

10 Telehealth Tips for an Ob-Gyn Visit

Telehealth, also called telemedicine, allows you to get health care without seeing your ob-gyn in person. You use technology, such as a phone, tablet, or computer, to talk with your ob-gyn. If you use a video call for the visit, you and your ob-gyn will be able to see each other on screen.

You may be able to use telehealth to get help with birth control, menopause symptoms, mental health care, and more. You also may be able to use telehealth for some pregnancy and postpartum care visits, especially while the coronavirus (COVID-19) is spreading.

Ask your ob-gyn's office for information on telehealth, and use the below tips to make the most of your visit.



Remember: In many cases, you can get the same quality care via telehealth as you would in person.

When You Schedule the Visit

1. Ask your ob-gyn's office how the visit will work. Will your ob-gyn call your phone? Or will they send you a link to a website or ask you to download an app for video chat? Let them know if you would prefer to do your telehealth visit by phone only.
2. Talk with your ob-gyn's office about how they will keep the visit private and secure.
3. Ask what you will need to have with you during the visit, and if you will need to do anything like take your temperature. If you have a blood pressure cuff at home, ask if you should take your blood pressure before the visit.
4. Ask about the fee for the telehealth visit. If you have insurance, ask your insurance carrier how much they will cover.

Before the Visit

5. If possible, find a quiet, safe, and private place for your visit. If you have headphones, you can plan to use them to lessen noise and help with privacy. Try to choose a spot that has good cell phone service or internet connection.
6. If needed, try to make plans for childcare during your visit.
7. Try out any technology you need for the visit ahead of time. If you are using an app or website, test it out and make sure you can log in.
8. Prepare just like you would for an in-person visit. Write down your symptoms, health history, medications, and questions for your ob-gyn.

After the Visit

9. Follow up with your ob-gyn's office if you think of any more questions about your health care. If your ob-gyn discussed any follow-up tests or visits, ask how and when these will be scheduled.
10. Let your ob-gyn's office know if you have any feedback about how the visit went.