

# DIGITAL HEALTH: WHAT IS IT?



## Telehealth

This is the broad category of everything that is included in providing remote health care services through technology: patient-provider interactions, clinician and healthcare team interactions, patient education services.

## Telemedicine

Telemedicine is a subcategory of telehealth that specifically refers to the remote delivery of care and clinical services that physicians and healthcare providers give to patients at a distance via phone, video or other online connection.



## Remote Patient Monitoring

Another subcategory, remote monitoring is the use of various medical technology devices by healthcare providers to gather and monitor health data from a patient even while they are at home.

## Who is it for?

Anyone! If this form of care could be beneficial to you, then it is for you. Those with children to take care of, mobility challenges, long distances to travel for care, and during the current COVID-19 pandemic, it is a great alternative to help prevent the spread of this disease and a good option for those at greater risk of infection.



## Where can I find it?

Start by contacting your primary care physician to see if they offer telehealth services. You can also contact your insurance company to get connected to resources as well. Online searches can provide valuable information about local resources and health centers.

## Location Resources



- Digital Health directory (select looking for telemedicine)
- Find a Health Center (ask if they provide telehealth)

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