



Reaching your doctor

THROUGH TELEHEALTH

Virtual doctor visits are a convenient way to stay on top of your health, and any potential heart valve disease symptoms, from the comfort of your own home. Here's what you need to get started.

What is telehealth?

Telemedicine. mHealth. Telehealth. People call it different things, but they're all live appointments with doctors over the phone or a video call. You can do a lot in a telehealth appointment, but some exams and diagnostic tests can only be done in person.

What devices do I need?

It depends on what telehealth you use, but you'll definitely need a phone, tablet, or computer. If you're doing a video call or using an online portal, you'll need a good internet connection.

How do I make a telehealth appointment?

Call your doctor first. If they haven't set up telehealth, or you don't have a regular doctor, check with your insurance provider. If these aren't options, you can search for other telehealth platforms and apps.

Tips for a successful telehealth appointment:

-  **Do a test run.** A day before, make sure to check your internet connection, charge your devices, download any apps, practice logging in, and fill out any forms from your doctor.
-  **Pick a good spot.** Find a quiet area where your internet connection is strong, and your seat is comfy. Use headphones, too, if you have some.
-  **Ask about next steps.** Before you hang up, ask your doctor what's next. You may need to schedule another appointment or exam, or have a prescription filled.

For future appointments, ask about in-office safety protocols.

Your heart valve disease telehealth guide

Whether or not you've tried telehealth before, this guide will help you have an open conversation with your doctor about heart valve disease. Answer the questions below and then ask your doctor about them during your virtual visit.



Have you noticed any of these symptoms?

- Feeling tired, even after plenty of sleep
- Swollen ankles
- Trouble breathing while active or lying down
- Chest pain or irregular heartbeat
- Not feeling like yourself
- Lightheadedness



Ever had an echocardiogram (a simple heart ultrasound)?

- Yes, less than a year ago
- Yes, but it's been awhile
- No
- I'm not sure



Do you have a family history of heart conditions?

- Yes
- No
- I'm not sure



Ever been checked for an abnormal heart murmur?

- Yes, less than a year ago
- Yes, but it's been awhile
- No
- I'm not sure

Make the most of your heart valve disease conversation

Share. Share. Share. Your doctor can't do a normal physical exam through telehealth, so sharing everything about your symptoms and medical history is more important than ever.

Take notes. Before your appointment, write down everything you want to ask your doctor about heart valve disease and then take notes during your appointment.

Ask about an echocardiogram If your doctor suspects heart valve disease, or you've already been diagnosed, they may want to schedule a follow-up in person for an echocardiogram.

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