

Tips for a Successful Virtual Visit:

Choose a quiet, private, well-lit location with minimal interruptions. Be sure that you can stay there for the length of the appointment.

Please dress as if you were coming to the health center.

Position your smartphone, computer, or tablet so that your face is centered in the middle of the screen and the webcam is at eye level, so that your doctor can see your eyes. Use a stand or flat surface to keep the device still. Please don't move the camera around when you are on the call with the provider.

Eliminate distractions and interruptions during the virtual visit and give your provider your undivided attention. Shut off notifications on your cell phone and shut down apps that might create distractions or noise.

Write down questions or symptoms you would like to discuss during your visit.

Have your medications handy and any recent home monitoring you may have done, such as glucometer and blood pressure readings.

Have pen and paper available to write down any recommendations from your provider.