

# Telehealth Tip Sheet for Mental Health

## YOU CAN SEE YOUR PROVIDER FROM HOME AFTER BEING DISCHARGED FROM THE HOSPITAL

Seeing your mental health provider after you go home is important. Try to see them within seven days of leaving the hospital. With telehealth, you can complete your visit without leaving your home.



### What Is Telehealth?

A telehealth visit is like a regular appointment. But you can meet with your provider wherever you are. All you need is a computer with a camera or a mobile device, like a smartphone or a tablet.

### With Telehealth You Can:



Follow up with your provider from home.



Receive a prescription.



Discuss concerns about your mental or physical health.



Update your provider on your health after a hospital stay or a new diagnosis.



Ask for more details about your health or diagnosis.

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### Preparing for A Telehealth Visit.

- ✓ Make sure you have internet access.
- ✓ Ask the provider if you need to download an app for the visit.
- ✓ Practice using the sound and camera. Use headphones to hear better and for privacy.
- ✓ Confirm your visit if asked to do so.
- ✓ Read the instructions for the telehealth visit. Sign in 10 minutes early.
- ✓ Find a quiet place with good lighting. You want to feel comfortable to share private information.
- ✓ Call the provider's office if you have questions or need help.



### Be Ready to Talk with Your Provider About:

- Current medications.
- Medical and mental health history.
- New symptoms.
- Questions about your health.

Telehealth should not be used for an emergency. Ask your provider if they offer telehealth. Ask if it's a good choice for your next visit. If you don't have a device that can connect to the internet, ask your health plan or provider for a list of resources that may be able to help.



Delaware First Health is proud to be your healthcare partner. If you have questions, call us at **1-877-236-1341** (TTY: **711**). We're here to help!



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