
PACIFIC FAMILY MEDICINE

Your appointment time is 15 minutes set aside just for you, here is some information on how to have a good video visit.

Find the room with the best internet connection you have. Avoid distractions like the television on in the background and for your privacy, avoid having friends, coworkers or family present (unless family is needed for the visit). Please no **driving** during your appointment!

Set your camera down where you don't have to hold it, preferably at eye level. Make sure you allow microphone and camera access. Make sure your volume is up and your device is charged.

Please be prepared with your vital signs: weight, temperature (if you have it) and blood pressure (if you have a bp cuff) and pulse especially if you have high blood pressure. If you do have high blood pressure, please show the provider your blood pressure machine results .

Please be prepared with any questions or concerns you may have and ask them at the beginning of the 15 minute appointment. Have a pen and paper available to take notes. Please have all your medication next to you and let your provider know if you need any prescription refills.

Please be patient. We are all trying to do the best we can with the situation we are all facing. And thank you for trusting your healthcare to us. Be safe and stay well!