

Guide to Managing Epilepsy with Telemedicine

Many providers, clinics, and hospitals have expanded their practice with telehealth or telemedicine services. Simply, telemedicine allows you to connect with your healthcare providers virtually from the comfort of your home by using your phone, tablet or laptop.

Services provided with telemedicine:

- Follow-up visits
- Management of chronic conditions
- Medication management
- Specialist consultations

How to get started:

1 Find a Provider

For Epilepsy



If you already have a physician managing your epilepsy care, contact their office and ask if they are offering telemedicine appointments



If you're looking for a physician, use the VNS Therapy [find a doctor locator](#) and inquire about current telemedicine offerings

For Wellbeing and Mental Health



Due to the ongoing pandemic, your insurance company may be offering expanded coverage for virtual therapy or counseling services

- Visit your health insurer's website to search for in-network mental health providers
- Check out the available resources to help you locate a mental health provider, such as Mental Health America's [Therapy Locator](#)

2 Understand Your Insurance Coverage

Many state programs and commercial insurance has some type of coverage for telehealth services, check out your coverage to reduce out of pocket costs

Medicaid



Since coverage will depend on the state, contact your state to inquire about coverage [here](#)

Medicare



Check out coverage for telemedicine appointments, or virtual check-ins [here](#)

Commercial



Private payer, or commercial insurance, often reimburses for telehealth services, but federal law does not require this type of coverage. Check your coverage with your insurance company to confirm your benefits

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3 Prepare for Your Appointment



Download the Epilepsy Learning Healthcare System's checklist before your appointment, available in [English](#) and [Spanish](#)

Looking for a way to track your seizures?

- ▶ Try using Epsy, an app available on Android and Apple, to be able to record seizure activity and keep track of your triggers and medications

