



What is Telehealth?

Telehealth is healthcare services from a distance that can allow you to:

- Have a health condition diagnosed and receive care
- Get information about a condition or treatment
- Obtain a prescription

What does Telehealth look like?

- **Virtual Visits** - Live sessions between you and your provider through video or telephone discussions
- **Chat** - Written electronic messages
- **Remote Monitoring** - Medical devices within your home that collect health information
- **Interactive Resources** - Educational material, websites, photos, etc.

Is Telehealth secure?

Telehealth has the same privacy requirements as in-person care. Your health information is protected by regulation from the government.

You can also take further steps to ensure your privacy:

- Do not use public networks
- Ensure a secure connection (requires a password)
- Each healthcare system and provider may have additional recommendations for privacy

Is Telehealth right for you?

Telehealth can increase your access to healthcare services and is effective in chronic condition management

- It is not a replacement for in-person health services
- It is never appropriate for emergency care

Talk with your healthcare providers to see if Telehealth is available and appropriate for you