



What to Expect During Your Telehealth Visit

Telehealth makes it easy, safe, and private to talk with your health care team and take care of your health.

During your visit, your doctor or another health care professional might ask questions about how you are feeling and if you use a health tracking device:

- **Breathing:** Are you coughing or having trouble breathing?
- **Chest and stomach:** Do you feel pain or tenderness when touched?
- **Ears, nose, mouth, throat:** Any pain, sores or other problems?
- **Eyes:** Do they look okay? Can you see clearly?
- **Heart:** What's your pulse? Any chest pain or shortness of breath?
- **Mental health:** Have you noticed changes in your mood or memory?
- **Muscles and joints:** Can you walk easily? Are your joints swollen? Do you feel sore?
- **Neck:** Do you have pain or trouble moving it?
- **Nerves:** Do you feel numbness or tingling?
- **Skin:** Any rashes, sores or dry/cracked skin?

Your health care professional may also do a virtual exam and ask you to:

- Stick out your tongue.
- Show the back of your throat.
- Point out a bump or rash.
- Move your neck or limbs to check for pain or stiffness.

Next, your health care professional may ask for:

- Bloodwork
- An in-person follow-up appointment

Be sure to ask:

- What can I do to stay healthy?
- Will your office call me to set up my next visit, or should I call you?



Tip: It's a good idea to have paper and pen or smartphone at your telehealth visit so you can take notes.

Schedule a telehealth appointment today!
It's easy, safe and private.

Look for the CPAHA credential and seal from your health care professional—your sign of trusted, high-quality telehealth care.

