

Preparing for Your Telehealth Visit

General Set Up



Clothing

Wear comfortable clothing you would wear to a clinic appointment.



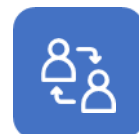
Lighting

Be in a well-lit room. Avoid any windows or lighting behind you.



Phone/Laptop

Download the telehealth app. Make sure your wifi and camera are working.



Assistance

If you think you may need help, have someone nearby who can assist you.

What You'll Need

- A private and safe space where you can speak freely
- The address where you are located
- A phone number where you can be reached if disconnected
- For medication management, a list of your medications