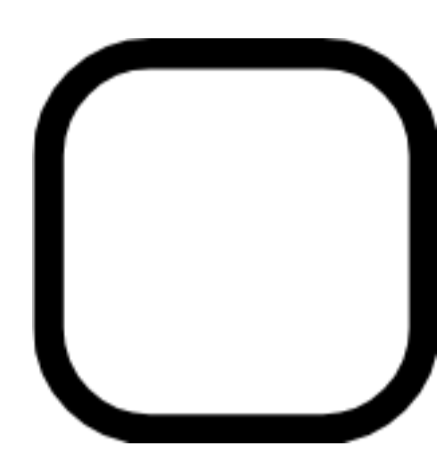
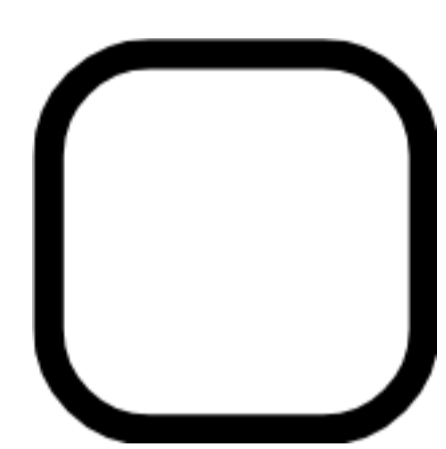


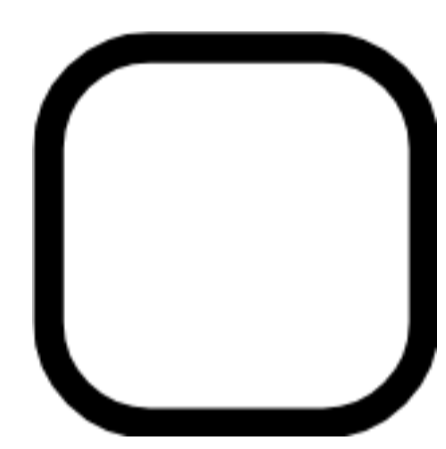
Telehealth CHECKLIST for health consumers



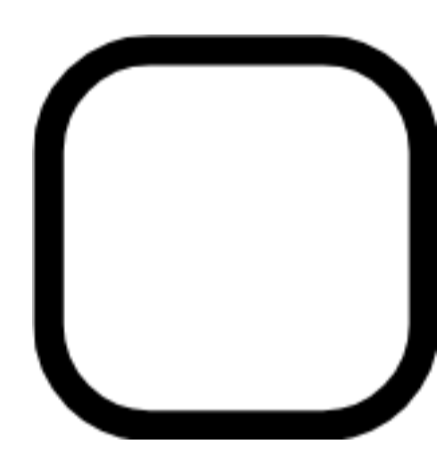
Write down what you want to discuss and have any medicines you take in front of you.



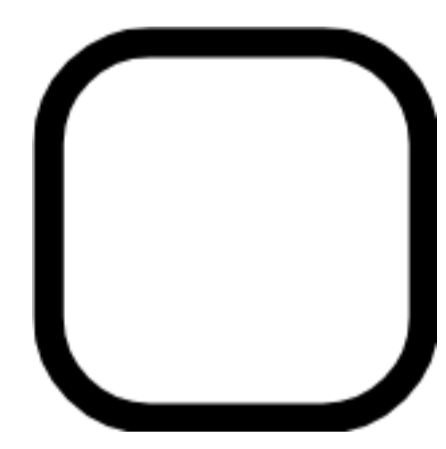
Make appointment by phone or via clinic website – state preference for video, telephone or patient portal message.



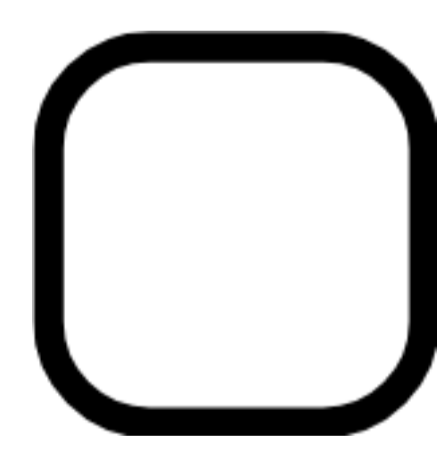
Receive link for any video consult. Test your connection & sound beforehand. Ask whanau for help if needed.



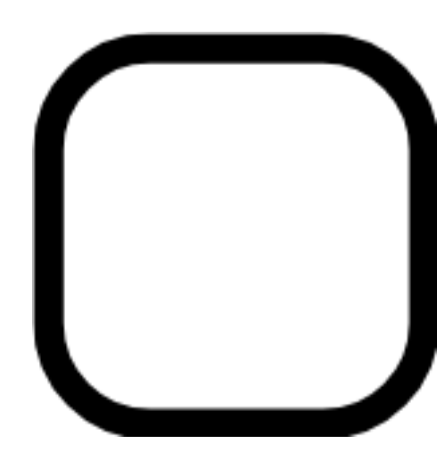
Make sure your device is charged and you have a strong wifi connection.



Choose somewhere private and if others are present, tell your provider. Logon in time for your appointment.



Consultation takes place. If connection problems, logon again. Change to phone if needed. Have pen and paper to take notes.



Check you are clear about instructions for prescriptions, work certificates, lab tests, self-care advice at home.