

HOW TO SET UP YOUR *first* TLN TELEHEALTH CONSULTATION

Step 1 **CHECK** - Verify your insurance coverage. Enter your state and insurance plan to confirm your coverage.

Step 2 **CONNECT** -Our 5-star care team will verify your coverage and pair you with an IBCLC who meets your needs within one business day.

Step 3 **SELECT** - Your IBCLC will work with you to decide which platform will be the best fit for your virtual consultation.

WHAT TO EXPECT DURING YOUR *virtual* CONSULTATION

During your telehealth consultation, your IBCLC will take note of your and your baby's health histories and observe a feeding.

Your IBCLC will ask you about your unique feeding challenges and goals, help resolve issues, answer any questions, and create a unique care plan for you and your baby.

GET THE MOST OUT OF YOUR *virtual* CONSULTATION

- ✓ Go to a quiet, comfortable area where you have privacy.
- ✓ If possible, use a computer (with camera access enabled) instead of a phone.
- ✓ Prepare a list of questions plus details about your baby's feeding habits and weight.