

5 tips for a productive telemedicine call

So, you've scheduled your telemedicine call. Now what?

As more doctors' offices begin to implement telemedicine into their regular care, it's good to familiarize yourself with the basics. Some doctors may stick to a phone call, while others may be using video conference platforms. Whatever your doctor prefers, we have some tips that may help.

Here are a few tips to help you make the most of your upcoming telemedicine call:



IS THIS THING ON?

Check to make sure your camera is working properly if you're using video for your appointment and that your speakers and microphone allow for clear communication.



PICK A SPOT.

Before your call starts, find a quiet spot with little to no distractions so that you can be focused and engaged during your appointment.



BRING A PLUS ONE.

Having a friend or family member sit in on your conversation can be helpful. This way, they can jot down notes while you listen.



PREPARATION IS KEY.

Take advantage of the resources your doctor sends you and be as detailed as possible. The more you tell your doctor, the more they may be able to help.



GATHER YOUR QUESTIONS.

Be sure to come prepared with any questions you would like answered. You can either record them on your own or ask your doctor for some materials to help focus your conversation better.

Use these tips to help you have a more productive conversation with your doctor.