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### **Preparing for a Virtual Visit**

Telemedicine has become very popular recently, and our office is excited to be able to provide this service to our patients. That being said, however, there are a number of differences between a typical visit and a telehealth visit. As such, you must prepare differently than for a typical visit. Since I will not be able to physically touch your foot, please prepare in advance by taking the following steps below.

1. Please write down your major concern(s). The more specific you can be about what you want us to address, the more effective our visit will be. I will do my best to address your concerns as completely as possible, if there are multiple issues, we may need to schedule another visit to address all of them in the limited time we have together.
2. Take pictures of your foot and ankle similar to the pictures below. You should roll your pants up above your knees and stand on a hard flat surface without socks or shoes. Stand naturally with your feet about 8-10 inches apart.



3. If there is a specific area of pain or discomfort, please mark that area with and pen “x” mark and take a picture of that area as well. If you are able to do this, please make sure that we can see the location of the “x” mark relative to where it is on your foot or ankle. We will not be able to tell much by looking at a zoomed in picture of an “x” without reference to location.
4. All of these pictures should be emailed to: [VirtualFootAndAnkle@bidmc.harvard.edu](mailto:VirtualFootAndAnkle@bidmc.harvard.edu) The email subject should read: **Miller Telehealth (Date of Telehealth Visit) (Your Name)**
  - a. If your visit is with Brianna Whitehouse, please send to the same email using “Whitehouse” instead of “Miller”
5. If you are being seen as a new patient, my office will send you paperwork before the visit. Please fill this out and send it back to us.
6. You may need to have x-rays done before the visit as well. If this is the case, we will put the order in and you will need to have the x-rays done at a Beth Israel or New England Baptist location. My office will tell you the possible locations.

*I look forward to our visit together. For a video visit, we will use a video conference platform. My website is also a useful resource and I encourage you to utilize it. The Patient Information page is particularly useful.*

[www.ChristopherPMillerMD.com](http://www.ChristopherPMillerMD.com)