

What To Prepare Before My Visit?

In order to provide the best treatment, please try to collect as much of the following information as possible prior to starting your virtual visit:

- Page 1: Current medication list
- Page 1: Weight
- Page 1: Pulse rate
- Page 2: Body temperature
- Page 2: Respiration rate (rate of breathing)
- Page 2: Blood pressure
- Blood sugar (do as you have been trained by provider team)
- Pulse Ox (do as you have been trained by provider team)

Below are helpful tips about collecting the above information. There is a FREQUENTLY ASKED QUESTIONS (FAQ) section at the end to give more tips and information about your vitals.

Medication List

Please prepare a list of all your current medications. Include the dose and frequency. If it is easier, keep your medication containers/bottles nearby for easy reference during the virtual visit!

Measuring Weight Accurately at Home

To measure weight accurately at home to calculate BMI-for-age:

1. Use a digital scale. Avoid using bathroom scales that are spring-loaded. Place the scale on firm flooring (such as tile or wood) rather than carpet.
2. Remove shoes and heavy clothing, such as sweaters.
3. Stand with both feet in the center of the scale.
4. Record the weight to the nearest decimal fraction (for example, 55.5 pounds or 25.1 kilograms).

How to Check Your Pulse

As the heart forces blood through the arteries, you feel the beats by firmly pressing on the arteries, which are located close to the surface of the skin at certain points of the body. The pulse can be found on the side of the neck, on the inside of the elbow, or at the wrist. For most people, it is easiest to take the pulse at the wrist. If you use the lower neck, be sure not to press too hard, and never press on the pulses on both sides of the lower neck at the same time to prevent blocking blood flow to the brain.

- Automated blood pressure monitors and pulse ox monitors typically provide pulse as well
- If you do not have an automated monitor, please follow the steps below:
 - Using the first and second fingertips, press firmly but gently on the arteries until you feel a pulse.
 - Begin counting the pulse when the clock's second hand is on the 12.
 - Count your pulse for 60 seconds (or for 15 seconds and then multiply by four to calculate beats per minute).
 - When counting, do not watch the clock continuously, but concentrate on the beats of the pulse.
 - If unsure about your results, ask another person to count for you.

If your doctor has ordered you to check your own pulse and you are having difficulty finding it, consult your doctor or nurse for additional instruction.

How to Take Body Temperature

Knowing how to take your temperature is important because it helps you identify fevers and treat illnesses properly. The normal temperature range is 96.8–100.4°F (36–38°C).

General instructions

Take your temperature the same way each time you check it. Different methods may provide different readings. The only way to know whether your temperature is increasing or decreasing is to use the same method each time.

How to take your temperature

The steps for taking your temperature depend on the method and the type of thermometer that you use. You will get the result in about 1 minute. Always read the instructions that come with the thermometer.

Wash your hands with soap and water before and after taking your temperature. Use hand sanitizer if soap and water are not available.

Clean the thermometer with soap and water or rubbing alcohol before and after you use it.

- Use only cool or warm water to wash a thermometer. Do not use hot or cold water. Doing this can cause a thermometer to give an incorrect reading.

Oral (mouth)

Always label an oral thermometer clearly, so that it is used in the mouth only. If you are unable to close your mouth for any reason, do not use an oral thermometer.

1. If you recently ate or drank, wait 15 minutes before taking the temperature orally.

2. Turn on the thermometer.
3. Gently place the thermometer under your tongue, toward the back of the mouth.
4. Hold the thermometer in place until it beeps.
5. Gently take out the thermometer. Read the temperature.
6. Repeat, if needed.

Temporal artery (forehead)

1. Turn on the thermometer.
2. Place the flat end of the thermometer firmly on the center of your forehead.
3. Press and hold the scan button.
4. Lightly slide the thermometer across your forehead until you reach the hairline on one side of the head. While you do this, maintain contact with the skin of the forehead.
5. When the thermometer reaches the hairline, release the scan button and remove the thermometer from your head. Read the temperature.
6. Repeat, if needed.

Axillary (underarm)

1. Turn on the thermometer.
2. Make sure that your underarm is dry.
3. Lift your arm and place the end of the thermometer against the center of the armpit.
4. Lower your arm and hold it firmly closed over the thermometer against your side.
5. Hold the thermometer in place until it beeps.
6. Take out the thermometer. Read the temperature.
7. Repeat, if needed.

How to Count Your Respiration Rate?

The respiration rate is the number of breaths a person takes per minute. The rate is usually measured when a person is at rest and simply involves counting the number of breaths for one minute by counting how many times the chest rises. Respiration rates may increase with fever, illness, and other medical conditions. When checking respiration, it is important to also note whether a person has any difficulty breathing.

Normal respiration rates for an adult person at rest range from 12 to 16 breaths per minute.

How to Take Your Blood Pressure

You will need a blood pressure machine, or monitor. You can buy one at a drugstore or online. When choosing one:

- Choose one with an arm cuff.
- Choose one that wraps around your upper arm. Only one finger should fit between your arm and the cuff.

- Do not choose one that measures your blood pressure from your wrist or finger.

How to prepare

Avoid these things for 30 minutes before checking your blood pressure:

- Drinking caffeine.
- Drinking alcohol.
- Eating.
- Smoking.
- Exercising.

Five minutes before checking your blood pressure:

- Urinate.
- Sit in a dining chair. Avoid sitting in a soft couch or armchair.
- Be quiet. Do not talk.

How to take your blood pressure

Follow the instructions that came with your machine. If you have a digital blood pressure monitor, these may be the instructions:

1. Sit up straight.
2. Place your feet on the floor. Do not cross your ankles or legs.
3. Rest your left arm at the level of your heart. You may rest it on a table, desk, or chair.
4. Pull up your shirt sleeve.
5. Wrap the blood pressure cuff around the upper part of your left arm. The cuff should be 1 inch (2.5 cm) above your elbow. It is best to wrap the cuff around bare skin.
6. Fit the cuff snugly around your arm. You should be able to place only one finger between the cuff and your arm.
7. Put the cord inside the groove of your elbow.
8. Press the power button.
9. Sit quietly while the cuff fills with air and loses air.
10. Write down the numbers on the screen.
11. Wait 2–3 minutes and then repeat steps 1–10.