Technology is integrated into all aspects of life today, including the experience with our primary care providers. It provides for better care coordination, improves patient education by providing multiple ways to deliver and reinforce information, allows for better data collection that provides the medical community with information to improve the overall health of the population, and simplifies regular tasks like making appointments, obtaining test results, or gathering information. The use of technology in healthcare will continue to grow, so it’s important that patients understand how to use the tools that are available to them.