

TELEHEALTH CHECKLIST

Use this checklist to make sure you are prepared for your telehealth appointment

- Will your appointment be bulk-billed or subsidised by Medicare?
- Do you have right online program downloaded for the appointment?
- Have you tested your device's camera, microphone and speakers?
- Do you have headphones to use for 'sensitive' conversations?
- Have you shut down other websites and applications on your device to maximise bandwidth?
- Have you made note of the questions or symptom concerns you want to ask your doctor or healthcare professional?
- Have you got a list of current medications and dosages and checked whether you need additional scripts?
- Do you have a pen and paper at hand to take notes during your appointment?
- Do you know your health care provider's phone number (in case of technical issues)?
- What are you wearing? (eg, baggy clothing may conceal movement and loose slippers may pose a slip and trip risk)
- Where will you be seated for your telehealth appointment? (avoid having the light source behind you)
- Will you need to prop up your device?
- Have you limited background noise? (eg, turned off the radio, asked others in the household to keep quiet)
- Is there enough space around you if you need to demonstrate movement. Can you minimise hazards (eg, put pets outside, move loose rugs)?
- Is a family member or care attendant available to help you film your appointment and/or act as a support person?