

MAKING TELEHEALTH WORK FOR YOU

Telehealth continues to change the way we talk about epilepsy with our doctors and treatment teams—but connecting online doesn't have to change how we're sharing our questions and goals. So, while you might not be in the same place with your doctor—you can still have strong conversations together!

5 QUICK TIPS FOR YOUR NEXT VIRTUAL APPOINTMENT:



STAY IN TOUCH

Keep scheduling your routine doctor appointments; don't wait for an emergency.



WRITE IT DOWN

Between appointments, don't forget to fill out your seizure-tracking journal and have it handy for your next conversation with your doctor.



GET READY TO CHAT

Print and complete the S.T.E.P.S. Discussion Guide, and have a meaningful conversation about your seizure treatment goals during your next appointment.



PREPARE QUESTIONS

Write down any questions for your doctor ahead of time. There's no such thing as a bad question!



GET COMFY

Choose a private and quiet place. You can set it up in a way that makes you feel at ease for the virtual meeting with your doctor.

Keep this checklist handy and take a look before your next appointment—**always share any concerns that you have with your doctor.**

FOR MORE RESOURCES DESIGNED TO HELP YOU HAVE STRONGER
CONVERSATIONS WITH YOUR DOCTOR, VISIT WWW.STEPSTOWARDZERO.COM