

What To Expect During Your TeleHeart Appointment

TeleHeart

TeleHeart lets you meet with a cardiology provider or other heart specialists from Allina Health Minneapolis Heart Institute — Minneapolis without having to travel to the Twin Cities.

The visit is done with secure and private two-way video equipment. No one will record your visit.

The cost is similar to a regular office visit. Check with your insurance provider to see if TeleHeart (also known as telecardiology or telemedicine) visits are covered.

A TeleHeart team member will be with you during the entire visit.

Before Your Visit

- You may need to have a heart ultrasound (echocardiogram) and EKG (electrocardiogram) done before or after the visit. You will receive instructions from members of your heart care team.
- You may be asked to arrive early at the lab



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What the equipment looks like.

Your Appointment

Date: _____

Time: _____ a.m. / p.m.

Location: _____

Please call _____
if you need to cancel or reschedule.

for a blood draw. The provider should have the results of these tests when he or she meets with you.

During Your Visit

- Check in at the clinic. One of the clinic staff will take you to the TeleHeart room, check your vital signs and review your medicines.
- Using the TeleHeart equipment, the TeleHeart team member will connect with the provider. He or she will stay with you during your entire visit.
- The provider will appear on the screen, greet you and introduce themselves. You will be able to see and hear the provider who will be able to see and hear you.
 - Tell the clinic team member if you cannot hear or see the provider clearly.
- The provider and clinic team members will talk with you about your heart health concerns.

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- A physical exam will be done with the help of the team member.
 - This exam may include using a special stethoscope that is connected to the computer. It lets the team member and the provider hear your heart, lungs and belly sounds at the same time.
- You will be able to talk to the provider and ask questions. He or she will also ask you questions. The provider has access to your medical records, lab results, radiology and medical history.
- The provider will explain their recommendations for follow-up. This can include more tests and changes to your medicines.
- The team member with you will answer your questions about your treatment plan. He or she will give you written instructions.

After Your Visit

- The provider will give your treatment or follow-up plan to your clinic health care provider.
- Together, you and members of your health care team will decide if you need more TeleHeart appointments.

Resources for More Information

- Allina Health TeleHealth services: visit allinahealth.org/telehealth



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