

6 WAYS to Power Up Your Health with Telehealth

Know your health care options



Do you live in a place with limited access to health care providers? Do you juggle many priorities, care for others, are unable to take time off work, or simply want an easier way to manage your health care needs?

Telehealth can help you take control of your care for you or a family member.

1 | Check-ups and wellness visits



- ▶ Schedule a virtual appointment for routine care with your provider
- ▶ Review lab test or x-ray results
- ▶ Manage your prescriptions
- ▶ Check in on care progress

2 | Prenatal and post-partum care



- ▶ Reduce the frequency of in-office prenatal visits
- ▶ Get breastfeeding help and lactation services quickly
- ▶ Receive birth control counseling and prescriptions
- ▶ Use telehealth to reduce in-person follow-up visits after a baby's birth

3 | Urgent Care



- ▶ Avoid urgent or emergency care visits with telehealth to address common conditions like sinus infections, back pain, urinary tract infections, and rashes
- ▶ Get treatment for migraines, skin conditions, depression, anxiety, colds, coughs, flu, and more.
- ▶ Obtain a diagnosis, prescription, or a referral

4 | Chronic care disease management



- ▶ Manage ongoing conditions like diabetes, heart disease, HIV, kidney disease, asthma, and more through virtual care
- ▶ Use remote monitoring devices so you and your provider can track your health goals, blood pressure, cholesterol, blood sugar, oxygen levels, and more
- ▶ Do physical and occupational therapy, nutritional counseling, and more online

5 | Mental and behavioral health care



- ▶ Manage stress, anxiety, depression, and other conditions virtually
- ▶ Receive mental health treatment, including online therapy, counseling, and medication management
- ▶ Connect with substance use treatment services

6 | Follow-up visits



- ▶ Connect virtually with providers after a procedure, surgery, office visit, or health screenings

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