



# Tips for a successful TELEHEALTH VISIT

## Before



### Assure you have the right tools:

- A quiet, well-lit area with a reliable internet connection
- A computer, tablet, or smartphone with a camera and microphone (If using your smartphone, install any apps recommended by the health care provider and assure the provider has the most-current number.)
- A notepad and paper or some other way to take notes.
- A thermometer or flashlight so that you can take your child's temperature and/or look down his or her throat.



### Identify your primary concern and gather the necessary information:

- A list of your child's symptoms and current medications (and dosages)
- Your child's medical history, including details on allergies or chronic health care issues
- Your child's temperature and weight



## During



### Your child's health care provider will need your help with your child's physical exam. You may be asked to:

- Hold your phone to your child's open mouth so the provider can examine his or her throat
- Gently push on your child's belly as instructed by the provider
- Take your child's temperature
- Perform other procedures, as requested

## After



### Following your visit, your health care provider will:

- Discuss diagnosis and treatment
- Give you follow-up instructions
- Send a prescription (if required)



**If you have questions or concerns after your visit, contact your health care provider's office.**

**FAMILY VOICES**  
of Alabama

This information is provided by Family Voices of Alabama and the Family-to-Family Health Information Center.

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