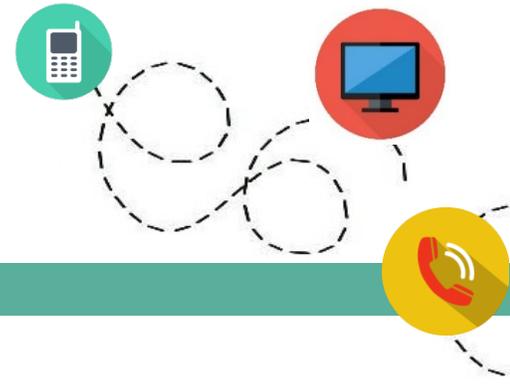




# Telehealth & You



## What is telehealth?

Telehealth is the use of technology to deliver health care services. During a telehealth appointment, you and your health care professional will be in two different locations and connected electronically. Your health care professional will interact with you much like they would during an in-person appointment. Telehealth is important during times where you may be unable to attend an in-person appointment. Telehealth can help you meet your health care needs while keeping you safe, such as during the COVID-19 outbreak.

## How do I know if my health care professional uses telehealth?

Ask! There are currently laws in Michigan that allow some health care professionals to use telehealth. Call your health care professional and see if a telehealth option is right for you.

## I've heard of telemedicine before. Is that different from telehealth?

Yes, telemedicine and telehealth are different. Telemedicine is a type of telehealth that refers to appointments you would go to at a clinic, like an appointment with a doctor or counselor. Telehealth includes appointments, but also can be used for education, trainings, and meetings for health care professionals.

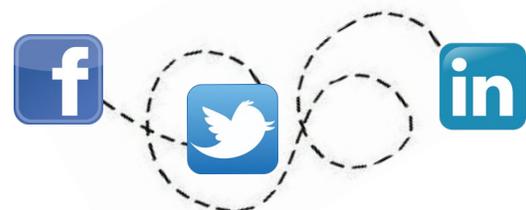
## My health care professional uses telehealth! Now what?

After setting up your appointment, ask your provider for guidelines and recommendations for your telehealth session. These are some general guidelines for your telehealth appointment:

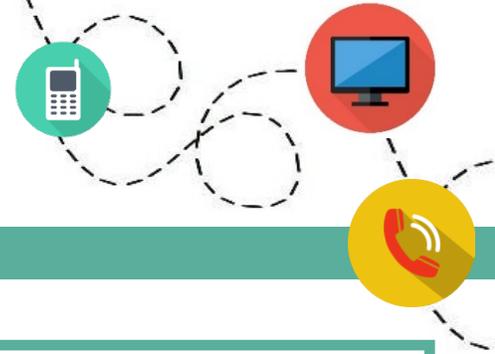
- Find a place that is quiet and free of distraction for your appointment.
- If you are looking for a private location for your appointment, try sitting outside on a porch or in a yard, going for a walk, or sitting alone in a non-moving car.
- Wear clothing that you would wear to an in-person appointment.
- Remember, that although a telehealth session may appear more informal, it is still a professional appointment.

## Michigan Developmental Disabilities Institute

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# Telehealth Myths & Facts



## MYTH:

My telehealth appointment is not private.

## FACT:

Your telehealth appointment is private. Just as with an in-person appointment, your health care professional has the same responsibility to keep your information and treatment plan private.

## MYTH:

I need a webcam in order to have a telehealth appointment.

## FACT:

Telehealth appointments can be done over the phone and with video.

## MYTH:

Telehealth can replace care for a medical emergency.

## FACT:

Telehealth cannot replace care for a medical emergency. If you are experiencing a medical emergency, seek in-person medical attention.

## MYTH:

It is required to sign a consent form before attending a telehealth appointment.

## FACT:

A health care professional may or may not ask you to fill out a consent form before conducting a telehealth appointment.

