

TELEHEALTH: Internet Access

No internet? No problem!

Another option:

- Use your cell phone to video chat

Not enough data? There are also free, public Wi-Fi sources. Staying in your car protects you from being exposed to the virus and keeps your conversation private, but make sure the weather is safe before you do this:

- Ask your provider if you can access their office's Wi-Fi from the parking lot
- Public libraries
- Local university or school campuses
- The town hall or other government buildings may offer free Wi-Fi
- Some towns have free, public Wi-Fi in downtown areas
- Hospital parking lots

Ask your doctor if they have other options:

- A phone call without video may work in certain situations



You have the right to free language assistance to ensure meaningful access to health care, in person or virtually. Ask your provider about interpreter services or if you have any additional questions.



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