

## What to expect during a TeleHeart appointment

### Before the visit:

- Most patients will need to have a heart ultrasound (echo cardiogram) and EKG performed either prior to the appointment or during the appointment. Your heart care team will decide which is right for you. This cardiac testing is non-invasive and usually painless.
- You may also be asked to arrive early for your appointment and stop at the lab for a blood draw. The cardiologist will have the results of all tests when he/she meets with you via TeleHeart.

### During the visit:

- When you arrive at the clinic and check in, one of the clinic staff will escort you to the TeleHeart room, check your vital signs and review your medications.
- The TeleHeart nurse practitioner will talk with you about your heart health concerns and perform a physical exam.
- Using the TeleHeart equipment, the nurse practitioner will connect with the cardiologist. He or she will remain with you during your entire appointment.
- The cardiologist will appear on the screen, greet you and introduce themselves.
- The nurse practitioner will review with you and the cardiologist your concerns and the physical exam findings.
- You will be able to talk to the cardiologist in real, face-to-face time and ask questions. The cardiologist will also ask you questions. He or she has access to all your medical records, lab results, radiology and medical history.
- The cardiologist will explain to you his or her recommendations for follow-up, which may include further testing, medication additions or changes.
- The nurse practitioner will be sure you understand your care plan before you leave the appointment and provide you with written instructions.

Allina Health TeleHealth and Minneapolis Heart Institute® are providing TeleHeart services at this location.

TeleHeart is a real time, remote, face-to-face health care interaction. It offers patients several advantages over traditional specialty care, including:

- **Shorter wait for specialty care-** It offers patients faster access to Minneapolis Heart Institute® specialists, reducing the wait time for a specialty appointment.
- **Convenience** - Patients can receive nationally-recognized cardiovascular care at their community clinic without long distance travel to the Twin Cities.
- **Cost to patient** – The cost for Telehealth visits are similar to traditional office visits and usually covered by medical insurance.

### For more information on:

- **Allina Health TeleHealth services**, visit [allinahealth.org/telehealth](http://allinahealth.org/telehealth)
- **Minneapolis Heart Institute®**, visit [allinahealth.org/MHI](http://allinahealth.org/MHI) or call 800-582-5175 or 612-863-3900

### After the visit:

The cardiologist will communicate your care plan to your clinic provider. Together, your care team will decide if future TeleHeart appointments are appropriate or if you need to be seen in a more traditional office visit setting.

### Confidentiality

This visit will not be video recorded. Our equipment is secure, private and HIPAA compliant.

### Billing

You will be charged for a regular specialty care office visit. You are responsible for checking with your insurance provider to see if TeleHeart (also known as telecardiology or telemedicine) visits are a covered visit.

### Allina Health TeleHeart providers from Minneapolis Heart Institute®:

For a list of our TeleHeart providers and links to their profiles, visit [allinahealth.org/teleheart](http://allinahealth.org/teleheart).

