

AUTHOR

Lisa Thomez
ENG 571
05 February 2026

CARE AT A DISTANCE

MEDIATED PRESENCE AND EMOTIONAL MAINTENANCE

AFFILIATIONS

College of Humanities
and Social Sciences

Minnesota State
University, Mankato

INTRODUCTION

The digital artifacts selected for this sub-collection illustrate how technology allows care and connection to take place in the absence of physical presence. The advancement of virtual connection and virtual care technologies was largely catalyzed by the COVID-19 pandemic, which created a more pressing need for these technologies.

CONTEXT

These examples fit into their larger collection ("From Relationship to System: Technology and Intimacy") because they provide a glimpse into the changing landscape of human connection and interpersonal relationships in light of technologies developed specifically to facilitate those relationships.

ARTIFACT 1

- **Telehealth Fact Sheet: What is telehealth?**
 - Public health educational material including infographics and explanations of when, why, and how to use telehealth as a patient
 - Developed by PANDEMIC (Program to Alleviate National Disparities in Ethnic and Minority Immunizations in the Community); published in 2023



ARTIFACT 2

- Report: [Minnesota Study of Telehealth Expansion and Payment Parity](#)
 - Local examination of telehealth utilization, comparing pre-pandemic (2019) to post-pandemic (2022) patient outcomes
 - Includes data represented visually through charts and graphs

ARTIFACT 3

- Research paper: [Long-distance texting: Text messaging is linked with higher relationship satisfaction in long-distance relationships](#)
 - Study exploring the use of remote communication in long-distance relationships
 - Considers virtual connection technology in the setting of romantic relationships

ARTIFACT 4

- Video: [How to start a Jam so you can listen together in real-time](#)
 - Instructional video for streaming platform Spotify's "Jam" feature (allows users in any location to build and listen to a collaborative playlist)
 - Introduces a unique way to connect virtually under the social media umbrella



WORKS CITED

Holtzman, Susan, et al. "Long-distance texting: Text messaging is linked with higher relationship satisfaction in long-distance relationships." *Journal of social and personal relationships* 38.12 (2021): 3543-3565.

MN EHR Consortium. "Minnesota Study of Telehealth Expansion and Payment Parity." MN EHR Consortium, Jan. 2024, www.health.state.mn.us/data/economics/telehealth/docs/mnehr.pdf

Program to Alleviate National Disparities in Ethnic and Minority Immunizations in the Community (PANDEMIC). "What is telehealth?" PANDEMIC, 8 March 2023, <https://phhp-epi-pandemic.sites.medinfo.ufl.edu/2023/03/08/what-is-telehealth/>

SpotifyCares. "How to start a Jam so you can listen together in real-time." YouTube, uploaded by SpotifyCares, 17 Nov. 2023, <https://www.youtube.com/watch?v=vASEpgXZW6c>