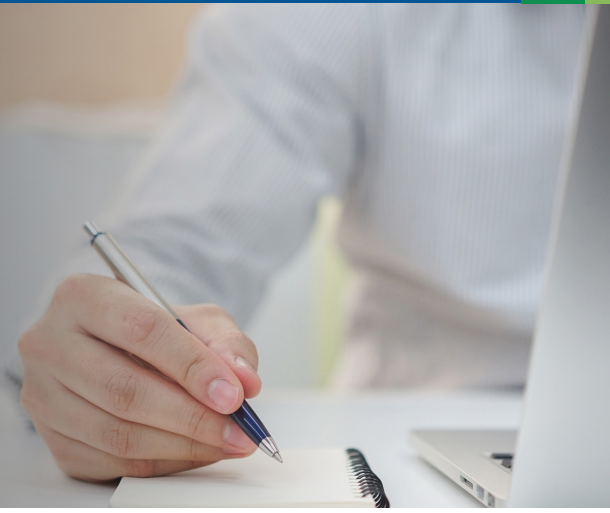


Checklists to prepare for your video visit



Health checklist

- ❑ Plan ahead of time what you want to talk about during your visit.
- ❑ You can share vital signs such as your temperature or blood pressure if you wish.
- ❑ If you want to show your provider something, prepare for that in advance.
 - You can take a picture and send it to your provider as part of a MyPeaceHealth message.
- ❑ Tell your provider the problem or topic you consider most important for this visit.
- ❑ Have your medications or other items nearby for reference.
- ❑ Keep pen and paper handy to jot notes; however you will receive an after-visit summary just as you do for in-person visits.

Connection checklist

Start 15 minutes before your scheduled visit, and follow these steps:

- ❑ Make sure your internet connection is strong (at least three bars).
- ❑ Plug in your device or make sure the battery is charged.
- ❑ Find a private place where you feel comfortable discussing your health concerns. You'll also want good lighting in front of you so your provider can see you.
- ❑ Test your system to make sure your picture and sound are working well by visiting this site: <https://zoom.us/test>.
- ❑ Disable pop-up blockers in your browser.
- ❑ Unmute your microphone.

Tips during the visit

- You will need to give the provider verbal consent at the start of the visit.
- You can end the visit at any time.
- If you have any audio problems don't leave the meeting. Signal to your provider that you can't hear them and they can call you on your phone.
- For your convenience, we will bill your insurance, if applicable, similar to an in-person visit.