



Thank you for participating in our video visit platform. To ensure your video visit runs smoothly, please complete this checklist before the scheduled time.

To begin, you will need:

- A device with video capability (Laptop, Smartphone, Tablet, or Desktop Computer)
- Please ensure that your device is fully charged and connected to internet/Wi-Fi

Checklist Tips	BEFORE YOUR VISIT	✓
<p>Understand the reason for your visit</p>	<p>Write down details you would like to discuss during your visit. For example:</p> <ul style="list-style-type: none"> • Are you experiencing a new or worsening problem? • What have you tried to make it better? 	
<p>Understand the technology</p> <p><i>*If problems occur with your device, your provider and care team will work with you to make sure your visit is completed in the safest way possible.</i></p> <p><i>MyChart Virtual Support Line may be reached at 667-208-6100</i></p>	<p>Instructions will be given to you by your provider’s office. Please review the instructions before your scheduled appointment. This allows time to troubleshoot any problems that might occur. Expect to:</p> <ul style="list-style-type: none"> • Complete a technology test on the device you will use for your video visit • Complete ECheck-In through MyChart <ul style="list-style-type: none"> ○ Verify demographics and medical information, such as your insurance coverage, medications, allergies, and health issues ○ Sign the Telemedicine and Outpatient Agreement forms giving your provider permission to treat you by video/telephone conferencing • Start your video visit through MyChart 15-30 minutes before your scheduled appointment time <p>For more information: https://www.hopkinsmedicine.org/telemedicine/video-visits.html</p>	
DAY OF SCHEDULED APPOINTMENT		
<p>Vital Signs</p> <p>Any information you can provide is helpful. If you are not able to collect this information, don’t worry. Your provider will continue with the visit.</p>	<p>Make a list:</p> <ul style="list-style-type: none"> • Current weight: Be sure the scale is resting on a hard flat surface • Temperature: If you are using an oral thermometer, wait at least 5 minutes after eating or drinking before checking your temperature. • Blood Pressure: Wait at least 30 minutes after any caffeine or tobacco use if possible. Attach your home machine, sit quietly for 5 minutes with your feet flat on the floor, arm elevated slightly, and then hit the “Start button.” • Current medications, vitamins and supplements: very helpful to have all containers available and next to you during the visit 	
<p>Take Photos</p>	<ul style="list-style-type: none"> • If you are experiencing a rash or area of irritation like a sore throat, you can take a photo before your visit and send it using MyChart. 	
<p>Environment</p>	<ul style="list-style-type: none"> • We recommend a quiet, private space with good lighting. If there is a window behind you, please close the shades or curtains. • Position yourself so that your provider can see your face and a view from the waist up if possible. Dress comfortably. 	