

# TELEHEALTH CHECK LIST

## TECHNOLOGY

- Test your camera & microphone
- Charge your battery
- Make sure your volume is up
- Close other apps & programs
- Use Wifi for a better connection
- Download application
- Set up telehealth account

## MEDICAL HISTORY

- Fill out any online paperwork
- List of past medications
- List of past surgeries
- List of previous hospitalizations
- List of chronic conditions
- Document current symptoms
- Pull up online health records

## DOCUMENTS

- List of prescriptions, over-the-counter medications, & supplements
- Pharmacy phone number & address
- Primary doctor's name & contact
- Insurance or credit card information

## QUESTIONS

- Write down your questions for your doctor  
Some examples:
  - What is the diagnosis?
  - Will I need any medical tests?
  - What can I do to get better?
  - Do I need a prescription?

## TREATMENT PLAN

- Grab Pen & Paper to take notes
- Document your treatment plan
- Ask about prescriptions
- Ask what to do if your symptoms continue
- Where can you find your plan & appointment notes
- Write your next steps

## FOLLOW UP

- Ask the next steps  
If applicable:
  - Make necessary lifestyle adjustments
  - Pick up any prescriptions
  - Schedule follow up appointments
- Ask who to contact with questions