

## Talk to Your Doctor

Talk to your doctor to see if telehealth is right for you. Here are some questions you may want to ask:

- What is telehealth?
- What types of telehealth services are available to me, based on my condition and location?
- How do I start the process?
- What technology do I need to get started?
- How secure is my health information?
- How do I schedule a telehealth visit?

VA continues to develop and test new programs every day. If telehealth care for your condition is not currently available, your doctor can update you about new programs.

## National Telehealth Technology Help Desk

866-651-3180

or

703-234-4483

Monday - Saturday  
7 a.m. – 11 p.m.  
Eastern Time.

[www.telehealth.va.gov](http://www.telehealth.va.gov)



## VA Telehealth and Your Care



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Office of Connected Care



## Why Should I Use Telehealth?

### Nationwide Access

Telehealth is a modern way to deliver and receive patient-centered health care. It connects you with your provider, no matter the distance. VA Telehealth Services can reduce travel and bring care closer to you through:

- Real-time, interactive video visits
- In-home and mobile health remote monitoring
- Technologies that gather and store health data

### More Data, Better Care

Telehealth technologies let providers collect more health data — like your blood pressure — more often. This data will only be collected with your consent. But it can help your provider get a clearer picture of your health and develop a care plan that is tailored to your needs.

## What is Telehealth?

Telehealth uses technology and data to improve the way VA delivers care to you. VA Telehealth Services gives you remote access to the care you need, when and where you need it.

Any Veteran who qualifies to receive VA health care and lives in the United States or a U.S. territory is eligible to connect with their VA providers through telehealth. Your VA care team can work with you to develop the care plan that is best for you.

## Where Do I Use Telehealth?



### At Home

Home telehealth services work with your current care plan, allow you to avoid traveling to clinics, fit your lifestyle, and help you stay healthy and independent. You can get home telehealth care through video appointments on VA Video Connect, remote monitoring with devices that send data to your care team, secure messaging on My Health eVet, and more.



### In the Clinic

Telehealth enables you to access the quality care you need in more than 50 specialty areas from your local VA clinic. Through telehealth video technology, you can connect to VA specialists or to a VA care team located in other VA medical centers - hundreds of miles away.



### In the Hospital

Telehealth technologies in hospitals help VA providers around the country collaborate to improve your care. One example of this is Tele-ICU units that use video technology to bring a critical care team and specialists from across the nation together to consult on a case.