

# WHY IS TELEHEALTH A GOOD OPTION?



## SAVES TIME

No need to travel or sit in a waiting room.



## EASY ACCESS

You can talk to a doctor without leaving the group home.



## QUICK HELP

Get answers faster instead of waiting for an appointment.



## SAFER OPTION

If someone is sick, they don't have to go to a clinic and maybe spread germs.



## SUPPORTS ONGOING CARE

Helps people manage health conditions like diabetes or high blood pressure without missing check-ups.

# WHEN SHOULD YOU UTILIZE TELEHEALTH?

Telehealth can help with many kinds of healthcare needs, such as:



Minor Sickness



Mental Health & Wellness



Refill Medication

**GIVE** **CONNECT.**  
**TELEHEALTH**  
**GET CARE.** **A TRY**

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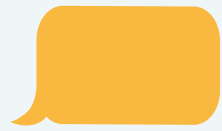
Talk to your provider about whether telehealth is a good option for your health needs.



**NOW**   
**AVAILABLE**

High-quality telehealth equipment available for you to use!

[Give Telehealth a Try](#) 



# WHAT IS TELEHEALTH?

Telehealth is a way for you to see a doctor, nurse, therapist or other care provider without having to go to their clinic or office. Instead of driving to the clinic, you can talk to your doctor on a computer using video just like a video call with family or friends.

## WHAT CAN TELEHEALTH DO FOR YOU?

**Telehealth can help with many kinds of healthcare needs, such as:**

- Talking to a doctor about a cold, flu, or other sickness.
- Getting help for stress, anxiety, or feeling sad.
- Checking on medications and refilling prescriptions.
- Talking about a health problem before deciding if an in-person visit is needed.

Telehealth may not be a good fit in all situations, but it can often be better than no visit.

# HOW TO ASK FOR A TELEHEALTH VISIT:



## STEP 01: Talk to your caregiver or staff.

Let the staff know you'd like to try telehealth for your next appointment.

**You can say:**

- "Can I have a telehealth visit for my doctor's appointment?"
- "Could I try a video call with my therapist instead of going to the office?"



## STEP 02: Ask if telehealth is an option.

If you have trouble traveling or don't want to leave home, explain this to staff.

**You can say:**

- "The weather is bad, and I can't get to the appointment. Could we do telehealth?"
- "I'm not feeling well enough to leave. Can we do a video visit instead?"



## STEP 03: Explain why telehealth can help.

Let the staff know why telehealth would be easier for you.

**You can say:**

- "It's hard for me to travel far. Could we use telehealth?"
- "I'm not feeling well enough to leave. Can we do a video visit instead?"



## STEP 04: Ask staff to help set it up.

Once staff agrees, ask them to help set up the telehealth visit for you.

They can help with the technology and make sure everything is working for your appointment.



## STEP 05: Be ready for the telehealth visit.

On the day of your appointment, find a quiet place with good lighting for your call.

Staff can help you set up the video call on the telehealth cart, phone, or computer.

## QUESTIONS TO ASK YOUR DOCTOR OR THERAPIST:

- Can I have a telehealth visit for my doctor's appointment?
- Do I need to come to the office, or can we do it through telehealth?
- Can telehealth work for routine visits or checkups?