

# WHAT IS TELEHEALTH?

“Telehealth is the delivery and facilitation of health and health-related services including medical care, provider and patient education, health information services, and self-care via telecommunications and digital communication technologies.”

*New England Journal of Medicine, 2018*



## FOUR STEPS TO A SUCCESSFUL TELEHEALTH APPOINTMENT



### 1. PREPARE:

Beforehand, write down goals & issues to bring up



### 2. CHECK YOUR TECH:

Is your device plugged in & connected to Wi-Fi, with any programs you need for your appointment installed & open?



### 3. GET IN THE ZONE:

Shut down distractions, get your info together, queue up any photos or documents you plan to share



### 4. MAKE THE MOST OF YOUR TIME:

Minimize chit-chat, work through your list, take notes, & ask follow-up questions

## Telehealth by the numbers

According to a recent U.S. Pain survey:

**51%**

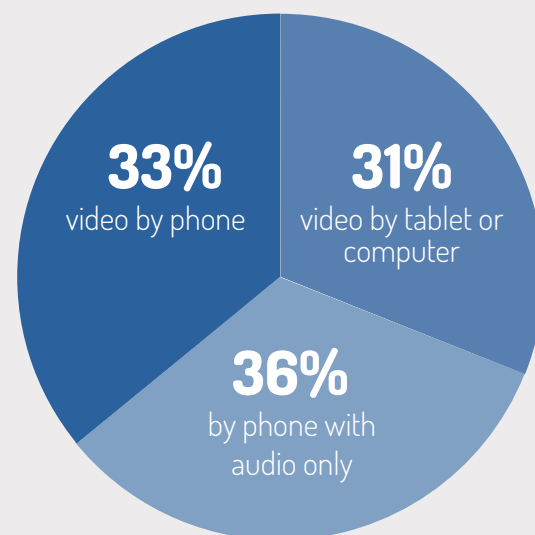
51% of people with pain said **mobility** issues—primarily difficulty driving—have prevented them from accessing treatment.

**90%**

90% of people with pain said they would like telehealth **to continue** beyond COVID-19.

## How is telehealth delivered?

According to a recent report, respondents said their most recent telehealth visit was conducted via:



## What kind of care can be provided over telehealth?

- Evaluation of symptoms
- Referrals to other specialists
- Medications can be prescribed or refilled
- Recommendations for in-person procedures
- Physical therapy
- Mental health counseling

For more resources and information, visit [uspainfoundation.org](https://uspainfoundation.org)



## SOURCES

<https://uspainfoundation.org/covid19/survey/>

<https://www.ama-assn.org/practice-management/medicare/cms-payment-policies-regulatory-flexibilities-during-covid-19>