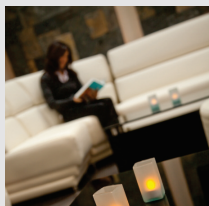


TELEHEALTH TIPS FOR PATIENTS

How to prepare for telephone or video medical appointments

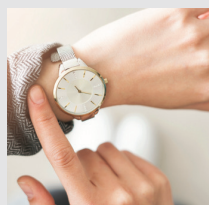


1

FIND A PRIVATE SPACE

Your healthcare provider may need to ask you personal questions and see you clearly.

Please find a private, quiet space with good lighting.



2

ALLOW PLENTY OF TIME

Due to medical emergencies it is virtually impossible for doctors to run exactly to the minute. Make yourself comfortable and expect to wait.



3

WRITE A LITTLE LIST

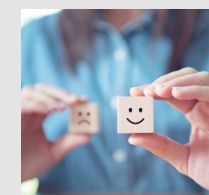
It can be hard to remember what you wanted to discuss with your doctor. Write a list of what you want to cover and keep it handy along with a pen and paper in case you want to take any notes in the appointment.



4

CHECK YOUR UNDERSTANDING

Telehealth consultations require extra clarity. Repeat back important instructions to your healthcare provider to ensure you understand advice or instructions.



5

TELEHEALTH IS NEW FOR EVERYONE

Telehealth is new to your healthcare providers. It may be new for you. Please share your thoughts and experiences and together we can improve patient-centred healthcare for everyone.



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