



HOW TO PREPARE FOR A TELEMEDICINE VISIT

#1. Choose a private place

Finding spur-of-the-moment privacy can sometimes be difficult, especially if you live with other people. So, before your appointment, choose a quiet room for your virtual appointment.

#2. Consider technical aspects

Whether you are using a smartphone, computer or tablet, it is recommended to try the software before your appointment. J. Richard Lilly, MD and Associates uses Doxy. Me. **Before your appointment please do a pretest by putting [Doxy.me/precall-test](https://doxy.me/precall-test) in your browser on your computer or cell phone.** This will walk you through a pre test to make sure your device is compatible and help with any questions or issues.

#3. Prepare your medical history and Documents

Be sure to gather relevant documents regarding your medical history ahead of time. If possible, please take your temperature, blood pressure and weight before your visit. Like any doctor's appointment, you should be ready with the following pieces of information:

Your list of prescriptions, over-the-counter medications and supplements.

Your pharmacy phone number and address.

#4. Jot down questions to ask

It is natural for a doctor's appointment to make you a little nervous - especially when it is by video. So, you may forget to ask crucial questions during your visit. That is why it is recommended to make a list of questions to ask your doctor. While each person's healthcare situation is unique, here are some sample questions to get you started:

What is the diagnosis?

Will I need any medical tests?

What can I do to get better?

Do I need a prescription?

What do I do if my symptoms continue?

Can I contact you if I have follow up questions?

#5. Write down your treatment plan

Your treatment plan may be as simple as, "drink plenty of liquids and get some rest." But in some cases, you may need to have a prescription filled or to make an appointment to see another doctor or specialist in person. If possible, take notes on the treatment plan and what your next steps are during the appointment.

#6. Discuss follow-up care

In some cases, one appointment is all you need to diagnose and treat routine health conditions like a cold or the flu. But if symptoms persist or you need ongoing care to check chronic conditions, you may need follow-up care through another telemedicine appointment or in person. You may also need a prescription, so discussing the next step is helpful.

Please call the office at 301-927-7800 to ask for help if you encounter any problems.