

# TIPS FOR A GREAT TELEMEDICINE VISIT

With the physicians and nurse practitioners of Dundalk Pediatrics

**1** Have your child with you in a well-lit room that is as quiet and free of distractions as possible

We get it...you're at home, so do your best. If we end up seeing your other children or your pets, that's ok! (and even fun for us to see them!)

**2** Visit work best if you use your smart phone.

We will text you with a link — log in 5-10 minutes before your scheduled appointment time.

Log in using the patient's name.

**3** Tools to have available:

1. A thermometer
2. A flashlight or other light source (so we can look at your child's throat)
3. Your child's weight or a scale
4. The name/location of your pharmacy

**4** The doctor or nurse practitioner will have you help with your child's physical exam.

We might have you get them to say "ahh," take their temperature, or show us a rash, among other things.

**5** Don't be nervous to ask questions and have your child do the same.

It might be fun for your child to show us their favorite toy or introduce their pet. Those things will help your child be more comfortable with the visit.

We're excited to offer this new service!

Questions or Concerns?

Please don't hesitate to call us!