

How to Use Telehealth:

Step-by-Step Guide



Telehealth
Ready

1

Choose the Best Way to Connect



Ask your doctor or clinic if they offer **telehealth** appointments. You can also call the helpline for help finding services.

2

Schedule Your Appointment



Call your provider or go online to book a time. Some clinics offer same-day appointments.

3

Check Your Options



You can use telehealth by:

- Phone call
- Video call (Zoom, FaceTime, patient portal)
- Online chat (on some provider websites)

4

Prepare For Your Visit



Before your appointment:

- Make a list of your symptoms and questions
- Find a quiet, private space
- Have your phone or device charged and ready
- Make sure your internet or phone signal is working

5

Start Your Appointment



At the time of your visit:

- Click the link or answer the call from your doctor
- Follow their instructions—just like an in-person visit
- Take notes if needed

3

Follow Up



After your appointment:

- Pick up any prescriptions if needed
- Follow any care instructions
- Call back if you have questions or need help