**WHAT IS VIRTUAL HEALTH?**
Virtual health is a way for you to get healthcare from your home or a nearby community provider.

**TYPES OF VIRTUAL HEALTH OPTIONS**
- Video
- Phone
- Email
- Text

**VIRTUAL SERVICES ARE CONFIDENTIAL?**
- You should be informed if the session is being recorded or part of a conference call
- You have the right to end the session at any time
- Your information is safe

**AVAILABLE SERVICES**
- Primary care
- Support groups
- Harm reduction
- PrEP, PEP, Mental Health, Substance Use Counseling, *HIV Self Testing
- Case Management, Sexual Health Assessment

*Call provider to confirm service options/availability

**THE BENEFITS OF VIRTUAL HEALTH**
- Convenient
- Safe
- Provides access to healthcare in remote areas

**EQUIPMENT NEEDED**
- Depending on the type of visit:
  - Stable internet
  - Smartphone /Computer (private/public)
  - Cell Phone or Landline Telephone

**PREPARING FOR A VIRTUAL APPOINTMENT**
- Make sure you...
  - Confirm what type of virtual method will be used
  - Have a private space
  - Write down questions to discuss with your healthcare provider - You’re in Charge Appointment Brochure

**FOR MORE INFORMATION CONTACT YOUR HEALTHCARE PROVIDER**

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*Infographic content developed by the New York State HIV Advisory Body*