WHITE PAPER

SECUREVIDEO

TELEHEALTH BY SPECIALTY

How 14 healthcare segments are putting virtual care to work, and what it takes to support each one well.



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Introduction



"Telehealth" gets talked about as if it's one thing, a video call instead of an office visit. In practice, it's fourteen different things wearing the same name. A psychiatrist running a weekly medication check-in, a dermatologist triaging a photo of a rash, and a hospital system routing an on-call specialist to a satellite ER are all technically doing "telehealth," but the benefits they're after, the way they use it day to day, and the features that actually matter to them look almost nothing alike.

This guide walks through 14 healthcare segments one at a time: who they are, why telehealth has taken hold (or hasn't) in that specialty, what a virtual visit typically looks like in practice, and the specific platform capabilities that tend to matter most. Each chapter closes with a short note on how SecureVideo, a HIPAA-compliant video platform built as a Zoom partner, fits into that picture — but the goal of this guide is bigger than any one vendor: it's a field map of where telehealth stands, specialty by specialty, going into 2026.

Behavioral Health & Mental Health Providers

Therapists, counselors, and psychiatrists deliver talk therapy, medication management, and group treatment, and mental health has become, by a wide margin, the largest single category of telehealth use in the country. Recent claims data shows mental health conditions account for roughly 52% of all telehealth claims nationally, and among specialties tracked in late 2025, mental health had the highest telehealth utilization rate of any specialty at 28.2% of visit, more than double the next closest specialty.

Why Telehealth Works Here.

- **Reduces the stigma and logistical friction of being seen walking into a therapist's office**
- **Expands access in therapy and psychiatry "deserts" where specialists are scarce**
- **Makes weekly or biweekly recurring care realistic for people juggling work and caregiving**
- **Tends to run lower no-show rates than in-person visits when paired with reminders**

What This Looks Like in Practice.

- **Rock-solid video reliability, a dropped connection mid-session is a clinical event, not just an inconvenience**
- **Group video for group therapy, intensive outpatient programs, and peer support**
- **Secure messaging between sessions for brief check-ins**
- **E-prescribing support, including controlled substances where regulations allow**
- **Integration with measurement-based care tools like PHQ-9 and GAD-7**

How SecureVideo Fits In: SecureVideo runs on multiple video engines with automatic fallback so sessions can recover from a shaky connection instead of dropping mid-conversation, and pairs that with a signed BAA, HITRUST r2 certification, and awareness of 42 CFR Part 2 requirements for practices treating substance use disorders. Group sessions support up to 300 participants, and secure cloud recording with role-based access supports clinical supervision and training.

Dentistry

Dental practices are extending consultations, screenings, and follow-up care beyond the physical chair. The global teledentistry market was valued at roughly $2.0 billion in 2024 and is projected to reach $4.8 billion by 2030, a 15.3% compound annual growth rate, with live teleconsultation making up the largest share of that market.

Why Telehealth Works Here.

- **Lets patients get a quick screening or triage before committing to an in-office visit**
- **Supports remote consults for ongoing care like orthodontic or aligner check-ins**
- **Extends access to rural or underserved patients without a local dentist**
- **Helps reduce unnecessary emergency-room visits for dental pain**

What This Looks Like in Practice.

- **High-resolution photo and video capture for visual assessment**
- **Asynchronous, "store-and-forward" consults for non-urgent screening**
- **Integration with dental imaging and practice-management systems**
- **Digital consent and intake forms**

How SecureVideo Fits In: SecureVideo supports dental practices with masked calling so providers can follow up with patients without exposing a personal number, virtual waiting rooms for handling paperwork and payment before the visit, live interpretation for patients who don't speak English as a first language, and account customization to match a practice's branding.



Dermatology

Roughly 63% of dermatologists reported using teledermatology in 2022, and about six in ten kept it as part of their practice into 2025, though overall, virtual visits still make up only an estimated 1–10% of all dermatology visits, making it a durable but niche channel. Where it is used, it earns its place: structured e-consults resolve an estimated 70–85% of cases without requiring an in-person visit at all.

