

# VIRTUAL HEALTH MYTH VS FACT

## Virtual Health Technology

MYTH	FACT
Only people who are technology savvy use virtual health to see their provider.	Patients of all ages and different experience levels with technology use virtual health for medical appointments.
Expensive, high-end equipment is needed to have a virtual health visit.	All you need is your phone, smartphone, tablet, or computer depending on the type of virtual visit.
Virtual health is extremely complicated.	Virtual health visits can be as simple as receiving a phone call or as easy as using a mobile app like FaceTime or Skype.

## Virtual Health Visits

MYTH	FACT
There are specific requirements to sign-up for virtual health services.	Generally, there is no requirement to sign up for virtual services. Check with your provider to find out the best way how.
An in-person visit is more effective.	Many health care interactions can be done virtually when a professional can see or speak with you.
Virtual health is not safe.	Virtual health is a safe way to extend care and limit exposure to germs. Health care professionals are held to the same standards of care, privacy and confidentiality as an in-person visit.
Virtual health visits are recorded.	No. Virtual Health visits are never recorded without your direct consent. As with any clinical visit, a health care professional will document the visit in your electronic health record.
Virtual health replaces traditional methods of care.	Virtual health is an additional way of expanding your access to care.