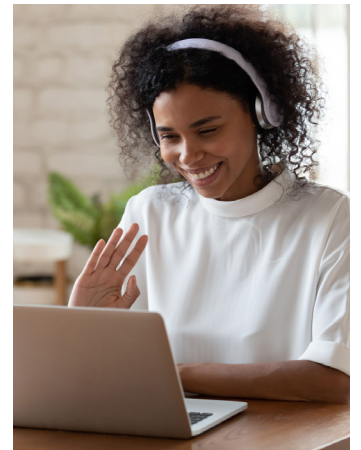




Telemedicine Tips & Tricks

Provided by physicians and myositis experts

New and expanded opportunities for telemedicine can be especially beneficial to patients with rare and debilitating diseases like myositis; as the internet enables patients and care partners to consult with experts around the world, safely from the comfort of home, and without the need for expensive or difficult travel. Learn how to make the most of these virtual visits by using the followings tips, tricks, and best practices from physicians and myositis experts.



Have your completed My Myositis Tracker ready to reference, including vital signs, health updates, and questions for the call.

Check your internet speed, which may vary in different parts of your home. Visit www.speedtest.net from your device. A good speed is at or above 25 Mbps.

Collect all of your medications to discuss with, and even show, your doctor.

Test video and sound in advance. Download and familiarize yourself with any necessary software. Headphones reduce noise but also prevent care partners from participating in the appointment.

Fully charge your phone or computer—plug into power if possible.

Consider lighting, for general visibility, and to show skin rashes. Position yourself with windows and light sources in front of, or beside, your computer. Sitting with a window or lamp behind you creates a dark silhouette.



Have a hard surface, pen, and paper for note taking.



Choose a private location. For sensitive topics, contact your provider beforehand (via the patient portal) and use headphones to limit who can hear your conversation.



Have lab/test results ready. If possible, upload results in advance to your electronic medical records patient portal.

Add the meeting link to your calendar so it's easy to locate when needed.



Find a space where you can move so your doctor can observe your gait, range of motion, or how you rise from a chair.

Wear pants! and appropriate clothing in case you need to appear full-body on camera.

Review your treatment plan with your physician during your telemedicine visit so you both understand any changes to care and/or next steps.

After your visit, begin a new My Myositis Tracker, for future appointments.



Have patience with the process! If you're not comfortable with technology or find it difficult to communicate with the care team remotely, ask a trusted friend or relative to help troubleshoot any technical issues.

FIND MORE RESOURCES ONLINE

These recommendations are excerpted from The Myositis Association webinar titled, *Telemedicine—Is it right for the Myositis Community*. View this session and others, on a variety of topics, at www.myositis.org/myositis-library/webinar.

My Myositis Tracker can be found online at www.myositis.org/myositis-library.

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