

# HealthConnection

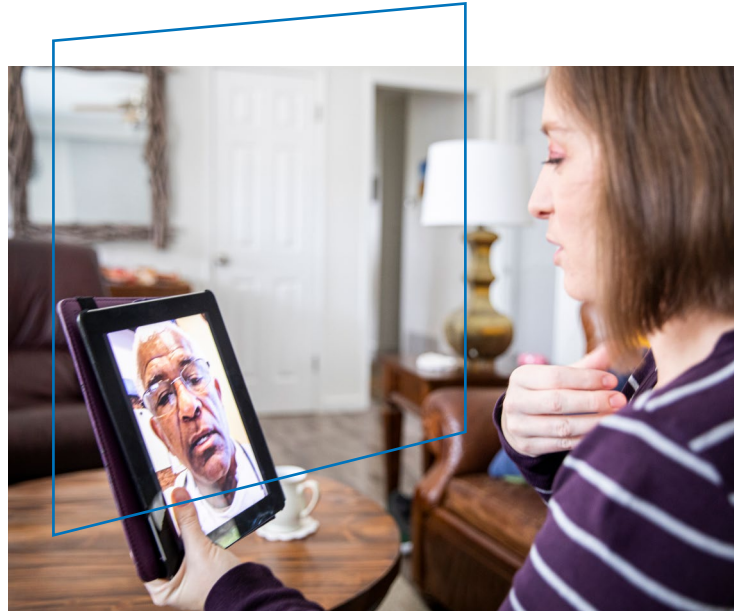
## FastFacts

Good health tips.

HSS

## The Doctor Is In— Your Home!

Telehealth is a way to connect with your healthcare provider online, from the comfort of your home or wherever you choose to be. Today's telehealth technology lets you have a face-to-face conversation with your healthcare provider through a video connection that is secure and HIPAA compliant.



### How Telehealth Can Help You

During a virtual visit, you and your doctor or other healthcare professional see and hear each other from your respective locations. You can describe your symptoms, share medical concerns, or receive follow-up care. Your provider can:

- Listen to your symptoms and concerns to screen you for illness or injury.
- See the part of the body that may be bothering you, such as a painful knee, and watch how you move to determine what may be causing your symptoms.
- Order additional tests if needed, such as blood tests or imaging exams.
- Monitor your health with devices you may have in your home, such as a blood pressure or blood glucose monitor.
- Develop a treatment plan that may include a prescription for medication or physical therapy, a followup visit or a referral to a specialist.
- Guide you through prescribed rehabilitative exercises.

**HSS Virtual Care gives you the option to connect virtually with your HSS clinician from the privacy and comfort of home. To learn more about HSS Virtual Care, visit [hss.edu/virtual](https://hss.edu/virtual).**

### Make the Best of Your Telehealth Visit

- **Wear loose-fitting clothing** that enables your provider to see the area of concern clearly.
- **Identify** a private, quiet location where you can move about freely.
- **Choose the best device** for your virtual visit: a computer/laptop, smartphone, or tablet.
- **Ask your provider's office** before your visit about specific items you may need, such as sneakers or an exercise mat for physical therapy.
- **Test your device** beforehand to ensure it has a working camera and microphone, and be sure to have a strong, secure Wi-Fi connection. Ask a friend or relative for help if you need tech support.
- **Start 15 minutes before your scheduled visit** (up to 45 minutes before a first visit) so you have time to download any necessary applications and complete pre-visit forms.

**HSS Education Institute**