WomenRX

TELEHEALTH / BEFORE, DURING AND AFTER

Make the visit count.

Prepare for a focused remote visit, then capture the handoff. Keep private notes on your own device and share only what you choose with your care team.

My main concern / what I need from the visit

Date / service / clinician

BEFORE / CHECK THE PRACTICAL DETAILS

Visit cost / possible extras

Connection / privacy / access

Can this concern be handled?

My first question

My second question

AFTER / MAKE THE HANDOFF EXPLICIT

Instructions / any exam, test or referral discussed

Who arranges the next step?

When / how I will hear back

If instructions are unclear, contact the provider. This worksheet does not give medical advice.

Keep this on your own device. No submission or tracking. Not a diagnostic or prescribing tool.

HHS: What should I know before my telehealth visit?
HHS: What happens after my telehealth visit?