

## APPENDIX B: PATIENT TELEHEALTH RESOURCE - CHECKLIST



### MY TELEHEALTH CHECKLIST

- I have a device with a camera, speaker, and microphone. A device might be a computer, tablet, laptop, or a smartphone.
- I have a quiet and private place with good lighting for my telehealth visit.
- I have internet (or other connection such as my phone data plan) for a telehealth visit. Being able to stream movies means my internet should be good enough for telehealth.
- My provider's office has confirmed that a telehealth visit is okay for my visit reason or concern; I don't need an in-person visit.
- I've asked my provider's office to do a test connection with me to make sure everything works okay. Not always needed but can be helpful.
- My provider's office knows if I need translation or other support during my telehealth visit, including having a family member or caregiver join the telehealth visit.
- I've submitted any forms or information – either paper or online – that my provider's office needs me to fill out or provide.
- I have my list of questions ready.
- I have all my medication bottles nearby for when they ask me what I'm taking.
- I have closed all extra windows, tabs and applications on my device and asked everyone else in my house not to use the internet during my telehealth visit.
- My device is either plugged in or fully charged.
- I know how I will receive the link to join my telehealth visit, and I know how to find it. The link may be sent by email, text, or online portal or some other way.
- They gave me instructions on how to start or join the telehealth visit.