

# Telehealth Visits

## At-Home Visit Checklist

### Getting Ready

- Confirm your phone number with your visit coordinator and have your phone and that number available
- Choose a private and quiet area in your home\*
- Try to limit the distractions in the room
- If you have young children in the home, try to set them up with an engaging activity before the appointment
- If connecting by video check your internet connection, power cords and start up your device (i.e. table, phone or computer) 15 minutes prior to the visit

### Do

- Join the call on time.
- Be fully present - save household chores and other tasks for later.
- Limit eating during visit.

#### *Additional Do's for video connection*

- Place your table/phone/computer on a stable surface
- Keep your camera on the entire time.
- Make sure that anyone attending with you can be seen on camera, unless otherwise instructed.
- Have a phone available in the event of a videoconferencing difficulty so your provider can call you.

### Don't

- Do not join while driving.
- Do not join in a public area or while outside if possible.
- Do not have children or pets in the room if possible.
- Do not work on household chores during the visit.
- Do not have TV or loud music in the same room.
- Do not walk around from room to room while in the visit

### How do I connect for a Telehealth video visit?

- Open up the Meditech MHealth app.
- Patient can begin the video visit 30 minutes prior to the appointment time.
- Click on "check in"
- Patient will need to give access to the mic and speakers on their device they are using
- Patient has the opportunity to confirm demographics. Once you confirm address and phone number, click on "submit and start visit". This will put you in the video waiting room.

**Patient Portal Hotline 785-623-5151**