

Virtual Visit Tips

Telemedicine: how it works, and tips that may help you during your Virtual Visit

Never had a virtual doctor's appointment before? Now more than ever, doctors are increasing the number of virtual visits for their patients. No matter the form your next doctor's appointment takes, it's still just as important to communicate with your doctor about your Attention-Deficit/Hyperactivity Disorder (ADHD). Regular check-ins are an important part of your treatment plan. Check out the tips below that may help you have a better virtual experience during telemedicine visits.

What is Telemedicine?

Telemedicine refers to the practice of caring for patients remotely when the provider and patient do not physically meet for an appointment. Often, these virtual appointments take place on video conferencing platforms, like Zoom, FaceTime, TelaDoc®, and more.

Interested in connecting with your doctor remotely? Reach out to your doctor's office and find out if they are seeing patients virtually.

Accessing Telemedicine

If your doctor offers telemedicine, here's how the process usually begins.

- Create an online account with the platform your doctor is using if necessary.
- Fill out some basic information about yourself, including the reason for your appointment.
- Request a telemedicine appointment with your doctor. When your appointment is set to begin, join the video conference or phone call depending on the platform.

Before the Virtual Visit

It's always a good idea to be prepared. Here are a few ways to get more out of your time with your doctor.

- Fully charge your device and troubleshoot any internet connectivity issues.
- Download your health system's telemedicine app, if there is one.
- Join the meeting 10 minutes early to ensure you're fully set up when your doctor joins.
- If you've been recording the ADHD symptoms you have been experiencing, have your journal or discussion guide on hand.
 - You can access the [Adult ADHD Follow-Up Discussion Guide](#), which has some questions about ADHD symptoms that you may want to ask your doctor.

During the Virtual Visit

Once you're connected with your doctor, remember these tips to help your virtual visit run smoothly.

- Speak clearly, and make sure your doctor can see you through your camera if you're video calling.
- Update your doctor on any recent changes to your medical history and any changes to your ADHD symptoms.
- Answer any questions as clearly as possible, and ask questions if something is unclear.
- Take notes on your conversation and your doctor's recommendations.

It's important to discuss your ADHD symptoms with your doctor on a regular basis. Telemedicine can help you keep in touch, during times when you are unable to visit your doctor face-to-face. Remember: if you have questions about managing your ADHD symptoms, always reach out to your doctor first. It's also important to remember that Telemedicine Visits are not intended to replace the need for face-to-face ADHD doctor appointments. There may be particular aspects of your ADHD treatment plan that cannot be covered with a Telemedicine Virtual Visit, e.g. routine monitoring of cardiac health, etc.