

TELEMEDICINE TIPS

Telemedicine (or virtual health care) appointments are a great way for people with relapsing-remitting multiple sclerosis (RRMS) to stay on top of their treatment when it may be hard to meet in person. If your neurologist or health care professional is offering online appointments, you may be wondering what this could mean for your next appointment and how to prepare.

Here are some tips to help you get the most out of your call.



BEFORE YOUR APPOINTMENT

Prepare for your conversation:

- Check that your doctor has all the documents they need and your most up-to-date information
- Write down any questions, concerns, or changes in symptoms

Check your tech:

- Make sure you have a good internet connection
- Test your camera, microphone, and speaker
- Download the app or program your doctor uses and test it out

Get set up so that:

- You're in a private, quiet space with minimal distractions
- You're well lit, with light coming from above or in front of you



Our website has a Self-Assessment that could help you prepare to talk with your doctor about your RRMS. [Check it out.](#)



DURING YOUR APPOINTMENT

Your doctor may want to do some physical assessments to evaluate your RRMS, including looking at your:

- Eyes
- Balance
- Temperature sensation
- Tandem gait
- Reflexes
- Extremities (like hands or feet)

Here are a couple of things that may help with their assessments:



Camera

Your doctor may ask to see you walk heel to toe. Prop up your phone or computer camera, or have a helper, so that you're in full view.



Ice cubes

Your doctor may ask you to touch them and explain the feeling.



Flashlight

Your doctor may want you to shine light in your eyes so they can check your pupils.

Before you sign off, ask your doctor:

- How can you get in touch with them if you have follow-up questions?
- Do you need to have any scans or lab work done? Are there any precautions you should take when going to medical facilities to have them done?
- Anything that came to mind during the appointment. There's some space on the next page to take notes that you may find helpful.



Tip: Virtual and in-person appointments have the same overall goal—making sure you get the care you need. Don't hesitate to bring up any questions or concerns you have about your RRMS symptoms and treatment. Your doctor wants to help!



AFTER YOUR APPOINTMENT

- Review your notes and the visit summary provided by your doctor
- Schedule follow-up visits or necessary scans
- Reach out to your doctor if you have any questions



Tip: Try to have a positive attitude and be patient—with yourself, your doctor, and technology. We're all getting used to this!

HERE'S SOME SPACE FOR YOU TO TAKE NOTES