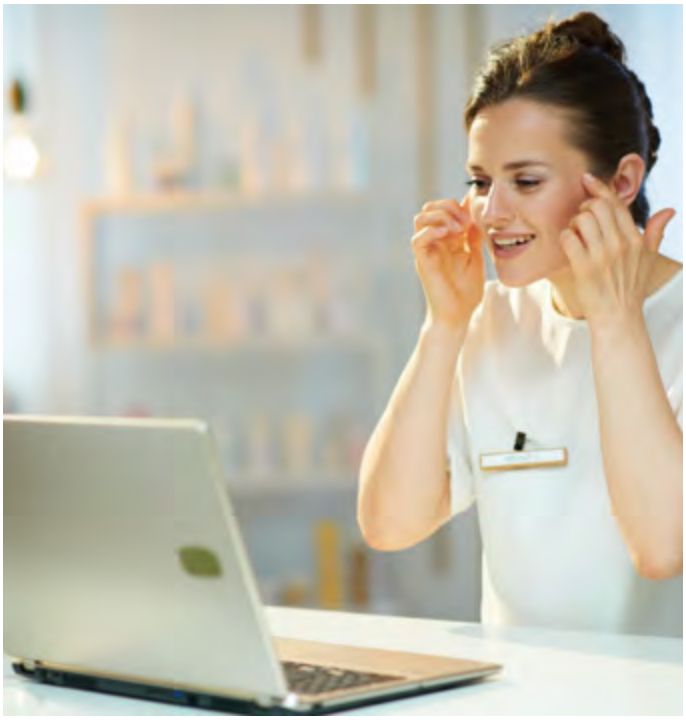
How SecureVideo Fits In: SecureVideo bundles the tools dermatology practices tend to need, virtual waiting room, e-documents, secure payments, session notes, and masked calling, into a single "Advanced Session Tools" package, backed by a video engine with fallback support so connection hiccups don't interrupt a visual assessment.

Why Telehealth Works Here.

- **Speeds up triage of rash, lesion, and other visual skin concerns**
- **Gets patients to a specialist faster, especially in rural areas with limited dermatology access**
- **Cuts down on wait times for non-urgent evaluations**
- **Makes routine follow-up for chronic skin conditions far more convenient**

What This Looks Like in Practice.

- **High-resolution image and video capture, often paired with asynchronous store-and-forward consults**
- **Image annotation and zoom tools for close visual review**
- **Support for dermoscopy images where available**
- **Increasingly, AI-assisted triage or documentation support**



Dietitians & Nutritionists

Registered dietitians and nutritionists deliver everything from medical nutrition therapy for chronic disease to general wellness coaching. Reliable US-specific adoption figures are harder to come by than in other specialties, but international survey data offers a useful signal: a 2025 survey of registered dietitian nutritionists found 56% had used telehealth during the pandemic, and 90% of those who did had folded it into routine ongoing practice rather than treating it as a temporary measure.

Why Telehealth Works Here.

- **Makes recurring follow-up visits far more convenient to keep on the calendar**
- **Widens access to specialized dietitians (renal, oncology, eating-disorder nutrition) regardless of geography**
- **Supports the ongoing coaching and habit-building cadence nutrition counseling depends on**
- **Pairs naturally with food-logging and tracking tools patients already use**

What This Looks Like in Practice.

- **Screen sharing to review food logs, nutrition labels, and meal-planning tools together**
- **File and photo upload for meal photos and lab results**
- **Recurring appointment scheduling**
- **Integration with wearables, continuous glucose monitors, or food-tracking apps**

How SecureVideo Fits In: SecureVideo supports dietitians and nutritionists with e-documents for food records and intake questionnaires completed before the session, screen sharing for live meal-plan walkthroughs, clinical chat and file sharing for delivering plans between visits, group sessions for nutrition classes, and automated reminders to cut down on no-shows.



Fertility Specialists & Reproductive Health

Fertility care runs on frequent, time-sensitive touchpoints, which makes it a strong fit for virtual visits. One academic fertility center study of over 5,500 new-patient visits found 24.1% were conducted via telehealth, with no significant difference in pregnancy outcomes compared to in-person visits, and telehealth patients were 45% less likely to skip recommended diagnostic testing. More broadly, OB and reproductive health specialties reported roughly 9.4% telehealth utilization in late-2025 data.

Why Telehealth Works Here.

- **Cuts the travel burden for the frequent monitoring visits fertility treatment requires**
- **Associated with better follow-through on diagnostic testing, based on the study above**
- **Offers a private, low-pressure setting for sensitive conversations about results and next steps**
- **Makes getting a second opinion far more accessible**



What This Looks Like in Practice.

