

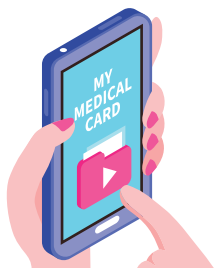
Telehealth

Guidance and Resources
to Extend Your Reach

10 TIPS

to Prepare for a Telehealth Appointment

1. Make sure you have an internet connection, either on a computer or through your mobile device.
2. Your computer or phone should have a working camera and microphone.
3. If you're using your phone, ensure it is using the most current operating system.
4. Your healthcare provider might use one of many different systems to connect via telehealth. Ask them for the minimum bandwidth required to make sure you won't have connection issues. If you aren't sure what your bandwidth at home is, you can call your internet provider.
5. Depending on the platform, you may need to setup an account. Your diabetes care and education specialist can guide you through this.
6. When you're ready for the appointment, use a quiet room and sit in a chair rather than walk around. As in any appointment, you want to make sure it has your full attention.
7. Have available any diabetes management tools you might use e.g. meter, medications, insulin, CGM, pump, etc.
8. If you use log books to keep track of your blood sugar, know that you might need be asked to send them to your diabetes care and education specialist through a secured online website or designated email account.
9. Treat the appointment as you would any in-person visit. You might be asked to show how you take your insulin or check your blood sugar.
10. During your telehealth appointment, ask questions and be sure to tell them your refill and supply needs. A diabetes care and education specialist is there to support you.



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For more information on how a diabetes care and education specialist can help you, visit DiabetesEducator.org/DCEShelp.