

Tips for your TELEHEALTH VISIT



IT'S A VIDEO CALL.

A telehealth visit isn't just a phone call – it uses video too! It's similar to FaceTime and Skype.



DEVICES.

You'll need a smart phone, tablet or computer with a camera and microphone. Make sure to have good internet service too!



GET ZOOM.

[Download the Zoom app](#) if using a smart phone or tablet. You will not need the app if using a computer.

FOLLOW THE INSTRUCTIONS.

Look for instructions in your email around how to use Zoom and for your appointment information.



START YOUR VISIT.

Refer back to the instruction email and click the link to join the virtual waiting room. Wait for your doctor to start your appointment. It's as simple as that!



Children's National.

- Review the consent:** [Read or listen](#) to the telehealth consent form. Your doctor will discuss this with you at the beginning of the visit.
- Notes:** Have a list of symptoms, questions or other important items ready to discuss with your doctor.
- Environment:** Use a quiet, well-lit room or area during your visit so your doctor can see and hear you clearly.
- For your child:** Have a book or toy for your child to play with during the visit, so you can focus on conversations with the doctor.
- Interpreters:** If you need an interpreter, simply ask for one ahead of time or at the beginning of your visit!