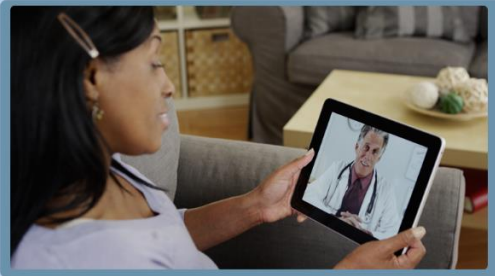


Getting Started with Telehealth

Tips for Your Telehealth Visit



1. Limit distractions as much as possible

- Find a quiet, well-lit area in your home
- Be sure to close out any apps on your device
- Make sure you have a good internet connection



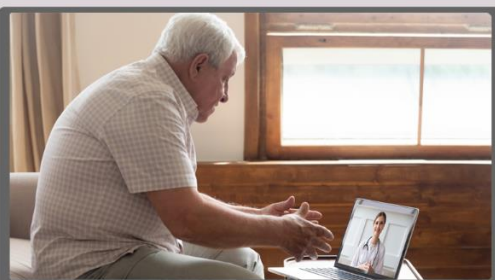
2. From your mobile device, tablet or computer

- You will receive a link by text, email or through the Healow app
- Log in with that link 5-10 minutes before your appointment



3. Have tools and information on hand

- Thermometer
- Name and location of your pharmacy
- Health plan or Medicaid information, if have either



4. Ask Questions

- Prepare a list of questions for your provider.