








Getting ready for your (telehealth!) doctor visit

Follow this checklist to make your telehealth visit easy and stress-free.



If you get stuck on any item, call the Link to Care hotline at **866-757-1832 (TTY: 711)**.

Here's what you'll need for your telehealth appointment:

-  **Phone, tablet, or computer** with a microphone (and a camera for video calls). Don't forget to charge or plug in.
-  **Internet or phone service.** You'll need a reliable connection.
-  **Access to your clinic's secure system.** This could be a phone call, an app you already use to talk to friends and family, or a new app. Ask your clinic for details.
-  **A quiet, private place.** Or somewhere you feel comfortable discussing your health.
-  **Pen and paper.** For taking notes!

And here's what to expect on the day of your visit:

- **You'll talk with a provider.** Just like an in-person visit. They'll give their recommendations and let you know what to do next.
- **Technical problems may happen—it's okay.** Let your provider know if you can't see or hear them.

Hotline: 866-757-1832 (TTY: 711) Monday – Friday, 8 a.m. – 5 p.m. Website: LinkToCareWA.org

If you need an accommodation, or require documents in another format or language, please call toll free 866-757-1832 (TTY: 711) 8:00 a.m. to 5:00 p.m., Monday to Friday. Community Health Network of Washington complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.