

TIPS FOR A GREAT Telehealth Visit

with the doctors & nurse practitioners of South Shore Medical Center

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 okay! (It can even be fun for us to see them!)

2 Visits work best if you use your smart phone or computer with a camera and microphone.

We will email you a link right around your appointment time. If you don't receive a link within 15 minutes of your scheduled time, please give us a call.

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 provider will have you help with your child's exam.

For example, 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.



**South Shore
Medical Center**

part of South Shore Health

We're excited to offer this new service!
Please don't hesitate to call us with
questions or concerns.