This distribution guide is intended to help care providers in different care settings educate their patients on how to navigate virtual healthcare. Telehealth has grown in popularity during the COVID-19 pandemic and has many benefits. It saves travel time and transportation costs, increases access to specialists and for second opinions, and can take place almost anywhere a patient can have a private conversation.

**Hospitals:**
- Post the infographic in waiting rooms, by or inside elevators, and in Lithe cafeteria or break areas.
- Include the infographic in admission packets.
- Feature the infographic in your hospital’s newsletter or on your organization’s website.
- Share the infographic and video at safety meetings and with your hospital's board of directors and other leadership groups.
- Play the video in waiting rooms or treatment rooms.
- Run the video on patient televisions in their rooms.
- Provide the infographic to your customer advocacy department as a resource.
- Provide a link to the entire Speak Up campaign on your organization’s website.

**Ambulatory Care Facilities:**
- Post the infographic in waiting rooms and in patient recovery rooms.
- Provide tabletop versions of the infographic as reading material in waiting rooms.
- Add the infographic to admission packets.
- Include the infographic or video in any patient newsletters or other external promotional materials.
- Share the infographic and video at safety meetings and with your organization’s board of directors and other leadership groups.
- Play the video in waiting rooms or run the video on patient televisions in their rooms.
- Provide the infographic at any welcome desk for patient visitors.
- Provide a link to the entire Speak Up campaign on your organization’s website.
Behavioral Health Care Centers:
- Post the infographic in waiting rooms and other entryways.
- Add the infographic to admission packets.
- Include the infographic or video in any newsletters or other external promotional materials.
- Share the infographic and video at safety meetings and with your organization’s board of directors and other leadership groups.
- Play the video in communal living areas.
- Provide the infographic at any welcome desk for visitors.
- Provide a link to the entire Speak Up campaign on your organization’s website.

Home Care Organizations:
- Post the infographic on your website.
- Add the infographic to informational packets.
- Include the infographic or video in any newsletters or other external promotional materials.
- Share the infographic and video at safety meetings and with your organization’s board of directors and other leadership groups.
- Provide a link to the entire Speak Up campaign on your organization’s website.