### **Your Telehealth Prep Kit: A Checklist for Your Best Virtual Consult**

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Telehealth has made seeing a doctor more convenient than ever. You can connect with a qualified GP from your sofa, your office, or a quiet space at home. But while the ease of telehealth is a huge advantage, a little bit of preparation can make a big difference, ensuring you get the most out of every minute of your consult.

Think of it like this: a great doctor-patient consult is a collaboration. By coming prepared, you empower your doctor to give you the most accurate advice and a truly personalised care plan.

This guide is your ultimate prep kit for a flawless virtual consult. Follow this simple, actionable checklist to make your next telehealth appointment a resounding success.

Thank you for the detailed information. Based on the request, I will expand the "Before You Book" section to include the excellent idea of patients uploading relevant documents and photos.

Here is the revised and expanded section, integrating this new point into the "Prep Kit" blog post.

### **1. Before You Book: Your Patient-Friendly Prep List**

The key to a successful telehealth appointment starts before you even log on. Taking a few moments to gather your thoughts and information can save you time and ensure nothing important is forgotten.

* **Jot down a clear list of your symptoms.** Don't just say, "I've got a headache." Give your doctor the full picture: *When did it start? What does the pain feel like (dull, sharp, throbbing)? What makes it better or worse?* These details are crucial for a remote diagnosis.
* **List all your current medications.** This includes prescription drugs, over-the-counter medicines, and even vitamins or supplements you take regularly. Be sure to note the exact name, dosage, and frequency.
* **Have your medical history handy.** If you have a complex medical history or known allergies, make a quick note of the key points. Granting access to your My Health Record can also give your GP instant access to this information, which is a big time-saver.
* **Write down all your questions.** It's easy to forget questions once you’re on the call. Having a list ensures you don't hang up and then remember something critical you wanted to ask.
* **Upload key photos and documents.** Most good telehealth providers allow you to securely upload files as part of your booking. This is a great way to give your doctor more context for your consult. Consider taking clear, well-lit photos of any skin conditions, rashes, or visible injuries. You can also upload scans or clear photos of recent doctor’s letters, pathology reports, or X-ray referrals. These documents can help your doctor make a more informed assessment, even from a distance.

### **2. The Tech & Environment Checklist**

A smooth telehealth appointment relies on your technology. Here’s a simple, scannable list to ensure you’re connected and ready.

* **Find a quiet, private space.** Choose a room where you won't be interrupted and can speak freely and confidentially.
* **Check your device.** Make sure your smartphone, tablet, or laptop is fully charged or plugged in. If it’s a video consult, confirm your camera and microphone are working.
* **Ensure a stable internet connection.** For video calls, a stable Wi-Fi or strong 4G/5G signal is essential to avoid freezing screens or dropped calls. If you're using a phone consult, a reliable signal is still important.
* **Optimise your lighting.** Sit facing a window or a lamp so your face is clearly visible. Avoid having a bright light source behind you, as it will cast your face in shadow.
* **Mute notifications.** Put your phone on silent and close other apps or browser tabs that might make noise or slow down your connection.

### **3. During Your Consult: Your Checklist for Success**

Once the call begins, your job is to be a clear and effective communicator. A well-prepared patient is an empowered patient.

* **Confirm your identity.** Be ready to state your name and date of birth at the start of the call. This is a crucial security step.
* **Speak clearly and concisely.** Since your doctor can't physically examine you, they're relying on your words. Describe your symptoms as accurately as possible.
* **Be your own advocate.** Don't hesitate to ask questions from your list. If you're unsure about a treatment plan, a medication, or a referral, say so. It’s your health, and it’s okay to seek clarity.
* **Use the video to your advantage.** If you’re on a video call, be prepared to use the camera to show your doctor a rash, an area of swelling, or to demonstrate your range of motion.

### **4. After the Consult: What to Do Next**

Your care journey doesn't end when the call disconnects. The steps you take next are vital for a successful outcome.

