

My Telehealth

Q&A

With *Lindsay Beaton*
MIGRAINE PATIENT



Q: What is your typical virtual visit like?

After years of trying different treatment options, I now have my migraine well managed. So when I have a telehealth appointment, I talk to my provider about my current treatment plan and discuss anything that needs to be adjusted. I like connecting with my doctor on a conversational level. They know me and my migraine journey, and it is nice to feel heard.

Q: What does telehealth mean to you?

Telehealth is remote health care, and it includes convenience and accessibility that in-person care couldn't hope to have. I have a busy life with work, my family and managing my migraine. Telehealth gives me more time back in my day to focus on what matters to me.

Q: How has telehealth helped you manage your migraine treatment?

It made my provider so much more accessible. It's two hours round trip to visit my doctor's office, so one appointment takes up an entire morning. And I can't drive when I have a bad migraine attack.

With virtual visits, those barriers are gone. All I have to do is join my portal. Plus, I know exactly when my doctor will meet with me, so I avoid the time spent sitting in the waiting room for an in-person visit. Telehealth allows me to live my life without disrupting my care.

Tel·e·health

noun

**A simple treatment solution
for a complex condition**

Q: Are there any misconceptions about telehealth?

We are so used to going to a physical office that people may think telehealth is inferior care. But in reality, it's high-quality care that's easier to access. And that makes it easier for people to manage their health and get the care they need. With telehealth to help me juggle appointments with multiple physicians, I can actually get more timely care - and without disrupting my daily routine.

Q: How can policymakers improve telehealth?

I would love to see telehealth become accessible across state lines. I recently moved from Texas to Virginia, and I lost access to all of my providers. I had worked with my specialist in Texas for many years, and he was the best in his field. Now I have to start over. It's a logistical hassle but it also requires tons of time and research to find and get on the schedule with new providers. Losing access to the doctors you know and trust can take a mental toll too.

“Telehealth gives me the ability to live my life without disrupting my care.”



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