

# Making the most of your **virtual healthcare** appointment:

Find out what works best with our FREE checklist

“**My therapist was in Ontario and I was in British Columbia. I never did meet her in person, but we developed a strong rapport.**”

**Jennifer Monaghan**  
Stroke survivor



**V**irtual care makes it much easier for people living with heart disease and stroke to connect with the healthcare system and receive the support proper care and support they need. Also known as telemedicine, virtual care uses technology – a phone, computer or video conferencing – to connect people with a healthcare provider.

Meeting virtually can be a practical alternative to in-person visits at a doctor's office or clinic. After she had a stroke, Jennifer Monaghan's recovery included regular video appointments with an occupational therapist.

Jennifer continues to collaborate with Heart & Stroke on working to advance stroke care and recovery across Canada. She was involved in the development of the checklist below.

**Jennifer's advice for anyone who might be nervous to try virtual health care: “You might have challenges using the technology at first, but you will soon find it feels natural.”**

## Your Virtual Healthcare Checklist:

A guide to efficient and effective virtual healthcare sessions

**W**hile there will always be situations where an in-person appointment is necessary, virtual health care is quickly becoming commonplace for people in Canada. From preparing for your virtual session to connecting effectively via technology, your **Virtual Healthcare Checklist** provides you, your family and caregivers with the best tips and steps to optimize your real-time medical appointments.

For more on getting the most out of your virtual visits, download your free copy of the **Virtual Healthcare Checklist** at [heartandstroke.ca/virtualchecklist](https://heartandstroke.ca/virtualchecklist)

