

PREPARING FOR YOUR VISIT



Connect with a Carilion Clinic provider online from home or on-the-go. Safe and secure, it's the quality care you need, made easier. Follow these easy steps to prepare for your scheduled virtual visit:

- » Plan for enough time in your schedule to have the visit.
- » Be sure to arrive up to 15 minutes early to check your video and audio connection and prepare your surroundings for a professional visit with your provider.
- » Determine who should also be at the appointment, such as a caregiver, as needed. For minors under age 18, a parent must be present.
- » Make a list of questions for your provider and prioritize them.
- » Have a pen and paper to take notes.
- » Make sure that all medications, supplements/ vitamins and medical devices, such as a blood pressure cuff and inhaler, are available.
- » Bring other items that might be needed for the visit, including a flashlight for the provider to look in your throat or a soft measuring tape to measure any swelling related to edema.

[For tutorial videos and other helpful tips, visit CarilionClinic.org/virtual.](#)



NEW TO MYCHART?

MyChart is a secure online platform that makes it easy to:

- » Review your medical records and lab results
- » Request prescription refills
- » Schedule an upcoming virtual visit
- » Enroll in paperless billing

Contact your provider's office to activate your account or sign up online at CarilionClinic.org/mychart.



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