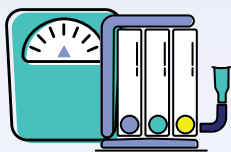


GETTING THE MOST OUT OF

VIRTUAL CF CARE CENTER VISITS

A virtual cystic fibrosis (CF) Care Center visit can bring new challenges for you and your child. Use the tips below to help you feel as supported virtually as you do in person.

WHAT TO GRAB BEFORE THE APPOINTMENT STARTS



Any necessary equipment, such as a **scale and an at-home spirometer**



A **list of topics you want to cover**, such as any changes in your child's weight, their sleep schedule, and their treatment plan



Getting the tools and equipment you need

Reach out to your child's CF care team if you need help getting a scale, an at-home spirometer, and other necessary resources for your next virtual visit.



A **notepad and pen** for writing down information

START WITH THE BASICS

Before you get into the major aspects of your appointment, like treatment plans and specific test results, spend a few minutes talking about how your child is doing. **Below are a few conversation starters. Use them as a jumping-off point as you consider what works best for you.**

"The main thing I want to talk about is"

"**Something I could use help on is**"

"I've noticed my child has been feeling"

"The symptoms I've noticed are"

"**The changes I've seen are**"

FOCUS ON A HEALTHY MINDSET

Take a few moments to talk about how your child has been feeling emotionally. Whatever has been going on, your care team will want to know. And they can help.



MAKE YOUR VOICE HEARD

You may feel some added challenges when you meet with your care team virtually. But it's still important that you feel like your questions are answered and your time is well spent. **Try these tips during your child's virtual visit to make sure your point of view is clearly communicated.**

- 1 **Be focused** on the topics and questions that are most important to you.
- 2 **Be honest** about any thoughts or concerns that have come up since your last visit.
- 3 **Be vocal** about what you need from each care team member.



Use this space to jot down any thoughts and feelings ahead of your next appointment. **Remember, nothing is too small if it matters to you.**

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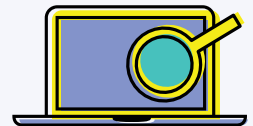
Information and support between appointments

CFSource.com is your one-stop shop to learn all about CF. There are engaging videos, informative guides, plus a series of comic books and an interactive dictionary designed to make CF education fun for children.

[Explore CFSource.com](#)

Keep up with the latest news in CF plus ways to get involved by visiting the Cystic Fibrosis Foundation®.

[Get to know CFF.org](#)



Getting to know the CF care team

For your child

Join Eugene the Gene and his friend Billie as they meet a few members of a typical CF care team. Watch with your child before their next appointment.

[Tag along at EugeneAndBillie.com](#)



For you

Learn the basics about a few typical care team members and use this resource to keep their contact information organized too.

[Meet your team at CFCareTeam.com](#)