

Telehealth Visits

Now, a health minute.

“Telehealth” or “Telemedicine” visits may be a great option for you to stay on track with your healthcare appointments, even when you and your healthcare provider are not in the same place at the same time.

Your healthcare provider may have offered telehealth visits to maintain social distancing during the pandemic, but there are several benefits that may make it a good choice for you for the long-term.

If you have a phone or device with internet access, you have all you need for a telehealth visit.

A telehealth visit is much like an in-person visit – have a quiet space, have your questions prepared ahead of time and take notes on your care.

Services like medication management and counseling work well remotely but ask your healthcare provider what types of appointments they can offer virtually.

Before setting up your telehealth visit, be sure to check with your insurance provider about your coverage.