



How Patients Can Engage Telehealth

Telehealth is a way to receive healthcare services digitally. Telehealth lets you videoconference with doctors through computers, tablets, or smartphones and virtually connect to your local clinic or other health locations without leaving your home.

Ask yourself these questions before trying out telehealth:

How Can I Start Receiving Telehealth Services?

Many healthcare organizations are already set up to provide telehealth. Depending on your needs, telehealth can be used for many different health care services. For example, telehealth is widely used for behavioral health needs, such as therapy or medication management.

What Equipment Do I Need?

Stable internet and a computer, tablet, or smartphone are all that's needed to use telehealth. If you are going to a clinic, doctors office, hospital, or other health care location to receive telehealth services, you do not need to bring your own equipment.

Is My Personal Health Information Safe?

All health care organizations already ensure your health information is safe and protected. The same thing goes for telehealth – there is no exception. If you're worried about your protected health information, ask your doctor how they're keeping your information safe.

Can I Trust the Telehealth Doctor?

Meeting a new doctor can be nerve-wracking. States make it easy to find a doctor's education and credentials online. You can find out if your doctor has a medical license through your state's professional licensing board. Without a license, the doctor is not allowed to practice medicine.

This information is easily found through the Federation of State Professional Boards' website: <https://www.fsmb.org/contact-a-state-medical-board>.



Let's Summarize

What is Telehealth?

- Telehealth is a virtual way to deliver healthcare. Patients have the option to stay at home and receive health services.

What Do I Need for Telehealth?

- All you need is stable internet and a device with both video and audio capabilities to connect.

Is Telehealth Safe and Reliable?

- Telehealth has revolutionized the world of healthcare and many hospitals, clinics, and doctors offices are using telehealth to see their patients. These companies are all required to keep your protected health information safe.

Learn more about telehealth at www.telehealthresourcecenter.org.

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