

## Updated Tips for a Successful Video Telemedicine Visit



- Use the device with the best quality web camera and audio and best internet connection. This may be your smart phone. It is helpful to use a mobile device such as a tablet, laptop or phone with a camera that can be flipped. A big part of the exam is watching your child walk, hop, jump, or crawl!
- Test your device before the visit. Make sure both video and audio are working. If using your phone put it on “do not disturb” as incoming calls or texts may disconnect the visit.
- Child should have on clothing that allows examination of chest, abdomen, back, extremities and skin. Tee shirt and shorts or loose-fitting pants are great.
- Parent should be present and ready to participate in the visit.
- Be situated in a private, comfortable space where your child can be examined and confidential history can be obtained
- Vital signs:
  - For well child check
    - A recent weight if you have a scale at home
    - Height, if able, by tape measure-child should stand against a wall with heels and back of head touching the wall
    - Have a tape measure available for measuring head circumference if requested by provider
    - blood pressure if you have a blood pressure cuff at home
  - For sick visit-please take temperature
- Have a flashlight available to look in the throat or help with skin exam.
- **Well-lit room**, as much natural light as possible. Try to have the light in front of you and not behind you.
- If visit requires any form completion please make sure this is done before the visit and available for review

**Thank you for letting us into your home. We know these are unusual and stressful times. We greatly appreciate the opportunity to work together to ensure your child’s health and safety!**