- **Integration with lab and imaging results**
- **Secure messaging for time-sensitive coordination around treatment-cycle timing**
- **E-consent for procedures**
- **Scheduling flexibility that can move with a treatment cycle rather than a fixed calendar**

How SecureVideo Fits In: SecureVideo supports fertility practices with screen sharing for walking through cycle calendars and embryo grading, e-documents for intake and procedure consent, group sessions for IVF orientation and peer support, and secure clinical chat for time-sensitive medication and lab questions, plus coordination support across affiliated specialists like reproductive psychologists and genetic counselors.

GLP-1 & Weight Management Providers

Few corners of healthcare have grown as fast as GLP-1 care in the last two years, and telehealth has grown right alongside it: the GLP-1 telehealth platforms market was valued at roughly $660 million in 2025 and is projected to reach $3.28 billion by 2036. Endocrinology, the specialty most closely tied to this kind of metabolic management, reported 11.4% telehealth utilization in late-2025 data, well above the primary-care average.



Why Telehealth Works Here.

- **Fits the recurring, low-touch nature of dosage titration and side-effect monitoring**
- **Lowers the stigma barrier that keeps many patients from seeking obesity care in person**
- **Makes it easier to connect patients with specialists, dietitians, and behavioral coaching in one care plan**
- **Supports the check-in cadence needed to keep patients engaged over a multi-month treatment course**

What This Looks Like in Practice.

- **Integrated e-prescribing and pharmacy connectivity**
- **Asynchronous check-in questionnaires between visits**
- **Remote weight and vitals tracking integration**
- **Care-team messaging that connects dietitians and prescribers on the same patient**

How SecureVideo Fits In: SecureVideo supports GLP-1 and weight-management providers with e-documents for intake and consent, automated reminders to keep patients on a monthly or bi-monthly check-in cadence, secure clinical chat and file sharing for lab results and medication instructions, group sessions for education, and virtual waiting rooms for check-in and paperwork.

Hospital & Health Systems

At the system level, telehealth is less about any single visit type and more about extending limited specialist coverage across an entire network. National telehealth claims rose 10.1% from Q4 2025 to Q1 2026, and while urban patients still use telehealth at roughly twice the rate of rural patients, rural adoption is growing faster, a gap health systems are actively working to close. Industry benchmark surveys describe 2025–2026 as the period where hospitals moved from piloting virtual care to scaling it system-wide.

Why Telehealth Works Here.

- **Extends specialist reach across every site in a system, not just the flagship location**
- **Supports hospital-at-home programs and post-discharge follow-up**
- **Helps address specialist shortages through tele-stroke, tele-ICU, and tele-psychiatry consults**
- **Improves throughput and capacity management across a network under strain**

What This Looks Like in Practice.

- **Enterprise EHR integration (Epic, Cerner, and similar systems)**
- **Multi-department, multi-site configurability**
- **On-demand acute consult workflows for specialist coverage**
- **Interpreter and language-access services, plus system-wide analytics and reporting**
- **Single sign-on and credentialing across facilities**

How SecureVideo Fits In: SecureVideo's Virtual Clinic capability is built for exactly this: a configurable, on-demand setup that connects a patient at one site with an available specialist elsewhere in the system, SecureVideo describes a hospital using it so on-call psychiatrists can provide remote emergency evaluations to satellite ER locations. That's paired with API integrations for SSO and scheduling, and hybrid video engines configurable per user or account.





Medical Practices (Primary Care & Multi-Specialty)

Telehealth use in primary care has settled into a steady range after the pandemic spike, around 6–7% of visits as of late 2025, down from a peak of just over 8% in mid-2022 but stable since 2023. Usage skews younger: adults 25–39 use telehealth in roughly 10% of primary care encounters, compared to under 2% for children ages 0–2, and metro-area patients use it at roughly double the rate of rural patients.

Why Telehealth Works Here.

- **Makes routine follow-up and chronic-disease management easier to keep on schedule**
- **Reduces no-show rates compared to in-person-only scheduling**
- **Expands access for time-constrained patients who'd otherwise skip care**
- **Supports triage before deciding whether an in-office visit is even needed**

What This Looks Like in Practice.

