



Chesapeake  
*Pediatrics*

## TIPS FOR A GREAT TELEMEDICINE VISIT

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 other children or your pets, that's ok! (and even fun for us to see them!)

### 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

Don't be nervous to ask questions and have your child do the same.

We may want you to fill out forms that will help us decide if medications are working. If you have access to email, we can email you these forms prior to your appointment.

Visits will work best if you use your smart phone or computer with camera and audio capability

We will email you or text you with a link. Please log in 5 minutes before your scheduled appointment time.

The doctor or NP will have you help with your child's physical exam.

We might have you get them to say 'ahh', take their temperature, or show us a rash, among other things

We are excited to offer this new service during these difficult times.

### Questions or Concerns?

**Please don't hesitate to call us!**