

Getting Care Through a Rural-First Regional Digital Health Network

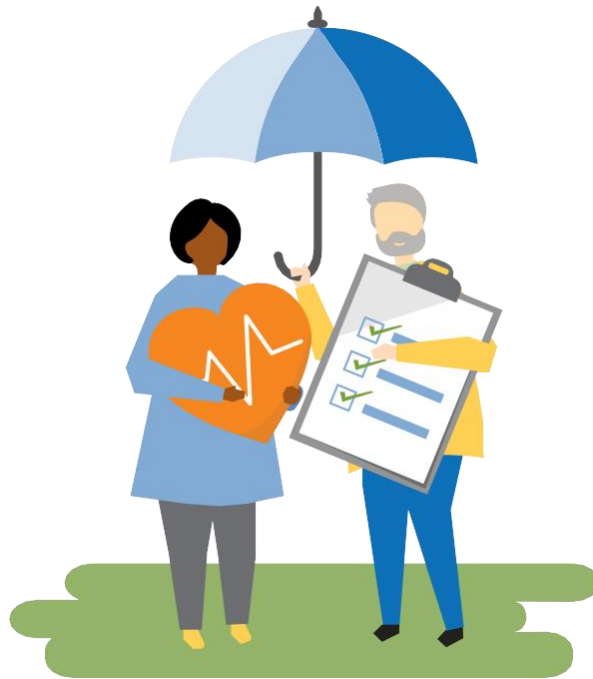
Patient Handout



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What does getting care through a Regional Digital Health Network mean for you?

Your local clinic or hospital may work as part of a **regional care team**. This helps you get more services close to home while still having access to specialists through secure digital tools.

Instead of traveling long distances for every appointment, your care team may use:

- **Video or phone visits** with your local clinic
- **Specialist eConsults**, where your clinician gets advice from a specialist without you needing another appointment
- **Remote patient monitoring**, using devices at home to track things like blood pressure or blood sugar

This approach helps keep care local and convenient, while supporting your community hospital or clinic.

What to Expect

- Your **primary care clinic remains your main point of care**
- Specialists may support your care **behind the scenes** or through video visits
- You may receive care **faster**, with fewer long trips
- Your health information is shared securely only with your care team

Patient Checklist (Before or During Your Visit)

- ✓ Ask your clinic what type of visit or service you are getting (video visit, phone visit, specialist eConsult, or home monitoring)
- ✓ Ask how your privacy is protected and where your information is stored
- ✓ If you need an interpreter, captions, or other accommodation, ask ahead of time
- ✓ Ask what it may cost (copay, deductible, or if it is covered) and request an estimate if possible
- ✓ If you are using home monitoring devices, ask who to contact if the device does not work or if your readings are high or low
- ✓ Write down your top three questions before the visit and keep a list of your medicines



If anything feels urgent or unsafe, call 911 or go to the nearest emergency department. If it is not an emergency but you feel worse, contact your clinic as soon as possible.

References

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