Telemedicine Tip Sheet for Kidney Patients

What is telemedicine?

Telemedicine is a way to receive health care services over a distance, using telecommunications technology. It involves the use of electronic communications and software to provide clinical services to patients without an in-person visit. You will need an internet connection and a computer or smart phone to visit with your care provider.

"I found that telemedicine visits are much like in-person visits. A clinic person calls me in advance to discuss medications, lab results, and health issues. Then, I meet virtually with my doctor."
-Marguerita

What are the benefits?

- Convenience: you do not need to leave your home.
- Security: providers use systems designed to protect your personal health information.
- Safety: less chance of being exposed to other illnesses.
- Flexibility: it may be easier to schedule an appointment without transportation concerns.

"It is important to me to know that the telemedicine connection is secure and private."
-Patti

How to prepare to for telemedicine?

- Ensure you have a good internet and/or phone connection.
- Talk with your provider about any specific application or software you may need to install prior to your visit. Most providers can help you with any set-up.
- Find a quiet and private space in your home to use for your telemedicine visit.
- Make a list of questions you have for your provider. Keep a notepad handy.
- Join your telemedicine visit 10 minutes early to ensure a good connection.
- Ask your provider for a summary of your visit.

"When I had difficulty, my healthcare provider helped me to get connected to the telemedicine application."
-Sophia

For more information about telemedicine, speak with your care provider.

"Recently, I have had two telemedicine appointments with my cardiologist and one with my nephrologist, and they were wonderful! I live over one hour away from my doctor's office, so telemedicine visits from home are much more convenient for me to keep my appointments."
-Maggie

Midwest Kidney Network

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