10 Things You Should Know Before Your Telemedicine Visit

**Know Your Headache Pattern**
- Note what you are feeling during, before and after an attack, where and when the attack occurs, and how often.

**Monitor and Track Your Headache**
- Keep a headache diary, spreadsheet, or use an app to track your symptoms, triggers, warning signs, and changes in your migraine headache pattern.

**Know Your Medical History and Current Medications**
- Note what you are feeling during, before and after an attack, where and when the attack occurs, and how often in your migraine/headache diary.

**Gather Medical Records**
- Keep a headache diary, spreadsheet, or use an app to note with your symptoms, triggers, warning signs, and changes in your migraine headache pattern.
- Have documentation for any recent tests/procedures.

**Ask Questions Ahead of Time, If Possible**
- Prepare a list of questions, concerns or treatment options you would like to discuss ahead of time. If the list is long, prioritize the questions. You may also send your questions ahead of time to your doctor to maximize time.

**Set Your Location**
- Find a quiet place with good lighting. Sit in front of a solid-colored wall if possible, and remove any clutter in the background. Position lighting in front of you or on the side.
- Make sure your healthcare provider can clearly see you, especially your face - you want them to be able to see any physical problems that need to be addressed.

**You Do Not Have to Do It Alone**
- If you have a caregiver, invite them to join your telemedicine visit. The caregiver may also ask questions you miss, observe you and point out certain things to your physician, or take notes for you.

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