

# What could a **diabetes** **telehealth** visit look like?

Many of us are used to meeting our doctors in person. The COVID-19 pandemic changed this by making our doctors more available to meet us face-to-face virtually. These virtual visits are done through cell phones, tablets and computers in a video conference called a telehealth visit.

Telehealth visits can be done from the comfort of your home, office, or wherever you are, making visits more accessible. You can now visit doctors or specialists even if they are farther away than you would normally travel. Telehealth visits can save you time. You will not have to drive to the doctor or sit in a waiting room. A telehealth visit will limit exposure to health risks.

A Diabetic telehealth visit can be just like any other visit at the clinic. During the visit, the doctor will check how you are feeling mentally and physically and discuss with you what your concerns and goals are.

**You can take an active role in the visit by coming prepared with the details from all the things you are managing at home:**

- ◆ Blood sugar readings
- ◆ Amount and doses of medication or insulin that you are taking
- ◆ Blood pressure
- ◆ Weight
- ◆ Diet diary reporting
- ◆ Exercise log report

Your doctor can take the information you have provided to make a diagnosis, treatment plans, or order any prescriptions you may need.

Together you can reach improved satisfaction with your overall diabetes management through routine telehealth visits.



## **Questions?**

**Call Member Services at  
1-866-567-7242**

**TTY 1-800-627-3529 or 711**

**Hours are 8 am - 5 pm, Monday - Friday**