



Patient Checklist for Telemedicine Visits

For more information, go to www.aad.org/telemedicine-patients

Technology Preparation

- Choose your device (computer with webcam, smartphone, iPad/tablet) and inform the clinic.
- Practice using and aiming the rear-facing (non-selfie) camera on your phone or tablet, which offers the highest resolution and is preferred for taking photos or for a live video exam.
- Keep your device stable during the exam. This may require a device cradle or partner to “film” or take pictures for the exam. If using a webcam and it can be detached, use this flexibility to better capture difficult to see areas like your back or feet.
- Do **NOT** take photos using a mirror or “selfie-mode.”
 - This can lead to confusion regarding the site of a skin lesion.

Your Environment

- Find a private and quiet location for your visit.
 - Remember, you may need to discuss confidential health information with your dermatologist, and you will need to expose the affected areas of your skin.
 - If you can, choose a well-lit room with window shades or blinds that can be closed; if there is natural light entering the room, be sure it is not behind you during the video visit as this can make it difficult to see your skin.
 - Avoid being in your car during the visit as it can be difficult to maneuver for the exam in a car and to control the lighting and external noise (e.g. traffic).

Meeting Preparation

- Plan to be available at least 15 minutes before your appointment.
 - Use this time to test your device connection and wait for your provider to join
- Have a list of your current medications and any skin products available during the visit.
- Have a pen and paper handy to take notes about your plan of care.
- You should begin the appointment dressed but wear loose-fitting clothing that can be easily removed.
 - Remember that your provider may need to see additional areas of your skin beyond the rash or spot of concern to help make a diagnosis.
 - If your skin condition involves a large portion of the body, you can also wear a robe or a blanket to cover yourself until the exam begins.