



Telehealth Session

Tips for Your Virtual Visit with the Dietitian

Prepare in Advance:

1. Complete all forms prior to your session. This ensures your dietitian can review ahead of time and use your time together to collaborate on a plan that will work for you.
2. Verify benefits and coverage for dietitian visit with your insurance company if needed. Make sure the dietitian has your insurance information if not self-paying.
3. Test your webcam and microphone on your computer or laptop. Using a smartphone is less preferred as it can make viewing documents through screen share more difficult.
4. Make sure you have a strong internet connection.



Getting Ready for Virtual Visit:

1. Find a private space where you won't be interrupted so you can focus your attention on the session with your dietitian.
2. Find a comfortable place to sit where you will feel relaxed.
3. There is no dress code for virtual visits so dress comfortably.
4. About 5 minutes before your scheduled appointment, open email with the link to your virtual visit or log into the private client portal. Test the link to make sure your camera and speakers are working. If you are worried others may overhear your conversation, use a headset or earbuds.



If you have questions or need additional support, contact me at (336) 355-5756
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