- **EHR and practice-management integration**
- **E-prescribing**
- **Asynchronous secure messaging**
- **Scheduling templates that work across a multi-specialty practice**
- **Billing integration that handles a mixed virtual and in-person workflow**

How SecureVideo Fits In: SecureVideo supports medical practices with easy appointment scheduling and automated reminders, session notes and e-document management, co-payment processing built into the visit flow, secure chat and file transfer for follow-up, and masked calling to protect provider privacy.

Menopause Care & Women's Health

Women's health has become one of the fastest-growing corners of virtual care: visit volume surged 276% from the first to the fourth quarter of 2024, and 73% of virtual-care users overall identify as female. The US women's health market was valued at roughly $18 billion in 2024, with menopause and reproductive health cited among the categories attracting the most digital-health investment, and 75% of employers now say they prioritize women's health benefits, including telehealth access.

Why Telehealth Works Here.

- **Addresses decades of under-treatment and stigma around menopause and hormonal health**
- **Gets patients to menopause-trained clinicians who are geographically scarce almost everywhere**
- **Makes ongoing hormone-therapy management far easier to stay on top of**
- **Offers privacy for conversations many patients find easier to have from home**



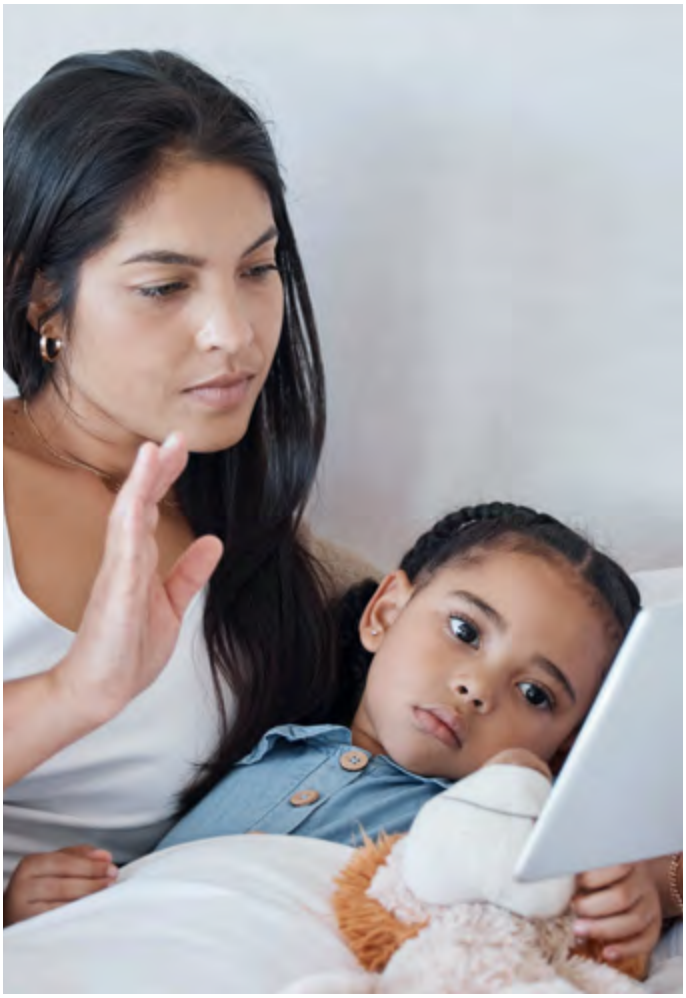
What This Looks Like in Practice.

- **Integration with lab and imaging results**
- **Secure messaging for time-sensitive coordination around treatment-cycle timing**
- **E-consent for procedures**
- **Scheduling flexibility that can move with a treatment cycle rather than a fixed calendar**

How SecureVideo Fits In: SecureVideo supports menopause and women's health providers with secure clinical chat for symptom and medication questions, customizable automated reminders, e-documents for symptom questionnaires and consent, group sessions for education and peer support, and account customization for a discreet, branded patient experience.

Pediatrics

More than 12 million children rely on telehealth annually in the US, and adoption in pediatric primary care has grown substantially, one Kaiser Permanente Northern California cohort study found roughly 42% of pediatric primary care appointments were conducted via telehealth. Mental health telehealth use among children ages 0–9 sits at about 27% of claims, lower than the adult rate, but a meaningful and growing share.



