

What is Telehealth?

You might have heard your doctor or medical service is offering 'Telehealth' appointments, but what does that mean?

Telehealth is basically fancy language to describe **medical appointments that happen over the phone or by video call.**



What is Telehealth?

- **How:** Phone or video call
- **Cost:** Like face-to-face appointments, your service may be provided for free or at a private cost - ask your provider about their costs.
- **How do I know if my doctor is offering phone or video calls?** Call your doctor to ask, or they may have a post on their website or social media saying they now offer Telehealth appointments.
- **What if I have physical symptoms?** Depending on how your conversation goes on the phone/video your doctor may ask you to see them in person later, or they may have gotten enough information talking to you and will not need to physically see you.

