



GoodHealthOutcomes.org
A Telehealth Company for Select Customers
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Health Problems that are IDEAL for Telehealth Services

Minor Infections: Sinusitis (sinus infections), uncomplicated urinary tract infections (UTIs), earaches, and sore throats.

Dermatology: Rashes, acne, shingles, or minor skin infections (cellulitis) that are not spreading rapidly.

Respiratory Issues: Mild coughs, seasonal allergies, and management of stable asthma or COPD.

Digestive Health: Mild stomach flu, nausea, diarrhea, and acid reflux/GERD management.

Wellness & Prevention: Weight management, smoking cessation, and personalized “Longevity Lab” consultations.

Hypertension Management: Reviewing home blood pressure logs (using the instructions you’ve already provided!) and adjusting medications.

Mental Health: Anxiety, depression, and stress management, including medication starts or adjustments.

Lab Review: Explaining results from blood work or imaging ordered by other providers or during previous visits.

Prescription Refills: Maintenance medications for stable conditions like cholesterol, thyroid, or diabetes.

Post-Op Check-ins: Monitoring wound healing or addressing questions about recovery timelines.

Dehydration Management: Providing oral rehydration protocols for patients recovering from the flu.

Injury Triage: Helping a patient decide if an injury actually needs an X-ray or can be managed with R.I.C.E. (Rest, Ice, Compression, Elevation).

The above information was reviewed and validated by David Campbell-O’Dell, DNP, APRN-IP, FNP-BC, FAANP