



In-person doctor visits

vs.

Telehealth visits

- These usually need to be scheduled by phone during office hours

- Ways to book them 24/7 secure web portals and mobile apps

- They take more time from your day since they require transportation

- You can meet with your provider on your favorite digital device without leaving your home^{2,3,4}

- You have to sit in a waiting room, potentially exposing you to other people's germs

- You can stay comfortable at home, protecting yourself from outside infections

- They're most beneficial for urgent medical issues, like shortness of breath or cuts that need stitches¹

- They're a great option for minor medical issues, like cold/flu, plus treating mental health or skin conditions^{1,3,5}

- They're essential when you need a physical exam or to make a personal connection with your doctor

- They're a top choice for their convenience, accessibility and versatility

¹ UC Davis Health. "Should you go to the emergency room (ER), urgent care or doctor's office?" July 5, 2023. Retrieved from <https://health.ucdavis.edu/blog/cultivating-health/should-you-go-to-the-emergency-room-urgent-care-or-doctors-office/2023/07>

² Cleveland Clinic. "What to expect when you sign on for telemedicine." July 30, 2024. Retrieved from <https://health.clevelandclinic.org/telemedicine-what-to-expect-virtual-doctor-visit>

³ UnitedHealthcare. "Virtual visits." Retrieved from <https://www.uhc.com/member-resources/health-care-tools/telehealth-virtual-care> Accessed January 17, 2025.

⁴ Data rates may apply.

⁵ Indiana University Health. "Four conditions you didn't know could be treated with a virtual visit." September 20, 2023. Retrieved from <https://iuhealth.org/thrive/four-conditions-you-didnt-know-could-be-treated-with-a-virtual-visit>