



## COVID-19 RESPONSE

Despite such unprecedented times, we are pleased to offer Telehealth visits with your Nephrologist. You will need internet access to use this service. We recommend using [www.doxy.me](http://www.doxy.me). During this period of a national emergency, the US government has lifted several restrictions on Telehealth visits; these lifted restrictions allow for use of other audio and video communication applications that you may be accustomed to using. If you do not wish to use [www.doxy.me](http://www.doxy.me) feel free to let us know your preferred audio and video communication programs and we will work with you in choosing an application accepted by the US government. For more information, please visit <https://www.cms.gov/newsroom/press-releases/president-trump-expands-telehealth-benefits-medicare-beneficiaries-during-covid-19-outbreak>

**You will be responsible for any copayments or coinsurances that apply to your Telehealth visit (just as if the same services were provided in-person).**

**To best prepare for your Telehealth visit, please see the following two pages.**

We are available to assist you should you have any questions regarding setup or the service in general. We look forward to seeing you at your next Telehealth visit.

***Dr. Syed Hashmi, Dr. Joanna Rodriguez, Dr. Nancy Tran, Dr. Julio Vijil, Dr. Neil Weiner, Shirley Govender APRN, and the entire staff of South Florida Nephrology Consultants***

# How to prepare for your Telehealth visit



## Medications

Have all your medications (medication name, dose, and dosing frequency) ready. You can either have your actual medication bottles ready or you can have a list ready for our review.



## Blood pressure and heart rate

If you have an automated blood pressure machine, please take your blood pressure prior to your telehealth visit. Record your blood pressure and heart rate for our review. If you do not have an automated blood pressure cuff, please record your heart rate (pulse) before your telehealth visit.

For information on how to best use home automated blood pressure cuffs, please visit:

<https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home>

For information on how to check your pulse, please visit: <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/all-about-heart-rate-pulse>



## Take your temperature

If possible, please take your temperature prior to your Telehealth visit.



## Weigh yourself

If possible, please measure your weight prior to your Telehealth visit.