



Your Guide to Care

Home Visits • Telehealth • Chronic Disease Care

Our approach

Compassionate, physician-led primary care designed around your needs, your location, and your health goals.

Yessenia M. Marte, MD

Board-Certified Family Medicine Physician

Bilingual care in English and Spanish

This guide explains what each service includes, who may benefit, how to prepare, and what to expect before and during your appointment.

martemobilemedicine.com



PATIENT INFORMATION GUIDE

Home Visits

Thoughtful, physician-led primary care in the comfort and familiarity of your home.

What is a home visit?

A home visit brings an in-person primary-care appointment to the patient. Dr. Yessenia Marte evaluates the patient where they live, helping reduce the burden of transportation and making care more accessible for adults who have difficulty traveling to a traditional office.

Who may benefit?

- Older adults and patients with limited mobility or transportation challenges.
- Adults who need ongoing primary care or follow-up after a hospitalization.
- Patients managing multiple medications or chronic medical conditions.
- Caregivers who would benefit from participating in the visit, with the patient's permission.

What to expect during the visit

- Review of your health history, current concerns, medications, allergies, and recent hospital care.
- Vital signs and a focused or comprehensive physical examination, based on your needs.
- Discussion of preventive care and management of chronic conditions.
- Medication review and prescriptions when medically appropriate.
- Orders for laboratory testing, imaging, or specialist referrals when indicated.
- A personalized care plan and instructions about follow-up.

How to prepare

- Have your photo identification and insurance cards available.
- Gather all prescription medications, over-the-counter products, vitamins, and supplements.
- Prepare a list of symptoms, questions, recent test results, and hospital discharge paperwork.
- Choose a quiet, well-lit area with enough space for a private medical evaluation.
- Let us know in advance about stairs, parking instructions, pets, mobility needs, or safety concerns.

Service area and limitations

Home visits are offered to eligible adults in selected Greater Orlando communities, including Orlando, Winter Park, Oviedo, Casselberry, Sanford, Longwood, Lake Mary, and Winter Springs. Availability depends on location, scheduling, clinical appropriateness, and insurance benefits.

Some symptoms require urgent testing, hospital care, or evaluation in a medical facility. A home visit may not be appropriate for every condition.

Ready to get started?	Call our office to request an appointment and verify insurance eligibility. Coverage and patient responsibility vary by plan. Verification is not a guarantee of payment.
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Marte Mobile Medicine provides non-emergency medical care. If you are experiencing a medical emergency, call 911 or go to the nearest emergency department.



PATIENT INFORMATION GUIDE

Telehealth Visits

Secure, convenient medical care from home when an in-person examination is not required.

What is telehealth?

Telehealth is a medical appointment conducted by secure video. It allows you to speak with Dr. Marte, review health concerns, discuss results, and receive an individualized plan without traveling to an office.

Telehealth may be useful for

- Primary-care follow-up and chronic disease management.
- Medication review and appropriate prescription renewals.
- Review of laboratory or imaging results.
- Preventive-care planning and lifestyle counseling.
- Selected non-emergency symptoms that can be evaluated safely by video.

What to expect

- You will connect through the practice's secure telehealth platform at your scheduled time.
- Your identity, current physical location, contact information, and privacy will be confirmed.
- The physician will review your symptoms and medical history and perform the parts of the examination possible by video.
- You may receive prescriptions, test orders, referrals, and follow-up instructions when appropriate.
- If a hands-on examination or urgent testing is needed, you may be directed to in-person care.

How to prepare

- Use a smartphone, tablet, or computer with a working camera, microphone, and reliable internet connection.
- Join from a private, quiet, well-lit location and allow a few minutes to connect.
- Have your medication list, pharmacy information, insurance card, and questions ready.
- If available, have recent blood-pressure, temperature, weight, pulse, or glucose readings nearby.
- Do not participate while driving. A parent, guardian, caregiver, or interpreter may join when appropriate and authorized.

Where telehealth is available

Telehealth is available to eligible patients who are physically located in Florida or Pennsylvania at the time of the appointment. The clinician must confirm your location before providing care. Services, prescribing, and insurance coverage may vary by state, condition, and health plan.

When telehealth is not enough

Telehealth cannot replace every in-person examination. Chest pain, severe shortness of breath, signs of stroke, major injury, loss of consciousness, severe allergic reaction, or other potentially life-threatening symptoms require emergency care.

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PATIENT INFORMATION GUIDE

Chronic Disease Care

Consistent, personalized support to help you understand and manage your health over time.

What is chronic disease care?

Chronic disease care is ongoing primary care for medical conditions that require regular monitoring, medication management, preventive care, and coordination with other healthcare professionals. The goal is to help you stay informed, address problems early, and follow a realistic treatment plan.

Conditions we commonly help manage

- High blood pressure and high cholesterol.
- Type 2 diabetes and prediabetes.
- Obesity and weight-related health concerns.
- Thyroid disorders.
- Asthma and chronic obstructive pulmonary disease (COPD).
- Multiple chronic conditions and complex medication regimens.

What your care may include

- A review of your diagnoses, symptoms, medications, and treatment goals.
- Monitoring of blood pressure, weight, glucose, laboratory results, or other relevant measures.
- Medication reconciliation, adjustments, and safety monitoring when appropriate.
- Preventive-care recommendations, including screenings and vaccinations.
- Nutrition, activity, sleep, and weight-management counseling tailored to your needs.
- Coordination of laboratory testing, imaging, specialists, pharmacies, and follow-up care.

Your role in the care plan

- Take medications as directed and tell us about side effects, missed doses, or affordability concerns.
- Complete requested testing and bring outside records or hospital paperwork to follow-up visits.
- Track home readings when requested and report meaningful changes.
- Keep scheduled follow-up appointments so the care plan can be reviewed and adjusted.
- Ask questions and share what matters most to you; treatment decisions should be collaborative.

How care is delivered

Depending on your location, clinical needs, and insurance coverage, chronic disease care may be provided through home visits, telehealth, or coordination with an in-person facility. The frequency of follow-up is individualized.

This service is general longitudinal primary care. It should not be confused with Medicare's separately defined and billed Chronic Care Management program. If that program is offered, its requirements, consent, and possible cost sharing will be explained separately.

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