STAY SAFE
GETTING THE CARE YOU NEED, AT HOME

GET CARE AT HOME

Learn how to get the care you need from your home.

- Sick? Call your care-provider first.
- Call your care-provider's office to confirm they accept your health coverage. If they do not, see the **Roadmap to Better Care** for tips on finding a care-provider who accepts your coverage.
- Many telehealth options are available for many health needs, including regular office visits.

TIME FOR A PRESCRIPTION (RX)?

- Plan ahead!
- Ask for a 90-day supply of medication, when possible.
- Consider mail delivery for your prescription medications. Check with your plan ahead of time to avoid any delays in delivery.
- Ask a local pharmacy for drive-thru or delivery options.
- Don't exchange cash! Pay online or over the phone to a to a trusted pharmacy, if possible.

LEARN ABOUT TELEHEALTH

What is telehealth?

Many regular health care services can be handled over the phone, a portal, app, or other option. Even if your provider didn't offer telehealth in the past, many are now. Call your care-provider to ask about your options.

- Talk to your doctor live over the phone or video chat.
- Send and receive messages from your doctor using chat messaging, email, secure messaging, and secure file exchange, like a patient portal.
- Use remote patient monitoring to share health information with your provider.

WHAT IS AVAILABLE?

You might be surprised by the variety of care you can get through telehealth or other communication technology based services.

Your doctor will decide whether telehealth is appropriate for your health needs. For example, you may be able to get:
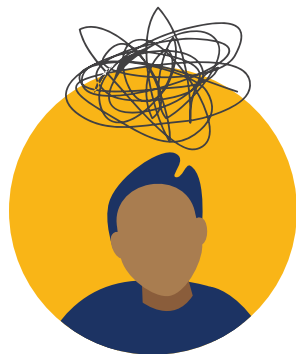
General health care, like wellness visits

Prescriptions for medicine

Dermatology (skin care)

Nutrition counseling

Mental health counseling

Urgent care to address conditions such as sinusitis, back pain, urinary tract infections, common rashes, etc.

Remote monitoring services to inform your clinician's treatment of an ongoing or acute illness

HOW?

- Call your care-provider's office to see if they offer telehealth.
- Your health insurance company may also help connect you with telehealth services.
- Make sure your care-provider takes your coverage. You may still have a copay or deductible. Check with your care-provider's office or insurance company.
- If you don't have coverage, some health centers offer health care over the phone or video. Use this **tool** to find a health center near you, and ask if they provide telehealth.

Need more info on telehealth and how to prepare for a visit? Go to telehealth.hhs.gov.

STAYING HEALTHY

Be active in your health care by taking care of yourself and your family. Exercise, diet, sleep, and relaxation are important parts of staying healthy. Here are some resources to help you manage your health:

- **MentalHealth.gov** for more information about mental health.
- **Choosemyplate.gov** and the **My Plate app** have information on healthy eating, recipes, and more.
- **MillionHearts.hhs.gov** can help keep your heart healthy, including managing high blood pressures, cholesterol, and other heart healthy information.
- If you have Medicare, your provider may help you manage your chronic (ongoing) conditions. Ask your doctor about chronic care management services or visit **go.cms.gov/ccm**.
- Need localized information on food, transportation, testing, and more? Call **3-1-1**.

Get the COVID-19 Vaccine

Use **Vaccines.gov** to find a location near you, then call or visit their website to make an appointment. If you're eligible, you can get your booster shot anywhere that provides COVID-19 vaccines approved for boosters.

go.cms.gov/c2c