**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

**Epilepsy Alliance Louisiana**