



## Why Telehealth?

Telehealth, sometimes called telemedicine, allows you to receive care from your doctor right from the comfort of your phone or computer, no matter where you are. This often means that it's easier for you to schedule your appointment and there's less of a wait. With telehealth, you can also eliminate the need for travel. This enables you to connect with healthcare professionals anywhere, without compromising the quality or timing of your care. It's a healthcare option that aims to enhance the efficiency of doctor-patient interactions, while still providing personalized care just for you. Let's explore some benefits of telehealth so you can evaluate whether it is the right fit for you.

### Things you can still do with Telehealth:

**Monitor vitals & record measurements:** record at home through a wearable sensor or activity device & discuss with your doctor.

**Prescriptions:** get prescription prescribed or refilled and sent to a local pharmacy.

**Diversify your care:** physicians can share notes and test results between medical offices in different locations as well as send referrals to specialists as needed.

### How to prepare for a telehealth visit:

- 1) Let your provider know if you need accommodations ahead of time.
- 2) Check your email for instructions and review any documents sent.
- 3) Test technology beforehand.
- 4) Prepare your questions ahead of time.

### Benefits of Telehealth

- Easy access from anywhere
- Cost-efficiency
- Comfort & convenience
- Reduced wait time
- Travel & child care cut-down
- Less exposure to illnesses



### How to Get Started?

Whether you would like to schedule an appointment with your primary care physician or a specialist, talk to your doctor about telehealth and explore options through your plan.



### Did You Know?

**83%** of tele-visit appointments are **resolved** without needing an in-person visit.