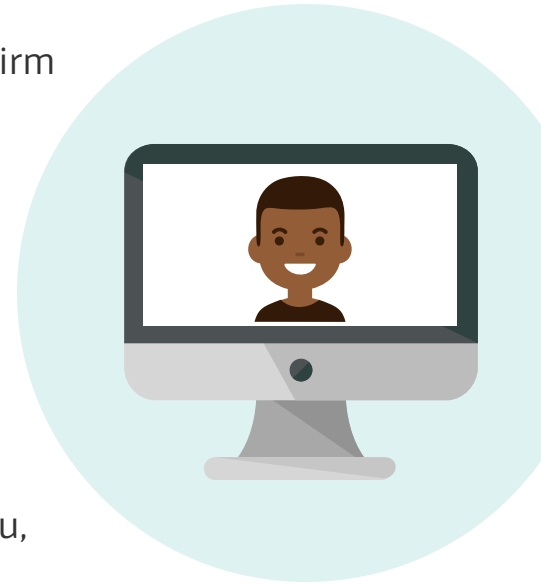


HOW TO PREPARE for a virtual appointment

If you are new to connecting with your health care provider by video, we hope these tips will help you prepare for your upcoming appointment.

- Review the invitation from your health care provider to confirm the date and time of your appointment.
- Find a quiet, private space that will ensure you won't have any interruptions. Make sure you are comfortable!
- Sit in front of a solid background, such as a wall, and choose a space with good lighting. Make sure there are no personal items in the background.
- Make sure your camera is positioned directly towards your face at eye-level and have lights and windows in front of you, if possible.
- Test your device's camera and microphone settings, and make sure it is fully charged.
- Make sure your device is connected to a private, password-protected Wi-Fi network or cellular service. Data overage charges are the responsibility of the patient.



- To ensure that you can hear what your health care provider is saying, it is recommended that you wear headphones.
- Have a pen and paper handy for your appointment in case you want to take notes, as well as your Nova Scotia Health Card, a current list of your medications, a second piece of government identification and contact information for your family physician and pharmacy.
- Wear clothes that will allow you to easily show the health care provider visible symptoms (e.g., wounds, rashes, swelling).
- Your virtual appointment will not be recorded and pictures will not be taken without your consent. If you wish to make a recording for your personal use, please discuss with your health care provider first.