

Can Telehealth for MAT Work for Me?

Telehealth Basics

What is telehealth for MAT?

Telehealth is a visit with a healthcare provider on the phone or on a computer. You can talk or text with your provider without going to their office. This might happen on a video platform, by talking on the phone, or by texting.

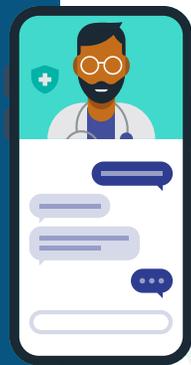
Medications for Addiction Treatment (MAT) refers to prescription drugs for substance use disorders. Your provider can help you with MAT in a telehealth visit. They can offer assessment, start you on medication (this is sometimes called induction), monitor your symptoms, and provide individual and group counseling in a telehealth session.

What do I need for a telehealth visit?

- A private space
- A phone, tablet, laptop, or computer
- An internet connection

Do I have a choice about using telehealth?

Yes. Using telehealth for MAT is your choice. You may choose in-person visits if you prefer.



How do I get ready for a telehealth visit?

- 1 Find a private space, like a room where you can shut the door.
- 2 Check your internet connection.
- 3 Make sure your phone or computer is set up for a visit.
- 4 Have everything you need with you. This includes the names of your current medications and a list of any questions you have.
- 5 Sign into your telehealth visit a few minutes before the session.

Common Concerns



I speak a language other than English.

Many providers have translators available to help.

I have a hearing impairment.

Many providers have texting options or captions for video platforms.

I'm worried about keeping my personal information safe.

Providers use special programs that protect your privacy.

I don't have a computer or internet access.

If you don't have a computer or internet access, that's ok! Some providers have "Zoom rooms" for you to use. These are rooms at their office you can use for telehealth visits.

Also, some programs cover internet costs and offer discounts to buy devices. The following are two examples. Your provider may know of others.

Affordable Connectivity Program

The Affordable Connectivity Program offers discounts on broadband internet service to eligible households. To learn more:

 **Phone:** (877) 384-2575

 **Link:** <https://www.fcc.gov/acp>

California LifeLine

The California LifeLine program offers discounts on home or cell phone bills to eligible households. To learn more:

 **Phone:**
1-866-272-0349 (English)
1-866-272-0350 (Spanish)

 **Links**
<https://www.californialifeline.com/en>
<https://www.californialifeline.com/es>

I have more questions.

Contact your healthcare provider with any questions or concerns. They can help you!