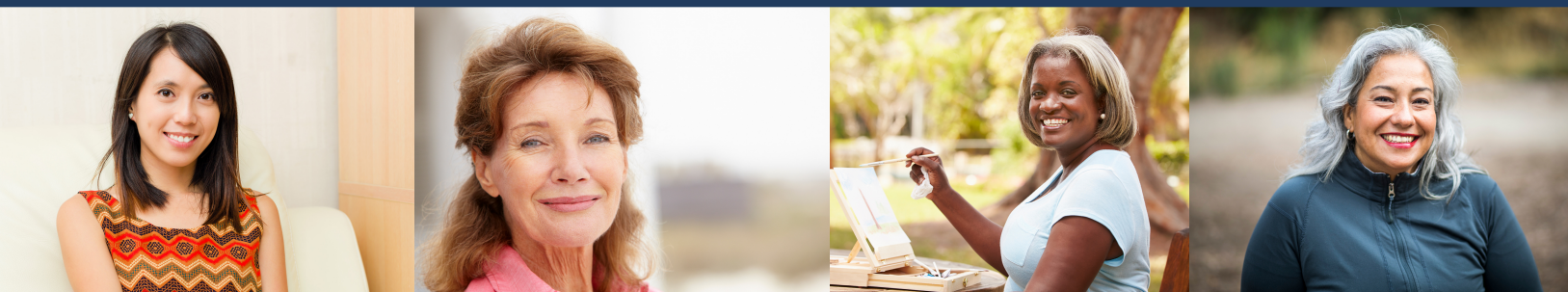




BREAST CANCER TELEMEDICINE TIPS



Know When to Use Telehealth

If you are unsure that your chief complaint requires a telehealth visit vs an in-person visit, ask. You can avoid an unnecessary trip or multiple appointments.

Find Out What Telehealth System Will Be Used

- Will your appointment be via phone call or will there be video?
- Is there an application you should download or is it accessible via your web browser?
- Is this televisit covered by your insurance?

Don't be afraid to over prepare. In the end it saves time and benefits everyone involved in the appointment.

Connect With a Plan

Telemedicine may seem less formal causing us to not be as prepared as we would for an in-person visit. Write your questions and concerns down. Just because you're connecting virtually does not make your appointment time any less important.

Bring A Loved One

Your provider will not mind and will encourage it. Many times, emotions are high in the exam room and we hear what our providers are saying, but we're not really listening. Having support at your telehealth appointment ensures that you won't be overwhelmed with trying to remember every detail. The best part is that with telehealth your loved one can join from almost anywhere in the world!

Stay informed

Telehealth extends beyond appointments. It also includes patient portals. If you have a quick question for any member of your healthcare team, more than likely there is a system that you can use to quickly contact someone.

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