

Telemedicine / Telehealth

Telemedicine refers to the use of virtual communication technologies, such as video conferencing, to provide healthcare services.

In the context of functional medicine, telemedicine can be especially beneficial as it enables patients to connect with their practitioners from the comfort of their own homes. This can be especially useful for those who live in remote areas or who have mobility limitations.

During a telemedicine appointment, patients can discuss their symptoms and health concerns with their practitioner, receive a diagnosis, and receive a personalized treatment plan. The practitioner may also be able to perform virtual tests and assessments, such as reviewing patient-generated data or asking the patient to perform specific movements or activities during the appointment.



The use of telemedicine in functional medicine can help improve access to care and can also enhance the patient experience by allowing for more convenient and efficient appointments.