

Telehealth for Men's Health

Telehealth offers a convenient and private way for men to receive a wide variety of health care services.

What men's health services can be provided through telehealth?



- ▶ **Mental health and substance use care.** Screening and treatment for [behavioral health care](#) issues like depression, anxiety, stress, and [substance use disorders](#) can all be given via telehealth.
- ▶ **Sexual, reproductive, and urinary health.** Telehealth can be used to provide care for concerns such as erectile dysfunction, fertility questions, urinary symptoms, and low testosterone. Telehealth can also be used for risk checks and support for sexually transmitted infections. Arrange needed health care and social services, including exploring online resources
- ▶ **Prostate and colorectal cancers.** Men can use telehealth to talk with a doctor before a prostate exam or colonoscopy, which helps them prevent or manage these [cancers](#). This can include a discussion on cancer risk, screening options, test results, and follow-up care.
- ▶ **Chronic disease care.** [Remote patient monitoring](#) and follow-up care for [chronic conditions](#) like [diabetes](#), heart disease, and obesity can be managed via telehealth.
- ▶ **Preventive care.** Regular telehealth visits support healthy habits, including [nutrition care](#), monitoring exercise and sleep, and sending reminders for preventive screenings.

How can men benefit from telehealth?

Men are less likely than women to seek health care. This can be due to stigma, busy schedules, or limited access. Telehealth can help close that gap with convenient, flexible visits. Benefits of telehealth for men's health include:



- ▶ **Privacy.** Men can talk with a doctor from home or another private place. This can make it easier to discuss sensitive topics like erectile dysfunction and mental health.
- ▶ **Convenience and flexibility.** In-person visits require travel and time spent in waiting rooms. Telehealth visits are easier to fit into a busy schedule because they can be done from home or a private location. Some providers may offer appointments outside of standard business hours.
- ▶ **Better access to care.** Men in rural areas or communities with fewer health care services may not have easy access to specialists. Telehealth can connect patients directly with qualified doctors.
- ▶ **Consistent care.** Many men's health issues, such as low testosterone, high blood pressure, or depression, need regular check-ups. Remote monitoring tools can send health data continuously to your doctor. Consistent care can help doctors spot problems early and adjust treatment plans.

How do I schedule a men's health telehealth appointment?

Many providers use telehealth. [To make an appointment](#) call your provider and ask about telehealth options or use your patient portal to view available virtual appointments. You can also check with your health insurance.

More resources

- [Why use telehealth?](#)
- [What do I need to use telehealth?](#)
- [What are different types of telehealth?](#)
- [What can be treated through telehealth?](#)

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