Pulmonary Fibrosis Foundation™

CHECKLIST FOR A SUCCESSFUL TELEMEDICINE VISIT

Before making an appointment for a telemedicine visit:

- [ ] 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.
- [ ] Check with your insurance carrier to see if they pay for telemedicine visits.
- [ ] 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.

Before your visit:

- [ ] If you plan to have a caregiver or another person attend your visit with you, ensure their schedule allows them to attend.
- [ ] Have pre-appointment tests (like pulmonary function test or bloodwork) completed if your healthcare provider has asked for them.
- [ ] Decide which device you'll use for your visit: smartphone, tablet, or computer.
- [ ] Make sure your hardware, software, and Internet connection can handle a video visit.
- [ ] If you're using an online program or app, download and/or create a user account for the program or app.
- [ ] Make a test run of the technology, including your microphone and camera.
- [ ] 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.
- [ ] Make a list of any prescriptions that need a refill order from your healthcare provider.
- [ ] Write down any of your current symptoms.
- [ ] 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 provider.
- [ ] Choose a quiet, private place with good lighting and reliable internet connectivity.
- [ ] Just before your visit begins, make sure your device is charged or plugged in and check that the volume is at a good level .
- [ ] Check into the online program or app a few minutes early.

During your visit:

- [ ] Speak clearly.
- [ ] Make sure you can be seen through the camera.
- [ ] Take detailed notes on the instructions and recommendations you get.
- [ ] Ask questions if something isn't clear.
- [ ] Ask your healthcare provider about scheduling a follow-up visit and request prescription refills, if needed.
- [ ] Before leaving the visit, summarize your understanding of what was discussed and review next steps aloud with your healthcare provider.

After your visit:

- [ ] If your healthcare provider offers an online patient portal, visit it to review any after-visit summary your provider may add. 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, labs, and/or CT scans.

Have questions?
Contact the PFF Help Center at 844.TalkPFF (844.825.5733) or help@pulmonaryfibrosis.org.

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NEXT APPOINTMENT

Date _____ Time _____

Healthcare provider _____

NOTES

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.

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