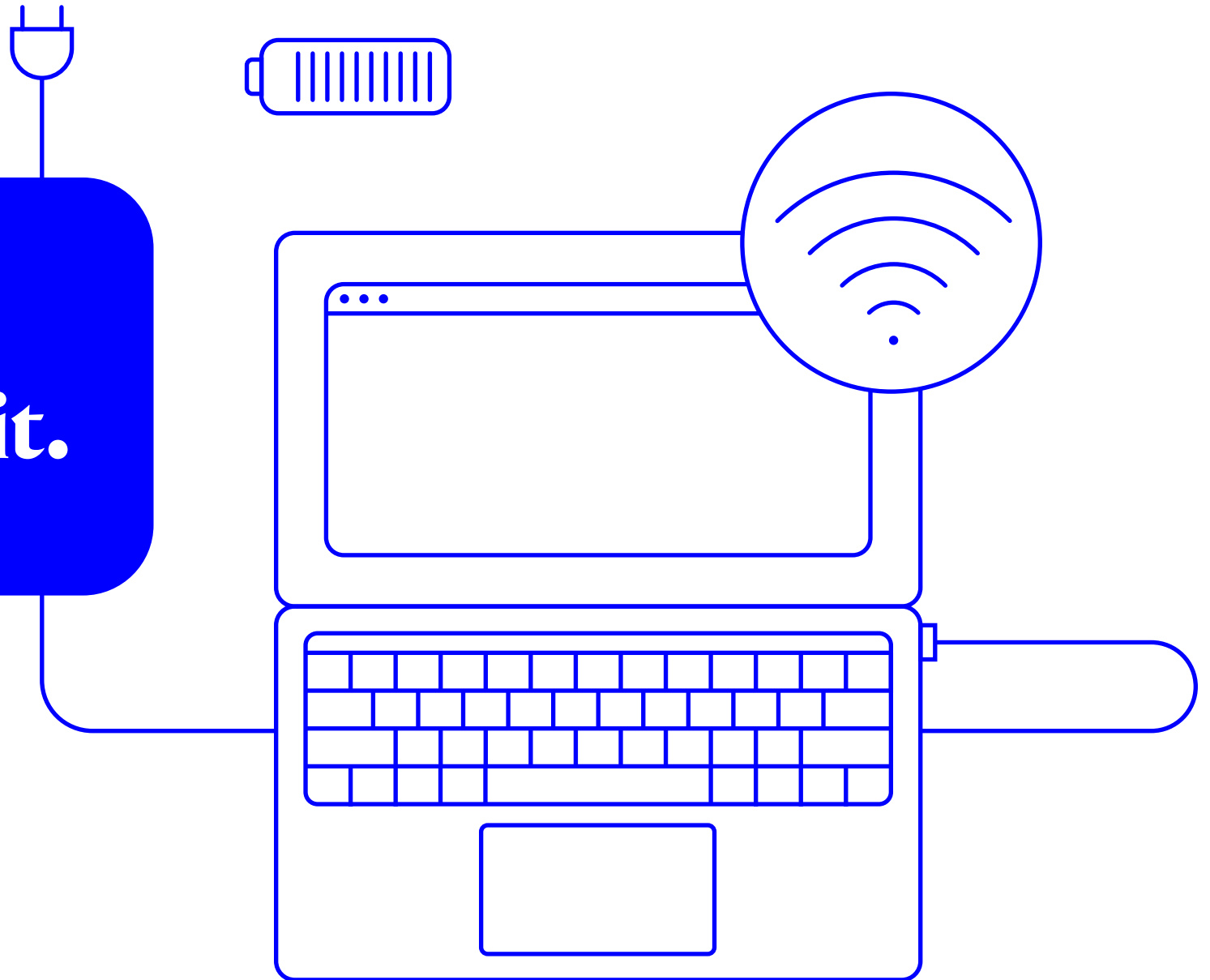


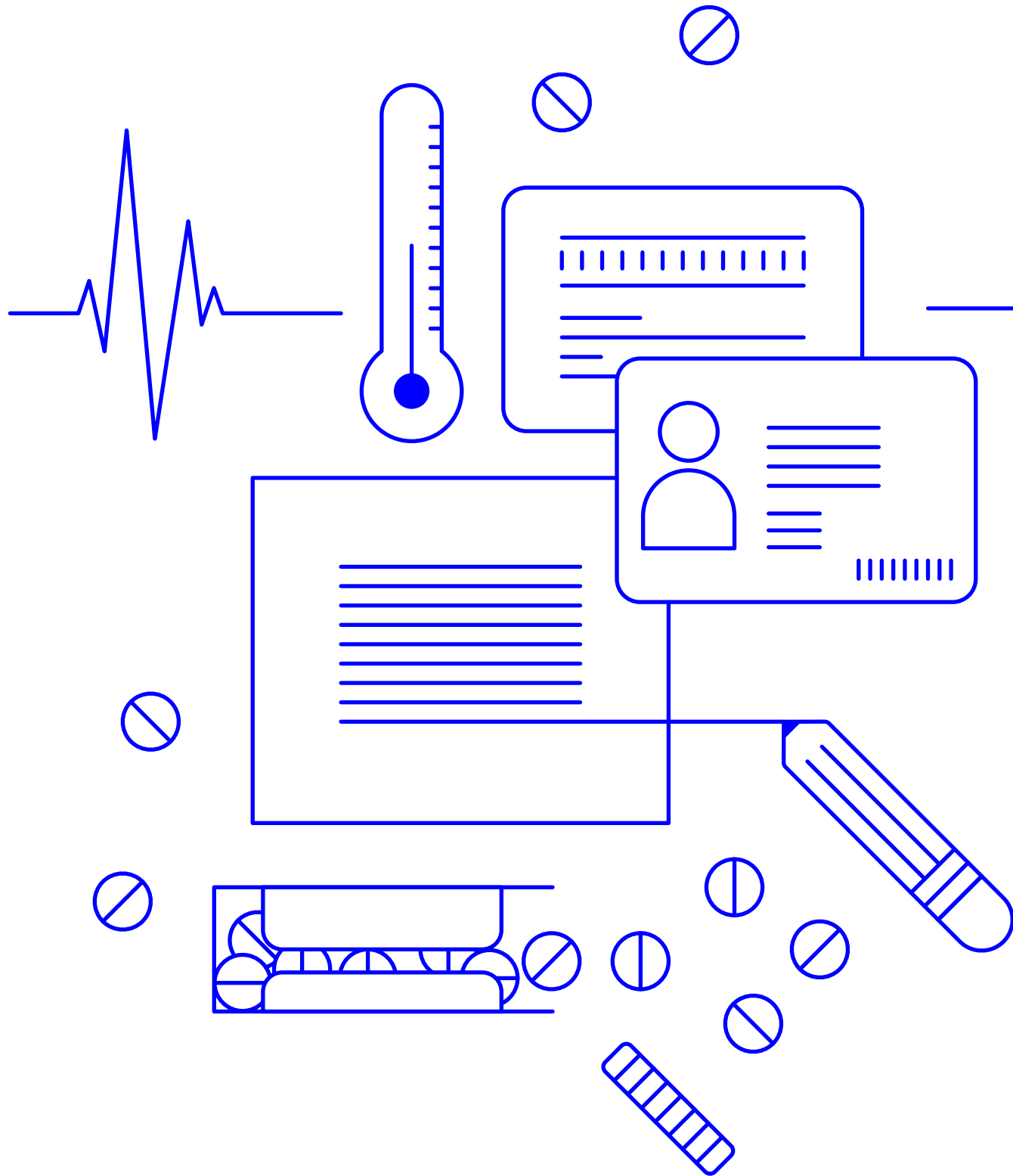
# Get comfortable with the technology before your visit.

Be set up in front of your computer, tablet, or smartphone at least 10 minutes before your visit.



# Get organized and have your lists ready:

- Symptoms
- Allergies
- Medications / vitamins
- Treatments or past procedures
- Questions



# Did you know?

Patients who ask questions and take an active role are more satisfied with their care and see greater improvement in their health than patients who don't.

**Symptoms not  
suitable for virtual  
care include but  
aren't limited to:**

