

TELEHEALTH: FACT OR FICTION

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Telehealth is growing in popularity among patients and health care providers. As the use of telehealth increases, it is important to stay telehealth smart.

Take the quiz below to test your knowledge of telehealth. Read each statement and circle whether the statement is TRUE or FALSE. Answers to each question are provided. Don't worry – this quiz will not be graded!



STATEMENT	TRUE	FALSE
Telehealth visits are less effective than an office visit.	True	False
Telehealth appointments require preparation.	True	False
Telehealth is only used for counseling or therapy appointments.	True	False
Telehealth is not available in my area.	True	False
Telehealth technology is very difficult to use.	True	False
Telehealth is not for emergencies.	True	False
Telehealth could save me money.	True	False

TELEHEALTH VISITS ARE LESS EFFECTIVE THAN AN OFFICE VISIT.

FALSE

When used effectively and appropriately, telehealth offers you quality care and possibly some cost savings. Open communication with your health care team is critical. They want you to get the best care whether that care is done virtually or in person.



TELEHEALTH APPOINTMENTS REQUIRE PREPARATION.

TRUE

It is a good idea to be prepared for your telehealth appointment. This includes checking to make sure your technology works and making sure you have a quiet place with good lighting for your virtual visit. Do you have a scale, pulse oximeter, glucometer or blood pressure cuff? If so, have these close in case your provider wants you to check your vitals.



TELEHEALTH IS ONLY USED FOR COUNSELING OR THERAPY APPOINTMENTS.

FALSE

This statement is certainly not true. While telehealth has been used successfully for counseling and therapy appointments, telehealth has also been helpful for general health care, medicine management, management of chronic conditions and other health related issues.



TELEHEALTH IS NOT AVAILABLE IN MY AREA.

FALSE

You might be surprised. Because of COVID-19, many health care providers have begun using telehealth. Ask your health care provider's office staff if telehealth is an option for your upcoming appointment.



TELEHEALTH TECHNOLOGY IS VERY DIFFICULT TO USE.

FALSE

Don't let the technology of telehealth worry you. If you can use a computer or smart phone, you can use telehealth. There are a variety of telehealth platforms with help/ tutorials on how to get started. If you are still concerned, talk with your health care provider's office staff to see what resources and support they offer. This support may include a phone number for you to call if you have technology challenges during your appointment.



TELEHEALTH IS NOT FOR EMERGENCIES.

TRUE

Telehealth is NOT intended for a medical emergency. If you or a loved one are experiencing a medical emergency, call 911 right away or head to the nearest emergency facility.



TELEHEALTH COULD SAVE ME MONEY.



TRUE

Telehealth may or may not be cheaper than a traditional visit to the doctor's office. You may still have co-pays or deductibles. Check with your insurance company before your telehealth visit to see what they will pay. With no travel, no need for a sitter and possibly less time away from work, telehealth can save you time and money.

REFERENCES:

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