

# 10 THINGS YOU SHOULD KNOW TO PREPARE FOR YOUR TELEMEDICINE VISIT

## KNOW YOUR HEADACHE PATTERN

1

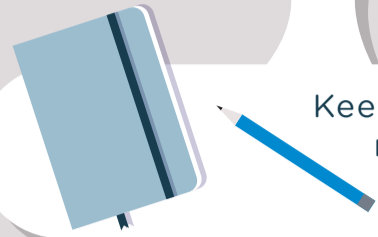
Note what you are feeling during, before and after an attack, where and when the attack occurs, and how often in your migraine/headache diary.



## MONITOR AND TRACK YOUR HEADACHE

2

Keep a headache diary, spreadsheet, or use an app to note with your symptoms, triggers, warning signs, and changes in your migraine headache pattern.



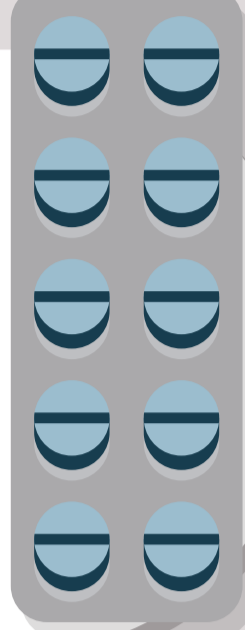
## KNOW YOUR MEDICAL HISTORY AND CURRENT MEDICATIONS

3

- Knowing and being prepared to discuss your full medical and social history before your appointment is very important, whether a new or a returning patient.

- Know what medications you've taken in the past for headache, the duration of time you took them for, the highest dose you took, and the reason(s) for discontinuing the medication.

- For new patients, you can have a list of medical conditions, any medications you're taking, allergies, past surgeries (especially brain, neck, or back), and family history of headaches or neurological diseases.



## GATHER MEDICAL RECORDS

4

Have documentation for any recent tests/procedures. If you are a new patient, have all of your past medical records from any other doctor(s) you have seen, including images. You can have these documents sent to your provider ahead of time.



## ASK QUESTIONS AHEAD OF TIME, IF POSSIBLE

5

- Reach out to your doctor or office personnel and ask what the doctor is looking for and any supplies you may need.

- Ask about any expectations of the doctor - what will you need to physically do during your visit (walk, stand, perform certain movements)?

- Ask how long the visit should take and what information you should have (changes in symptoms, blood pressure, weight, temperature - if you have the devices to collect this information).

- Ask if any supplies will be needed. The doctor may want to test sensation or ask if you can illuminate other parts of your body. To do this, you may need additional items.



## COME WITH QUESTIONS

6

Prepare a list of questions, concerns or treatment options you would like to discuss ahead of time. If the list is long, prioritize the questions. You may also send your questions ahead of time to your doctor to maximize time.



## DETERMINE YOUR EQUIPMENT

7

- Decide which device you will use for your appointment (laptop, desktop, tablet or mobile device), and make sure your device is fully charged. The last thing you want is to run out of battery life and lose your connection during the appointment.

- Have a back-up device and back-up phone number. At the start of your visit, give your provider an alternate number to contact you on in case you get disconnected.

- Confirm the platform being used for your visit, and test your connectivity ahead of time. There are many platforms that can be used for your visit, such as MyChart or other healthcare app, FaceTime, Skype or Zoom. Be sure you have the proper access and log-in information.



## SET YOUR LOCATION

8

- Find a quiet place with good lighting. Sit in front of a solid-colored wall if possible, and remove any clutter in the background. Position lighting in front of you or on the side. Make sure your healthcare provider can clearly see you, especially your face - you want them to be able to see any physical problems that need to be addressed.

- Avoid holding your telemedicine visit while operating a vehicle.

- Remember, this is your private appointment and scheduled time with your provider. Find a private spot where you can close the door.

- Be sure there are no distractions or interruptions. Turn off any noisy devices and silence your phone.

- Place your device in a stable position to avoid movement.

## YOU DO NOT HAVE TO DO IT ALONE

9

- It may be helpful to have someone with you during your telemedicine visit. You may need assistance during your visit, such as assistance with adjusting the lighting, gathering documents or doing certain movements.

- If you have a caregiver, invite them to join your telemedicine visit. The caregiver may also ask questions you miss, observe you and point out certain things to your physician, or take notes for you.



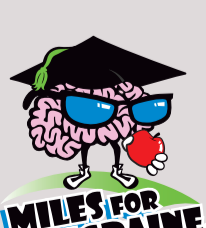
## CALM ANY FEARS

10

- Telemedicine is new for most patients and may be a bit unsettling.

- Ask your doctor to address any questions you may have about the visit being recorded or privacy and HIPAA concerns.

- Have water and any supplies you will need to manage your care during your visit.



[milesformigraine.org/special-event/](https://milesformigraine.org/special-event/)

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Resources

The American Migraine Foundation  
[americanmigrainefoundation.org/resource-library/first-time-visit-to-the-headache-doctor/](https://americanmigrainefoundation.org/resource-library/first-time-visit-to-the-headache-doctor/)  
American Academy of Neurology  
[brainandlife.org/the-magazine/online-exclusives/how-to-prepare-for-a-telehealth-appointment/](https://brainandlife.org/the-magazine/online-exclusives/how-to-prepare-for-a-telehealth-appointment/)