What is Telehealth?

Telehealth is a medical visit using videoconferencing with a computer, smartphone, or tablet–or sometimes a phone call–to connect with a healthcare provider. It is especially useful if you live far away from or have difficulty traveling to a healthcare provider.
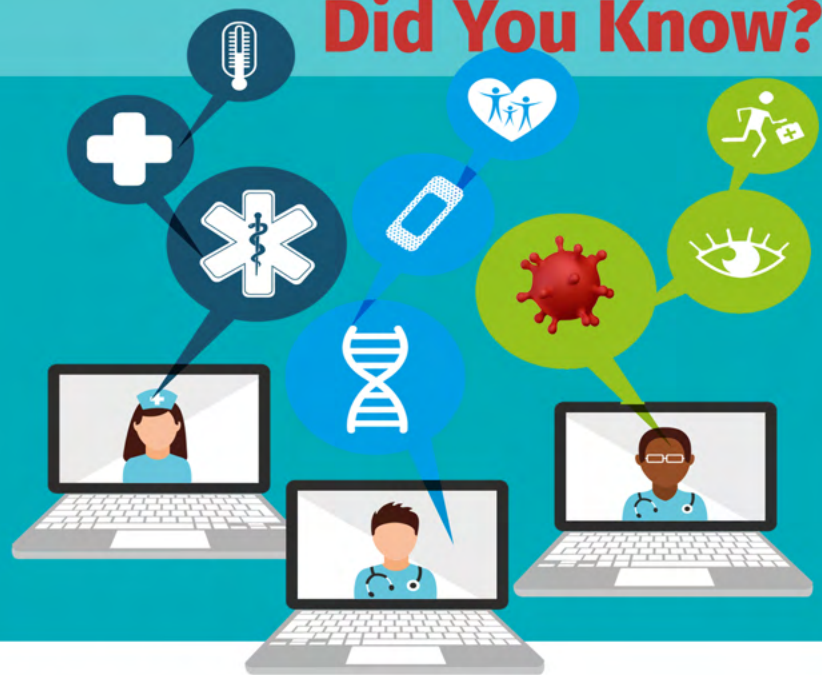
During the COVID-19 public health emergency, telehealth can help keep patients and healthcare providers safe by allowing social distancing. Telehealth also allows you to be screened when you are sick before you go to an in-person visit.

TELEHEALTH

Did You Know?

Benefits

- ✓ No Traveling
- ✓ Less Cost
- ✓ Time Savings
- ✓ Safety for Patients, Providers, and Staff

What Services are Provided by Telehealth?

Telehealth can be used for many healthcare services such as primary care, specialty care, urgent care, prenatal care, counseling, diabetes care, substance abuse care, home care, and more.

What Do I Need To Do Telehealth?

Videoconferencing apps work on computers, tablets, and smartphones. Internet or cellular connection is required. Some medical providers use special online portals and apps. Sometimes, visits can be done by just a phone call.

There may also be locations in your community set up to allow access for telehealth services for those without devices or internet.

How Much Does Telehealth Cost?

Telehealth services usually don't cost more than in-person services. You can call your health insurance plan for more information. During the COVID-19 public health emergency, most insurance companies won't make you pay a co-pay or deductible for telehealth visits.

For more information, go to the Pacific Basin Telehealth Resource Center website at www.pbtrc.org or call the PBTRC Help Line at (808) 956-2514.