

What To Expect During Your TeleHealth Palliative Care Appointment

Palliative Care

Living each day to its fullest is important for anyone who has a long-term (chronic) or serious illness. Palliative care can help you understand your illness and treatment options.

How Palliative Care Can Help

Palliative care can help increase your ability to cope during treatment while maintaining your best physical, emotional and spiritual health possible. It can also help manage symptoms such as:

- pain
- upset stomach (nausea)
- shortness of breath
- emotional and social challenges



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What the equipment looks like.

- anxiety
- depression
- mouth sores
- constipation
- diarrhea
- extreme tiredness (fatigue)
- poor appetite
- spiritual distress.

TeleHealth

Not all locations have a health care provider who specializes in palliative care available for in-person visits.

TeleHealth lets you see and talk with a health care provider at another location through an audio and video connection.

What is different about an in-person visit and a TeleHealth visit?

Like an in-person visit, a TeleHealth visit will begin with a nurse taking you to a room to:

- talk with you about the reason for scheduling the visit
- review your medicine(s)
- check your blood pressure, pulse and temperature
- ask you other questions about your health.

The nurse will set up the equipment and make sure you can see and hear your health care provider at the other location. You will not need to touch the equipment.

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You and your health care provider will be able to hear, see and talk to each other, just like you are face-to-face. A nurse will be available to help you if needed.

You can expect to talk about the same information in a TeleHealth visit as you would during an in-person visit.

After your visit, the nurse will come back in the room to:

- give you a printed copy of your after-visit summary
- direct you to the correct person to schedule your next visit if needed.

How is this service billed?

Most insurance providers cover TeleHealth, just like billing for a clinic visit.

What about privacy?

TeleHealth visits are not recorded. Only you, your health care provider and the nurse (if needed) can see and hear the visit.

Whom to Call With Questions

Call your clinic if you have questions, or if you need to cancel or reschedule your visit.