

Getting ready for a video visit

A few minutes of preparation can help you spend more of the appointment focused on your health.

Your visit checklist

- 1. Test your device.** Charge your phone, tablet, or computer. Check your camera, microphone, speakers, and internet connection.
- 2. Choose a private, well-lit space.** Sit somewhere quiet with light facing you so your physician can see and hear you clearly.
- 3. Gather your medications.** Have prescription bottles, over-the-counter medicines, supplements, and allergy information nearby.
- 4. Write down your symptom timeline.** Note when symptoms began, what makes them better or worse, and any temperature or blood pressure readings.
- 5. Keep helpful items within reach.** Depending on your concern, you may need a thermometer, flashlight, blood-pressure cuff, or photos of a rash.
- 6. Know your preferred pharmacy.** Have its name and location ready in case a prescription is medically appropriate.

When virtual care may not be enough

Your physician may recommend testing or an in-person examination. For severe or life-threatening symptoms, call 911 or go to the nearest emergency room instead of waiting for a virtual appointment.

This guide is general health education, not medical advice, diagnosis, or treatment. It does not replace a conversation with a licensed clinician about your situation. For a medical emergency, call 911 or go to the nearest emergency room. Motivated Medical Group provides virtual care for adults located in Georgia.