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## Telemedicine and Telehealth

### What are telemedicine and telehealth?

Telemedicine is the use of technology that lets a patient have medical appointments (or visits) with their doctor or another member of their health care team. It can be used when the patient and their doctor are not in the same location.

Telemedicine uses technology to help the doctor “see” you when you have a medical problem that needs to be managed. For example, telemedicine might be used if you have diabetes or high blood pressure, or if you’re getting a medicine or treatment that could cause side effects. Telemedicine can be helpful because you might not need to leave your home to be checked or might not have to travel if you’re far from a doctor. Your doctor might refer to telemedicine as having a *virtual visit* with you.

Telemedicine is just one part of telehealth services. Although telemedicine is focused on medical care (often provided by a doctor or nurse practitioner), telehealth uses the same technology to provide a wider range of health services from a wider range of providers. Telehealth may include other health services such as:

- Teaching sessions for patients and caregivers about a new diagnosis or new medicine
- Nutrition counseling for eating or weight problems
- Mental health counseling for anxiety, depression, or other problems
- Offering help and tips for staying healthy and well



**It's important to know that a face-to-face visit may still be required even though you are using telemedicine or telehealth for certain things.**

services covered for telehealth can be found at <https://www.medicare.gov/coverage/telehealth><sup>1</sup>.

## Hyperlinks

1. [www.medicare.gov/coverage/telehealth](http://www.medicare.gov/coverage/telehealth)

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