Why Telehealth Works Here.

- **Saves working parents the time and disruption of an in-office visit**
- **Reduces a child's exposure to other contagious illnesses in a waiting room**
- **Supports developmental and behavioral follow-ups without a trip to the office**
- **Extends access to pediatric specialists in rural or underserved areas**

What This Looks Like in Practice.

- **Parent or guardian proxy access and consent workflows**
- **Growth-chart and immunization-record integration**
- **Child-friendly interface considerations**
- **Multi-party video support for a caregiver, school nurse, or other family member joining a visit**

How SecureVideo Fits In: SecureVideo supports pediatric practices with secure clinical chat for quick communication with families, virtual waiting rooms to manage patient flow, interpretation services for non-English-speaking families, screen sharing and annotation tools for visual explanation, and 24/7 support for both patients and providers.

Pharmacy

The global telepharmacy market was valued at roughly $10.1 billion in 2024 and is projected to reach nearly $22 billion by 2032. The case for it is backed by outcomes data: one study found telepharmacy in rural areas was associated with a 27% jump in medication adherence, and more than 30 US states have updated laws to accommodate remote prescribing and consultation.

Why Telehealth Works Here.

- **Extends pharmacist coverage to rural or underserved sites without an on-site pharmacist**
- **Improves medication adherence through remote counseling**
- **Supports medication therapy management (MTM) programs at scale**
- **Helps catch and prevent dispensing errors through remote verification**

What This Looks Like in Practice.

- **Remote order-verification workflows**
- **Integration with pharmacy dispensing and inventory systems**
- **Secure video for medication counseling sessions**
- **E-prescribing connectivity and multi-state licensure management support**

How SecureVideo Fits In: SecureVideo supports pharmacies with secure video consultations for medication counseling, e-documents for intake and medication reconciliation, clinical chat and file sharing for prescription summaries and adherence tracking, automated reminders to keep patients on schedule, and interpretation services across 240+ languages and dialects, including ASL.

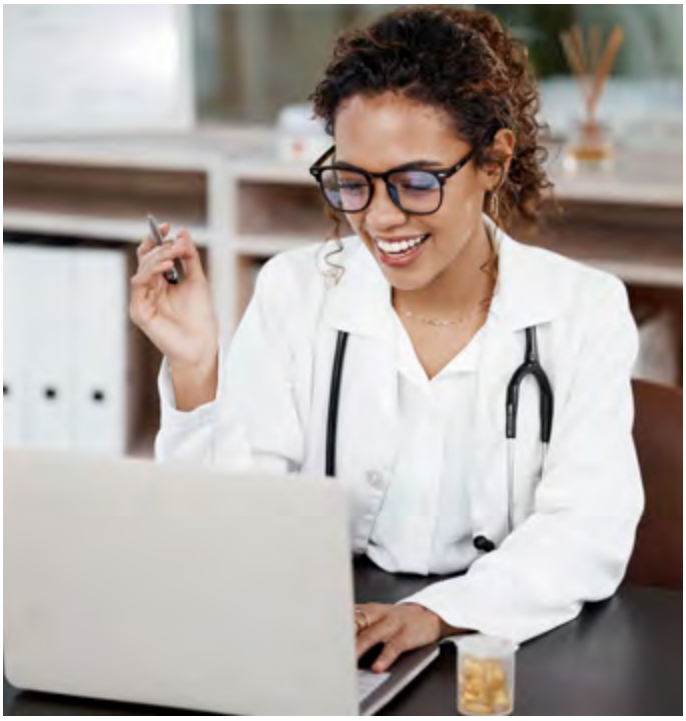


Pre-Surgical Care Coordination

Pre-operative workflows are a strong, evidence-backed use case for virtual care. A study of 1,113 elective cardiac surgery patients, 559 evaluated via telehealth pre-op visits, 554 in person. found no significant differences in one-year mortality, procedure time, length of stay, or complications. Telehealth patients saved a median of 91.8 minutes and 2.4 gallons of gas per round trip, and the telehealth group reached patients who lived meaningfully farther from the hospital.

Why Telehealth Works Here.

- **Cuts the travel and time burden of pre-op clearance visits, with no measurable cost to outcomes**
- **Supports coordination across surgeons, anesthesiologists, and primary care without multiple in-person trips**
- **Improves adherence to pre-op instructions when they're delivered clearly and digitally**
- **Can reduce day-of-surgery cancellations tied to incomplete paperwork or workups**



What This Looks Like in Practice.

