What is Telehealth?
Telehealth is the use of electronic technology to remotely connect you with your Smilow provider to share information or to receive follow-up care. Smilow providers can also use Telehealth to share clinical information with other medical providers to make decisions about your care.

What are the Benefits of Using Telehealth?
- Share health information remotely
- Save time by eliminating travel and waiting
- Receive medical care from the comfort of your home or a location of your choice in CT

There are many ways to use Telehealth:
- Video visits
- Remote device monitoring (blood pressure, glucometer, activity tracker, weight scale, etc.)
- Written consultations between you and your provider

Is My Personal Information Secure?
Your healthcare and personal identifiable information is securely transmitted using Telehealth technology.

What is a Video Visit?
The use of video technology that connects you to your Smilow provider using your smart phone or tablet. During the Video Visit, you can communicate directly with your provider.

How can I participate in a Video Visit?
Once you and your provider decide that a Video Visit is right for your care, you can be scheduled for a Video Visit.

What do I need for a Video Visit?
- Smartphone or tablet
- MyChart* account, MyChart login and password
- MyChart* App downloaded onto your smartphone or tablet

*MyChart is a secure online patient portal which gives you access to your healthcare information. If you do not have MyChart, you can request to access online at yalemedicine.org/mychart

yalemedicine.org/telehealth