

How to prepare for a good Zoom virtual health visit

- ✓ Test your camera, speakers, and microphone before a virtual health visit by joining this automated [Zoom Meeting Test](#)
- ✓ Find a private space with good internet connection
- ✓ Make sure the space has good lighting so your health care team can see your face
- ✓ Be prepared to answer a few questions and confirm your identity at the start of each visit
- ✓ Write down questions you want to ask your health care provider ahead of time
- ✓ Face the camera and speak clearly
- ✓ Have a back-up plan with your health care team (e.g. using phone call instead) in case there are technical problems

You can invite a family member or friend with you, when appropriate. Please introduce them at the start of the visit.

If someone is joining your visit in person and they are not in the camera view, please let your health care provider know.

If your virtual health visit does not meet your needs, you can stop it at any time and reschedule as a telephone or in-person appointment.

