

Preparing for Your Telehealth Visit

Make the most of your telehealth visit by filling out information before your appointment.

How have you been since your last visit?

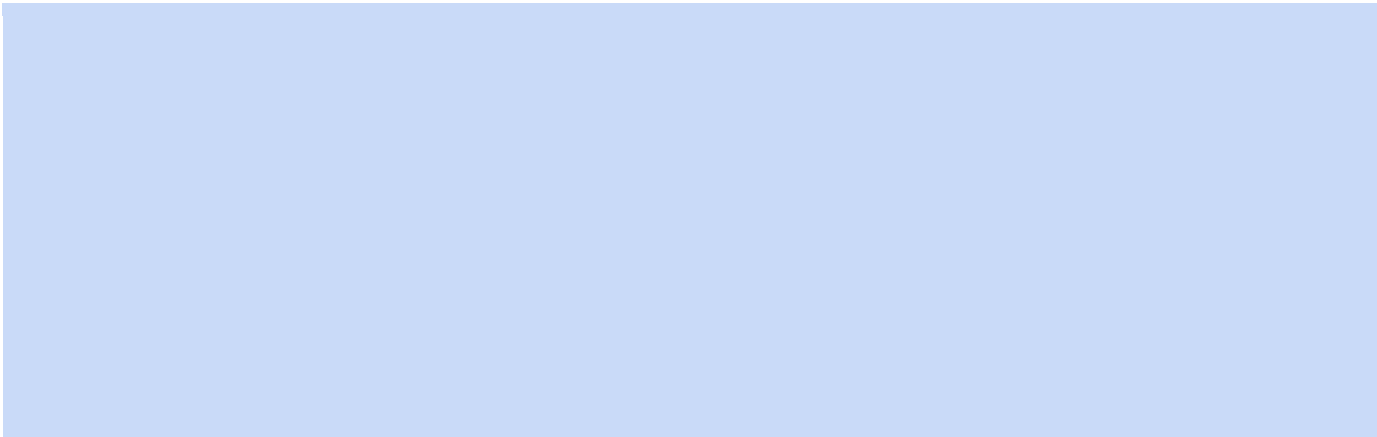
- Have you experienced any new or changes in symptoms or health worries, or life changes since your last visit?
- Have you had any headaches? When, how long did they last, did anything make them worse and how were they alleviated?
- For other new or worsening symptoms, when did you have them, how long did they last, did anything make them worse and how were they alleviated?
- How do you feel and how can we help with your wellbeing?

[These great tips](#) can help you explain your medical symptoms so your doctor or nurse can best help you.

Notes:

Since your last visit, any visits to a hospital, emergency room, or visits to specialty doctor offices? Any test?

- Make a list of visits to include: reasons for the visit, location, provider name and phone number.

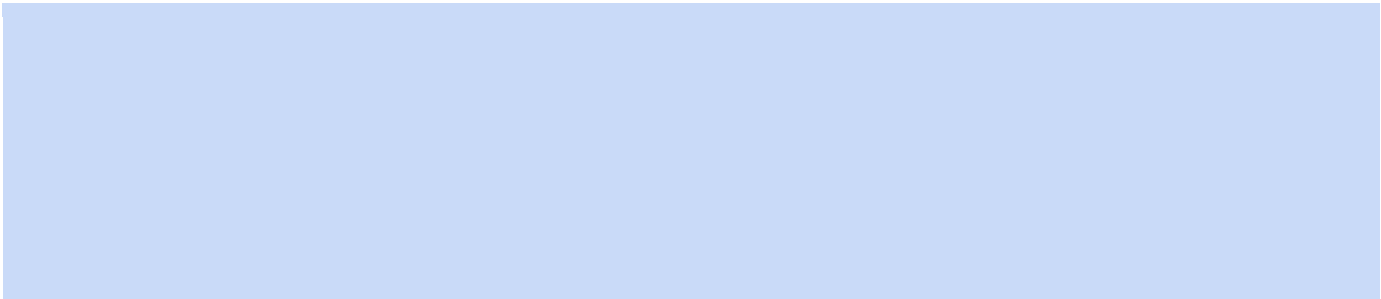


What are the most important things you and/or your caregiver would like to discuss during your visit?

Tip: If something is worrying you most, talk about that first. Some examples can include appointment scheduling, symptom management, treatment questions, resources, tests, procedures, wellbeing.

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What medications (and supplements) are you currently taking?

- Make a list including medication name, dosage, and, if possible, have your bottles available.
 - Have there been any recent changes to your medication?
 - Do you need refills?
 - What is the name and phone number of your pharmacy?
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Gathering some of the following data ahead of your appointment can save time and help your visit go more smoothly.

Below are some links to help you. If you can't fill this in, don't worry.

Weight:

[Temperature:](#)

[Blood pressure:](#)

[Heart rate:](#)

If you have diabetes and use a blood sugar tester (glucometer), please list your [blood glucose](#), the date you checked it, and if it was after food or fasting.