



American
Heart
Association.

COVID-19: TELEHEALTH TIPS FOR HEART VALVE PATIENTS

With newly expanded telehealth coverage due to the COVID-19 pandemic, your health care provider may be implementing your first virtual visit. Here are tips to get you ready for your telehealth appointment:



Make sure you have the necessary technology.

- You'll need a fully charged or plugged-in smartphone, tablet or PC with a webcam and reliable internet connection.
- If you haven't had a video conference on the device before, test it to ensure that the camera works properly and that you're close enough for a virtual face-to-face conversation.



Check your insurance coverage.

Medicare recently expanded its coverage for telehealth visits, but private insurers' coverage varies. Check with your health insurance provider to see whether a telehealth visit is covered.



Choose a quiet, comfortable, well-lighted location.

Make sure you have enough light for your provider to clearly see you. It's best to have the light toward your face from a window. If it's behind you, it may create a glare.



Optimize your audio.

Use headphones or earbuds to help ensure you hear clearly and to give you privacy.



 **Prepare as you would for any other visit.**

- Make notes ahead of time about questions and/or issues you want to discuss.
- Be ready to say why you wanted to be seen and what your biggest priority is for the appointment.
- Prepare a list of your medications and supplements (prescription as well as over the counter).



 **Be prepared to discuss a few items.**

- If you have a fever, what's your temperature and has it changed lately? If you have a blood pressure monitor, what's your latest reading? Log instances of chest pain, shortness of breath or feeling lightheaded.
- Consider recording your temperature and weight shortly before your appointment.
- Use our [heart valve symptom tracker](#) to monitor your valve disease.



 **Make the most of your time together.**

Speak clearly, answer the provider's questions as concisely as possible, be ready to make notes about the provider's recommendations, and ask questions if anything is unclear.



 **Consider other topics you might want to address.**

- Your medications, when to take them and how to adjust them, if needed.
- Your meal plan and whether to adjust it.
- Challenges or questions about your care plan.



For more information, go to [heart.org/HeartValves](https://www.heart.org/HeartValves).