a new condition may not be possible over video
- Challenges in monitoring vital signs, like blood pressure, etc.
- Loss of meaningful relationship with healthcare providers
- Important symptoms may get missed

### GET THE MOST FROM TELEMEDICINE

- Check your technology set-up in advance.
- Keep your doctor's phone number handy in case you get disconnected.
- Write down a list of symptoms and questions.
- Write down measurements your doctor may need (height, weight, blood pressure, etc.).
- Have your medication list on-hand.
- Choose a quiet room where you won't be interrupted.
- Be on time.
- If your doctor recommends any tests or follow-ups, make those appointments right away.



### WHEN IN-PERSON IS BEST

Not every situation is right for a telemedicine visit. Here are times when in-person may be recommended:

- Pediatric visits
- Emergency situations
- Yearly physicals
- Situations where a physical exam is needed