

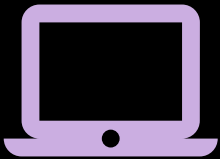
TELEHEALTH TIPS



Schedule routine doctors appointments and follow-up between those appointment regarding medicines and lifestyle changes



Document important information given to you by your doctor along with a list of medical history. Use a seizure journal or planner to document seizures in between appointment.



Test your computer's camera and microphone. Make sure you have stable wi-fi and charge your computer's battery. Make sure you've downloaded the application



Choose a private and quiet location with little distractions to ensure you feel comfortable during your virtual appointment



Prepare questions about your seizure treatment goals and updates about ways to improve your health

For more resources and information visit
www.projectpurplebutterfly.com