

# TIPS FOR A GREAT TELEMEDICINE VISIT

With Our Physicians / Nurse Practitioner / Physician Assistants / Psychologists

- 1** Have your child with you in a well-lit room that is as quiet and free of distractions as possible.

*We get it... you're home, so do your best. If we end up seeing your other children or your pets, that's okay (and even fun for us to see them!)*



- 2**
- Visits work best if you use your smartphone, or any device that has a camera.
  - Log in 5 minutes before your scheduled appointment time using the link that has been provided previously.
  - Once you log in, you will be placed into a virtual waiting room where the provider will connect directly with you.

- 3** Tools to have available:

1. A Thermometer
2. A flashlight or other light source (so we can look into your child's throat.
3. Your child's weight or a scale.
4. The name/location of your pharmacy.



- 4** The provider will have you help with your child's physical exam.

*We might have you show the phone to the child's throat, push on their belly, or have you take their temperature, among other things.*

- 5** Don't be nervous to ask questions and have your child do the same.

It might be fun for your child to show us their favorite toy or introduce their pet. Those things will help your child be more comfortable with the visit.



We are excited to offer this new service!  
Questions or Concerns?  
Please do not hesitate to call us!