# Basic Remote Equipment Checklist

Essential Tools for Effective Remote Medical Support

- ☐ *Reliable computer or laptop with sufficient processing power*
- ☐ *Built-in or external webcam and microphone*
- ☐ *Updated operating system and security patches*
- ☐ *High-speed internet connection (~25 Mbps download/upload)*
- ☐ *Wired Ethernet connection preferred over Wi-Fi*
- ☐ *Headset with noise-canceling microphone*
- ☐ *Dual monitors for multitasking (optional)*
- ☐ *Secure Virtual Private Network (VPN) access*
- ☐ *Access to practice-specific software (EMR, scheduling, billing)*
- ☐ *Communication platform installed (e.g., Microsoft Teams, Zoom)*
- ☐ *Uninterruptible Power Supply (UPS) or surge protector*
- ☐ *Ergonomic chair and desk setup*
- ☐ *Adequate lighting to reduce eye strain*