

TELEHEALTH TIPS FOR HEART VALVE PATIENTS

Many health care professionals are offering telehealth visits as an option for treating patients. Here are tips to get you ready for your telehealth appointment:



Make sure you have the necessary technology.

- You'll need a fully charged or plugged-in smartphone, tablet or PC with a webcam and reliable internet connection.
- If you haven't had a video conference on the device before, test it to ensure that the camera works properly and that you're close enough for a virtual face-to-face conversation.



Check your insurance coverage.

Medicare recently expanded its coverage for telehealth visits, but private insurers' coverage varies. Check with your health insurance provider to see whether a telehealth visit is covered.



Choose a quiet, comfortable, well-lit location.

Make sure you have enough light for your provider to clearly see you. It's best to have the light toward your face from a window. If it's behind you, it may create a glare.



Optimize your audio.

Use headphones or earbuds to help ensure you hear clearly and to give you privacy.



Prepare as you would for any other visit.

- Make notes ahead of time about questions and/or issues you want to discuss.
- Be ready to say why you wanted to be seen and what your biggest priority is for the appointment.
- Prepare a list of your medications and supplements (prescription as well as over the counter).



Be prepared to discuss a few items.

- If you have a fever, what's your temperature and has it changed lately? If you have a blood pressure monitor, what's your latest reading? Log instances of chest pain, shortness of breath or feeling lightheaded.
- Consider recording your temperature and weight shortly before your appointment.
- Use our [heart valve symptom tracker](#) to monitor your valve disease.



Make the most of your time together.

Speak clearly, answer the provider's questions as concisely as possible, be ready to make notes about the provider's recommendations, and ask questions if anything is unclear.



Consider other topics you might want to address.

- Your medications, when to take them and how to adjust them, if needed.
- Your meal plan and whether to adjust it.
- Challenges or questions about your care plan.



For more information, go to heart.org/HeartValves.