

What to Look For in Telehealth/At-Home Treatment

1.

Be sure the program is covered by your insurance plan, Medicare/Medicaid or commercial insurance, and is HIPAA-compliant.

2.

A detailed questionnaire about your particular health situation should be the first step.

3.

Is there one key personal contact who is part of a healthcare team supporting you throughout the program?

4.

Ask if the program enables your primary physician to monitor and track your participation and progress in between medical appointments.

5.

Find out if the program and/or application will be customized to your particular fitness and strength levels.

6.

Is technical support provided?
Are there tutorials?

7.

If monitoring devices are required, are they provided and/or paid for through the program?