* **Understand your action plan.** Before you hang up, quickly summarise the plan in your own words. For example: *"Okay, so I’m going to start this new medication, book a blood test, and we’ll have a follow-up call next week. Is that right?"*
* **Manage your prescriptions.** If you've received an e-script via SMS, you can head to your pharmacy right away. For any referrals for tests or scans, book these appointments promptly.
* **Organise your follow-up care.** If a follow-up appointment was recommended, book it in while the details are fresh in your mind.
* **Keep your records aligned.** If you saw a new doctor through a telehealth platform, consider sharing a summary of your consult with your regular GP. This ensures there’s a consistent and up-to-date record of your health, which is vital for long-term care.

**Conclusion**

Telehealth offers a world of convenience, but it's most powerful when you come prepared. By taking a few moments to use this prep kit, you not only make your own experience smoother but also help your doctor provide the highest quality of care possible. It's a simple way to take control of your health journey and ensure every virtual consult is a resounding success.

### **Ready to Book Your Best Virtual Consult?**

When you need a consultation with a trusted Australian GP, Medicly is here to help. Our AHPRA-registered doctors are ready to provide the highest quality of care.

[**[Book Your Medicly Telehealth Consult Now!]**](https://www.google.com/search?q=YOUR_MEDICLY_BOOKING_PAGE_LINK_HERE)

### **For the Full Telehealth Guide**

Want to learn more about the big picture of telehealth in Australia, including costs, privacy, and how it's changing healthcare for good? **Download the complete "Ultimate Guide to Telehealth in Australia" in PDF format.**

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### **SEO Meta Data and Instructions**

**1. Meta Data**

* **Meta Title:** Your Telehealth Prep Kit: A Checklist for a Great Virtual Consult
  + **Rationale:** This title uses the core keywords "telehealth prep kit" and "virtual consult." It's action-oriented ("Your Checklist...") and promises a clear benefit to the reader—having a "great" virtual consult. This is highly appealing to someone who's looking to make the most of their appointment.
* **Meta Description:** Get ready for your best virtual doctor's appointment. Use our simple telehealth prep kit to organize your symptoms, medications, and technology, ensuring a seamless and productive consult with your Australian GP.
  + **Rationale:** This description is concise and actionable. It directly addresses the user's goal ("your best virtual doctor's appointment") and highlights the key takeaways from the blog post: organizing symptoms, medications, and technology. It also includes the important "Australian GP" keyword to attract local traffic. The tone is helpful and reassuring.

**2. On-Page SEO Instructions**

* **Primary Keyword:** "telehealth prep kit"
* **Secondary Keywords:** "virtual consult," "telehealth checklist," "virtual doctor's appointment," "telehealth tips"
* **Content Optimization Checklist:**
  + **Keyword Placement:** The primary and secondary keywords are already well-integrated into the blog post's title, introduction, and subheadings. The phrases are used naturally and aren't forced.
  + **Header Tags (H2, H3):** The current heading structure is excellent. The main sections are clearly defined with bolded titles, which should be marked up as H2s. The bulleted lists within those sections are perfect for readability. This structure helps both users and search engines quickly understand the content.
  + **Internal Linking:**
    - The call to action, **[Book Your Medicly Telehealth Consult Now!]**, should be a link to your main booking page.
    - The phrase **[Click Here to Download Your FREE Telehealth E-Book!]** should link to the e-book's landing page or the PDF itself.
  + **External Linking:** The blog post doesn't require external links as the content is based on general best practices, not specific research or data. This is fine.
  + **Image Alt Text:** If you add a visual element, like an infographic of the checklist or a photo of a person on a video call, use descriptive alt text. For example: <img src="telehealth-checklist-infographic.jpg" alt="A checklist for preparing for a telehealth consult with a doctor">.
  + **Content Readability:** The scannable lists and clear headings are perfect for readability. This is particularly important for health content, as users want to find information quickly. The conversational, human-written style is also a huge asset for user engagement.