

# TELEHEALTH: Get Started Checklist

## Talk to your doctor about telehealth. Ask:

- “Can we discuss which visits will be telehealth vs. in person?”
- “Will telehealth visits have a co-pay? How much?”
- “Do I need internet access to a smartphone or can we talk over the phone?”



## Decide what technology you will use:



Cell Phones



Tablets



Computers



Landline Phones

## Make sure you have access to the internet (if needed). If you do not have internet access at home:

- Ask your provider if their office has Wi-Fi so you can call from your car in the parking lot.
- Find secure Wi-Fi elsewhere in your community: parking lot of a public library, campus of a public school or university, or the town hall.
- Ask your doctor about other options that do not require internet or data.

## Decide where you will be for the virtual visit. Consider:

- Is there a quiet place without distractions?
- Would you like a family member to join with you?
- Where can you find the privacy you need? Some ideas include a bedroom, car, garage, and the backyard.



*You have the right to free language assistance to ensure meaningful access to health care, in person or virtually. Ask your provider about interpreter services or if you have any additional questions.*

