

Pulmonary Fibrosis Foundation[™]



CHECKLIST FOR A SUCCESSFUL TELEMEDICINE VISIT

Before making an appointment for a telemedicine visit:	 Write down your current weight, temperature, oxygen level, and blood pressure (if you have a pulse oximeter and blood pressure cuff). Write down any questions you may have for your healthcare
Talk to your healthcare provider to see if telemedicine is a good option for you.	
Ask which online program or app your healthcare provider uses for telemedicine visits. Make sure you have the technology (like a computer or smartphone) you need for a telemedicine visit.	provider.Choose a quiet, private place with good lighting and reliable internet connectivity.
Check with your insurance carrier to see if they pay for telemedicine visits.	 Just before your visit begins, make sure your device is charged or plugged in and check that the volume is at a good level.
If your insurance doesn't pay for telemedicine visits, ask your doctor's office what your cost will be and decide if you will pay for it.	Check into the online program or app a few minutes early.
	During your visit:
Before your visit:	Speak clearly.
If you plan to have a caregiver or another person attend your visit with you, ensure their schedule allows them to attend.	Make sure you can be seen through the camera.
Have pre-appointment tests (like pulmonary function test or bloodwork) completed if your healthcare provider has asked for them.	 Take detailed notes on the instructions and recommendations you get.
	Ask questions if something isn't clear.
Decide which device you'll use for your visit: smartphone, tablet, or computer.	Ask your healthcare provider about scheduling a follow-up visit and request prescription refills, if needed.
Make sure your hardware, software, and Internet connection can handle a video visit.	 Before leaving the visit, summarize your understanding of what was discussed and review next steps aloud with your healthcare provider.
If you're using an online program or app, download and/or create a user account for the program or app.	After your visit:
Make a test run of the technology, including your microphone and camera.	If your healthcare provider offers an online patient portal, visit it to review any after-visit summary your provider may add.
Make a list of all your prescription and over-the-counter (non-prescription) medications, including how much you take of each medication and times of day you take each medication.	You may need to create an account in the patient portal if you don't have one—ask your doctor's office for instructions (you might need the office to provide an access code).
	Complete any next steps your healthcare provider asked you to do, such as scheduling pulmonary function tests,
 Make a list of any prescriptions that need a refill order from your healthcare provider. 	labs, and/or CT scans.
Write down any of your current symptoms.	Have questions? Contact the PFF Help Center at 844. TalkPFF (844.825.5733)

or help@pulmonaryfibrosis.org.





NEXT APPOINTMENT

Time	
r hoolthoore provider, take notes during your appointment	
Use this section to jot down information you want to share with your healthcare provider, take notes during your appointment, or write down follow-up instructions.	

Thank you to our sponsor



Have questions?

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