**5 Telehealth Tips for At-Home Health Care**

Telehealth has enabled health care professionals to provide patient care remotely, safely, and conveniently. With the use of technologies such as a computer, mobile phone, or landline telephone, more people than ever before are empowered to access quality health care.

Telehealth has reduced barriers to care for millions of people who live far away from specialists, have transportation or mobility issues, or are in rural communities or other underserved areas. Telehealth.HHS.gov is a trusted resource for both patients and providers to learn when and how to use telehealth care offerings, best practices for visits, and to find answers to common questions.

One frequent concern for patients is what steps they can take for a successful telehealth visit. Here are five important tips from Telehealth.HHS.gov that every patient can benefit from:

1. **Set an appointment:** Ask your doctor if they offer telehealth, or find telehealth care through your health insurance company, provider, or community health center.
2. **Get your info ready:** Treat a virtual visit like an in-person appointment. Have a list of current medications ready, as well as a list of questions or concerns to discuss with the provider.
3. **Pick a good location:** Find a comfortable, quiet place with good lighting to sit and set up your camera. Make sure this place will allow you to speak privately with the provider.
4. **Position yourself for success:** Connect to your appointment five minutes early and wear loose clothing in case you need to show the provider something on your body.
5. **Check before you connect:** Make sure your device is charged or plugged in and that the internet connection via Wi-Fi or ethernet cable is strong. Don’t forget to enable your privacy settings for the telehealth platform to use your camera and/or microphone.

To find more resources and tips for using telehealth care, visit [Telehealth.HHS.gov](https://telehealth.hhs.gov/providers/best-practice-guides/).