

Patient Checklist: Preparing for a Telehealth Visit

- Keep a record of your appointment day/time.
- Gather all your medications and have them available at the time of the visit.
- Make a list of any questions you have about your health.
- Gather information on any other health care providers you have visited in the last month and the reasons why you visited them. This includes any visits to the ER or the hospital.
- If you have a scale and/or blood pressure cuff, weigh yourself and take your blood pressure on the day of the visit.
- Depending on the type of appointment you have there may be Twistle forms for you to fill out. These will be sent to your email on the day of your appointment, look for them in your junk folder as well. There are instructions on how to fill them out on the SMC Telehealth website page.
- Plan to be in a quiet room, ideally with a door that can be closed for privacy. You should not be driving or working on other things during the appointment.
- Please be available on your phone/computer **10 minutes** before and after your scheduled visit time. The sooner you can call with any technical difficulties the better so that it doesn't interfere with your time with the provider.