- **E-consent and document signing for surgical consent**
- **Checklist-driven intake workflows**
- **Integration with lab, imaging, and anesthesia clearance systems**
- **Multi-provider care-team scheduling and secure document upload**

How SecureVideo Fits In: SecureVideo supports pre-surgical coordination with e-documents for surgical history and consent forms, screen sharing to walk patients through procedures and post-op expectations, system integrations to sync with existing EHR records, group sessions for pre-surgical education classes, and coordinated scheduling across surgeons, anesthesiologists, and care coordinators.

Schools & Universities

Campus mental health demand has outpaced what in-person counseling centers can staff: 57% of college students report needing emotional or mental-health support in the past academic year, and campus teletherapy vendors collectively now serve roughly 4.8 million students across more than 700 campuses. Utilization varies widely by campus, some report thousands of visits with half their student body registered, others closer to 11% utilization, reflecting how new and unevenly rolled out these programs still are.



Why Telehealth Works Here.

- **Addresses counselor shortages and long wait times at campus health centers**
- **Provides after-hours or 24/7 access, which matters given student schedules**
- **Lowers the stigma some students feel about visiting a campus health center in person**
- **Supports continuity of care during breaks or study-abroad terms**

What This Looks Like in Practice.

- **Self-service scheduling alongside crisis or 24/7 access lines**
- **Peer-support and self-guided content alongside licensed counseling**
- **Integration with student health and wellness portals**
- **Multi-state licensure coverage, since students often come from many home states**

How SecureVideo Fits In: SecureVideo supports schools and universities with interpretation services for a linguistically diverse student population, on-demand scheduling built around student availability, group sessions for group therapy or educational programming, clinical chat for quick consults, and virtual waiting rooms for privacy and flow.

Small & Independent Practices

Telehealth is now close to standard practice at the small-practice level too: a late-2024 physician survey found 78% of respondents work at a practice that offers telehealth, 90% expect its use to keep growing, and 68% report being satisfied with how their practice implemented it. Where adoption lags, it tends to be smaller and solo practices citing cost, workflow disruption, or a personal preference for in-person care, not a lack of patient demand.

Why Telehealth Works Here.

- **Lower overhead than expanding physical space or staff to grow visit volume**
- **Helps a small practice compete with larger systems and retail health on convenience**
- **Reduces the revenue lost to no-shows**
- **Extends a practice's reach beyond its immediate geographic draw**



What This Looks Like in Practice.

- **Low-cost, low-complexity setup that doesn't require dedicated IT support**
- **Integration with common small-practice EHR and practice-management systems**
- **Simple patient-facing scheduling and payment collection**
- **Pricing that scales reasonably with lower visit volumes**

How SecureVideo Fits In: SecureVideo supports small and independent practices with an easy-to-use interface that doesn't require dedicated IT support, robust scheduling with automated reminders, flexible configuration across specialties, and access to the same enterprise-grade toolkit larger systems use, advanced session tools, group sessions, virtual waiting rooms, and interpretation services, at small-practice scale.



What Ties It All Together

Across all 14 of these segments, the same broad forces show up again and again: patients facing geographic or scheduling barriers to in-person care, providers looking to use limited specialist time more efficiently, and, increasingly, outcomes data showing that virtual care holds up as well as in-person care for a growing list of use cases, from fertility monitoring to pre-surgical clearance.

What doesn't generalize is the feature list. A behavioral health practice lives or dies on video stability and compliance depth; a dermatology practice needs image quality and store-and-forward workflows; a hospital system needs enterprise integration and cross-site scheduling. Choosing (or building) a telehealth strategy without accounting for that specificity is how practices end up with a platform that's technically HIPAA-compliant and practically wrong for how they actually work.

One Platform, Configurable for Every Specialty. SecureVideo brings the same HIPAA-compliant, Zoom-powered foundation to every specialty in this guide, and lets you configure the features that matter most for how your practice actually works.

- See the specific feature set for your specialty at securevideo.com.
- Start a free 14-day trial to test it against your own workflow.
- Talk to the SecureVideo team about EHR/EMR integration and account setup.

Start your free 14-day trial at securevideo.com

Get in touch with us today.