



Adult Patient Checklist: Preparing for a Virtual Visit

	<p>Keep a record of your appointment day / time. We will call you to help.</p>		<p>Test your device 24 hours in advance.</p>
	<p>Please be available on your phone / computer 15 mins. before/after your scheduled visit time.</p>		<p>Have your insurance card and a picture ID available at the time of the visit.</p>
	<p>Gather all your medications and have them available at the time of the visit.</p>		<p>Make a list of any questions you have about your health.</p>
	<p>Gather information on any other health care providers you have visited in the last month and the reasons why you visited them. This includes any visits to urgent care or the hospital.</p>		<p>Plan to be in a quiet room, ideally with a door that can be closed for privacy.</p>
	<p>If you have a scale, weigh yourself on the day of the visit.</p>		<p>If you have a blood pressure machine, please have it close to you.</p>
	<p>If you have diabetes, have your log, glucose meter and supplies close to you.</p>		