

Understanding Telehealth: A Resource Guide for Consumers



Technology continues to change the way we interact with each other, including how we search for information, stay in touch with family and friends, and purchase goods and services. Telehealth expands your options to receive medical care and manage your health using technology (smartphone applications, video, email, telephone, text, etc.) to communicate with

a health care provider who is in a different geographic location.

Telehealth has become very popular during the COVID-19 public health crisis due to social distancing and lockdown guidelines. As restrictions are gradually lifted, there are many reasons to still consider telehealth. It's a safe and convenient way to deliver medical care for a wide range of medical conditions. Want to learn more?

Educational Resources

Check out these MHCC educational resources for information about the value telehealth for you and your loved ones, including answers to frequently asked questions. Many studies have documented consumer satisfaction and support for telehealth services over the last 15 years. Key benefits reported by consumers include being able to access a health care provider that might not be available otherwise and eliminating the need to travel long distances (Source: [American Telemedicine Association](#)). Talk to your health care provider to learn more and see if telehealth is the right option for you.

[Telehealth: What it is, How it Works, and Getting Started](#)

[Frequently Asked Questions by Consumers about Virtual Visits](#)

[10 Things to Know About Telehealth](#)

[Virtual Care On-Demand: A Consumer Guide to Online Telehealth Companies](#)

Additional Resources

U.S. Department of Health & Human Services – [Telehealth for Patients](#)

Healthcare Information and Management Systems Society – [A Patient's Guide to Telemedicine: What to Do When Your Doctor Calls or Video Chats with You](#)

[American Telemedicine Association – Telehealth Basics](#)

Can't find what you're looking for?

Contact Eva Lenoir, MHCC Program Manager at eva.lenoir@marland.gov