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Should I See A Doctor? Top 10 Conditions For A Telehealth Doctor Visits

Often we hear from folks who aren't sure whether their specific healthcare concern warrants an online doctor visit. eDocHome can help with pretty much any health-related issue, but here are some of the most common conditions people see a doctor online for:

Condition #1: Sinus Infection

Imagine all the joys of a bad cold or allergy flare up and add some face and teeth pain. [That debilitating combo is likely a sinus infection](#) and is by far the most common condition the doctors on American Well treat. The big question is whether the sinus infection is viral or bacterial. [The latter usually calls for antibiotics](#) but you definitely need a doctor to figure out which one you have.

Condition #2: Common Cold

Your doctor may call it an upper respiratory infection but most people know it as the common cold. It can be important to see a doctor online about this to make sure it's not something more serious as well as make sure [your at-home treatment is on track](#).

Condition #3: Bronchitis

Any time you have a cough that won't quit, it's worth having a doctor listen. Bronchitis is pretty common [and can usually develop if you have a cold or other respiratory infection](#). Also, this is a condition that's often not treated correctly at home. Only a doctor can recommend the best course of treatment for you including possibly an inhaler or an antibiotic if it's caused by a bacterial infection.

Condition #4: Urinary Tract Infection

If you've had one of these before, you know exactly how [painful and uncomfortable](#) these can be. And if you've had a UTI once, you're at an increased risk to get a UTI in the future. The faster you see a doctor, [the faster you can start an antibiotics regimen](#) and start feeling better.

Condition #5: Sore Throat

[Also known as pharyngitis](#), this common condition could either be caused by a virus like a cold or flu, but it could also be caused by strep throat. [Only a doctor can accurately diagnose you](#) and you'll need that diagnosis to know how to treat it properly.

Condition #6: Conjunctivitis (Pink Eye)

Nothing makes you appreciate your eyes like getting a bad case of conjunctivitis, also known as pink eye. [This condition is incredibly common across the population but especially among children](#). It's also very contagious which makes it important to see a doctor and start a treatment plan as soon as possible.

Condition #7: Upset stomach

Whether caused by food poisoning, gastritis, or norovirus, an upset stomach can keep you home-bound for the entire duration of your symptoms. However, what you need to treat it is best determined by a doctor. No matter what's causing your symptoms though, it's important to stay hydrated.

Condition #8: Flu

If you forgot to get your flu vaccine this year, there's a chance you could catch the seasonal flu. This highly contagious disease strikes as early as October and continues to spread throughout the spring. However it can occur at any time. Flu is often diagnosed based on symptoms and exposure to the virus. That means it's much more convenient for both yourself and other hospital patients to be diagnosed and treated online.

Condition #9: Allergies

Also known as hay fever or allergic rhinitis, the sneezing and sniffing you get from allergies can be difficult to manage. It might be worth seeing a doctor about your allergies if this is your first season with symptoms, your symptoms are getting worse, or your symptoms are interfering with your sleep or ability to go to work.

Condition #10: Skin Wound or Rash

No matter the cause, a skin wound or a rash can be scary to try and self-diagnose. It can be difficult to determine whether your symptoms are part of the normal healing process or whether the area is actually infected. A doctor will be able to take a look at the wound or rash and have a better idea about what you can do for treatment.

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