**Things to Know For Your Upcoming Telehealth Visit**

During your virtual visit we ask that you:

1. Pretend you are in a face-to-face in person visit with your provider.
2. Give the provider your undivided attention.
3. Be sure that you are in a quiet, confidential place where you will not be interrupted.
4. If you are at work, be prepared to take a break when the call starts.
5. If you are driving, please pull over and be parked before the call starts.
6. Position yourself so that lighting allows your provider to see you. Try turning on overhead lights or closing blinds and drapes to reduce background light.
7. Don’t sit too close to the camera (or too far away). Make sure your face is in the center of your picture (the small window on your smartphone.) Sit eye-level with your camera.
8. Close other apps. Having too many apps running on your computer or device can make your device run slowly. Before starting the visit, close all programs that you aren’t using during the visit.

Taking these steps will improve the quality of your medical visit, which we intend to be as good as when we see you in person!