



## PREPARING FOR YOUR TELEHEALTH APPOINTMENT

Please read through these directions before your telehealth appointment and prepare to the best of your ability. If you do not have certain items or can't complete some steps, don't worry! We will help you during your telehealth appointment. Mahalo.

### ITEMS

Please gather any items you have from the following list.

- **Scale** to check your weight
- **Thermometer** to check your temperature
- **Pulse Oximeter** to check your pulse and oxygen level
- **Blood Pressure Monitor** to check your blood pressure
- **Glucometer** to check your blood sugar (needed **only** if requested by WHC)
- **Flashlight** to help the provider see something clearer if needed during your appointment

### TO DO BEFORE YOUR APPOINTMENT

**Temperature:** Take your temperature 15 minutes before your appointment using one of the methods below. Record the results and tell your Medical Assistant during appointment check-in.

- Oral Thermometer: Do not eat or drink anything for 15 minutes before you take your temperature so you will get the most accurate reading. Place the thermometer under your tongue and close your mouth, breathing through your nose. Press the start button and hold there until it beeps.
- Ear Thermometer: Turn on the thermometer. Follow the directions that come with the thermometer to ensure you insert the thermometer the proper distance into the ear canal. Hold the thermometer tightly in place in your ear until the thermometer beeps.
- Forehead Thermometer: There are many different models that require different placements or movements to get an accurate reading. Follow the directions that come with the thermometer.

**Blood Pressure:** Take your blood pressure 15 minutes before your appointment. Record the results and tell your Medical Assistant during appointment check-in.

Take your blood pressure according to your devices instructions. If top number (systolic) is 140 or greater and/or the bottom number (diastolic) is 90 or greater, rest for 5 minutes and check again. Record the results each time.

Tips for getting an accurate blood pressure reading:

- Don't smoke, drink caffeinated beverages, or exercise within 30 minutes before measuring your blood pressure.

- Empty your bladder.
- Ensure at least 10 minutes of quiet rest before measurements.
- Sit with your back straight and supported (on a dining chair, rather than a sofa). Your feet should be flat on the floor and your legs should not be crossed. Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level. Make sure the bottom of the cuff is placed directly above the bend of the elbow and on bare skin. Do not place cuff over clothes.

**Blood Sugar:** Blood sugar is needed *only* if requested by WHC.

Measure your blood sugar 15 minutes before your appointment. Record the results and tell your Medical Assistant during appointment check-in.

## TO DO DURING YOUR APPOINTMENT

Weight and pulse will be done with a Medical Assistant during your telehealth appointment.

**Weight:** Make sure your scale is set up on a flat, even surface. Hard flooring is best.

**Pulse:** If you have a pulse oximeter at home, place it on your finger with the red light on your finger nail. Wait until results show on screen, then show the Medical Assistant.

If you do not have a pulse oximeter, you can take your pulse manually. Place your first and second finger on the side or your neck under your jaw line, and count out loud every time you feel a beat. The Medical Assistant will time it for 1 minute and record the rate. Another place to feel a pulse is on your wrist. Make sure to hold gentle pressure when feeling for a pulse. If you press too hard, you will not be able to feel the beats.

