

# Preparing For Your Teladoc Visit

Use these tips to help your virtual health appointment run smoothly.



- **Have you registered for a Teladoc account in advance?**  
It's quick and easy to set up an account online or over the phone. Visit [www.teladoc.com](http://www.teladoc.com) or call **1-800-TELADOC (835-2362)**.
- **Have you scheduled an appointment?**  
To schedule a visit, log in to your account at **Teladoc.com** or the Teladoc mobile app and click the "Request a Visit" button on the home page. Or you can call **1-800-Teladoc (835-2362)**.  
  
Services can be over the phone or video, depending on the issue and your preference. If you are waiting for a call from your doctor, make sure to pick up the phone even if you see an unfamiliar phone number. We don't want you to miss that call.
- **What medications are you taking?**  
Make a list of your current medications (*include the dose and how often you take your medication*), or gather the bottles of medicines you are taking so you have them ready to share. Do you need a refill on any of your prescriptions?
- **What is your health history?**  
If applicable, take your temperature, weight, blood pressure, pulse, oxygen level and blood sugar and write it down. Be sure to share if you have had any recent lab work or other tests.
- **Who is your Primary Care Provider and what specialists do you see?**  
Include a list of any doctors you go to, like a cardiologist or urologist, and all upcoming appointments.
- **What do you need to talk to the doctor about?**  
Write down any symptoms, questions, or concerns you want to discuss during the appointment.
- **What is your treatment plan?**  
Keep some paper and a pen nearby so you can take notes about what your doctor says during the visit. Jot down any follow-up care needed.
- **Do you have a comfortable space for your appointment?**  
Make sure you are in a well-lit, private area without a lot of background noise. Turn off the television or radio. Are you in a place where you can talk about personal information?
- **Is your technology working?**  
Make sure you know how to use your device ahead of time. You should have a secure internet connection and your device should be charged.  
  
Test your microphones, speakers, and webcam before your visit. While on video, make sure you are wearing appropriate clothing and be aware of your background surroundings.