



GoodHealthOutcomes.org
A Telehealth Company for Select Customers
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Follow These Steps to Prepare for Your Telehealth Visit

This list of recommendations may change over time but in essence shares what is needed so that your telehealth visit goes smoothly.

1. **Sign up for the mailing list on this website. [HERE'S the LINK](#).** Though this is not required, it gives us the opportunity to communicate outside of the patient portal (which is reserved for sharing private medical information). Joining this list helps ensure we can communicate easily.
2. **Have your health information ready to enter into the form once you select a time for your telehealth visit.** The Electronic Health Record System will automatically send you three forms to complete before your visit takes place. You must sign each (or make a mark) and reply so that we can move forward together. One form is permission to treat, another is a notice of privacy, and a third is a health history form.
3. **The Health History form includes:**
Your Age, Gender, Height, Weight, Heart rate, Blood Pressure
 - a. It's easy to check your pulse, but obviously a blood pressure cuff is needed. If you have one, check it within 24 hours before the appointment, or stop by a grocery store or drugstore and use their machines. It's free.
 - b. **Would you like instructions?** Have a look at the Resources page and select Checking Your Blood Pressure at Home (next to these steps about preparing for your telehealth visit)
 - c. **Have a list of your prescribed medications ready to share** with the name of the medicine, strength, and how often you take it (or apply it). It's good to know the name of the prescriber when sharing this information. We can refill medications if needed.
4. **Select the time slot that works for you. Make payment, and at the appointed time click into the telehealth platform.**
5. **The visit would go much smoother when we have the above information. Feel free to contact us if you have questions.**

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