

# လဲဆူတတ်သွန်နံဖးသီခိဖျိတက်ကိးလိ်သး လာကွဲဟူဖျါအပူ

## Telehealth with the Royal Melbourne Hospital

**ဖဲအလိ်အိန်,နဒီးန့ၣ်ဘၣ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးသ့ခိဖျိ  
လိ်ကျိခိၣ်လာတက်ကိးလိ်သးလာကွဲဟူဖျါအပူန့ၣ်လိ်.**

တက်ကိးလိ်သးလာကွဲဟူဖျါအပူအံၤဘိၣ်ညီဝဲဒ်လိတဲစိအသိး,ဟ့ၣ်ဒီး  
တက်ကဲ ဘျးဒိၣ်ထီၣ်လာကဆဲးကျိလိ်ဘၣ်သးလာမိၣ်သကိးမိၣ်န့ၣ်လိ်.

ကမၤစ့ၤလိ်နတၢ်ဆာကတီၢ်ဒီးတၢ်လက်ဘူၣ်လက်စ့ၤ,ဒီးဟဲစိဟ့ၣ်တၢ်  
ကွၢ်ထွဲန့ၣ် လၢအဘျးဒီးန့ၣ်လၢဟံၣ်လၢပီၣ်န့ၣ်လိ်.



### ယကဘၣ်လဲထီၣ်တၢ်သွန်နံဖးသီအံၤဖဲလဲၣ်.

လာကလဲထီၣ်တၢ်သွန်နံဖးသီအဂီၢ်,လဲဆူ-

<https://thermh.org.au/telehealth>

မ့တမ့ၢ်သူဘၣ် QR အခိးအံၤလာကန့ၣ်လိ်ဘၣ်ဆူကသိၣ်ဒါး  
အတၢ်အိၣ်ခိးအလိ်န့ၣ်တက့ၢ်.



လာကလဲဆူတၢ်သွန်နံဖးသီအလိ်,နကဘၣ်န့ၣ်လိ်ဆူကသိၣ်အဒါး(clinic)  
တၢ်အိၣ်ခိးအလိ်ဖဲလိ်ကျိခိၣ်အပူန့ၣ်လိ်. တၢ်ကဒုးသ့ၣ်ညါဆူၣ်ချ့ကတုၤဖဲန  
လဲတုၤအခါ, ဒီးနဆူၣ်ချ့ပုၤဘၣ်မူဘၣ်ဒါတဂၤကန့ၣ်လိ်. ဆဲးကျိးန့ၣ်ဖဲနအိၣ်  
ကတၢ်ကတီၢ်သးအခါန့ၣ်လိ်. တလိၣ်နတ့ၣ်ထီၣ်တၢ်န့ၣ်လိ်အနီၣ်ဂီၢ်န့ၣ်ဘၣ်.  
တၢ်ဂ့ၢ်တၢ်ကျိလၢန့ၣ်လိ်အံၤတဖၣ်တၢ်တၢ်ကိးအံၤနီၣ်တမံၤဘၣ်.

- ✓ **လာယကန့ၣ်လိ်လာတက်ကိးလိ်သးလာကွဲဟူဖျါအပူ  
အံၤယကဘၣ်မၤ တၢ်မနုၤလဲၣ်.**
- ✓ **အံၤထၢနဲးတၢ်ဆဲးကျိးလၢအဂီၢ်ဆူၣ်**  
နကွၢ်ကွဲဟူဖျါအံၤလၢပုၤယဲၤအဖိခိၣ်မ့ၢ်သ့တခါ(အဒိ YouTube)  
အသိးန့ၣ်, နကိးလိ်သးလာကွဲဟူဖျါအပူန့ၣ်လိ်.
- ✓ **တၢ်လိ်လၢအသဒါတတီၢ်,မ့ၢ်အူကပီၤဖဲပုၤတမၤတၢ်တၢ်န့ၣ်အ  
လိ်ဖဲတၢ်တၢ်ပိၣ်တၢ်ပိၣ်** ပီၤအကတီၢ်
- ✓ **ပုၤယဲၤတဖၣ်အံၤအကျါတခါလၢတယံၣ်တမိၣ်ဒီးဝဲန့ၣ်တၢ်ဒုး  
န့ၣ်အံၤဖဲလိၣ်ကဘျးအံၤအလိ်ခဲတပၤန့ၣ်လိ်.**
  - Google Chrome, Microsoft Edge, Mozilla Firefox  
မ့တမ့ၢ် Apple Safari
- ✓ **ဝဲးဘဲ-အခဲမရၤ,တၢ်မၤဒိၣ်ထီၣ်တၢ်ကလုၢ်ဒါတဖၣ်ဒီးမဲၤခရိၤဖိ  
(microphone)**  
(လၢအအိၣ်လၢ Laptops မ့တမ့ၢ် လိတဲစိစိစုတဖၣ်အပူၤ)

ကွၢ်ဘၣ်ဆူညါလၢကသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိလၢကဘၣ်ကိး  
လိ်သးလာကွဲဟူဖျါဒဲလဲၣ်အဂီၢ်တက့ၢ်.

### တၢ်ဘၣ်တၢ်ဘၢအိၣ်ခါ.

တက်ကိးလိ်သးလာကွဲဟူဖျါအံၤဘိၣ်ဘၢဝဲလိၤ,နနီၣ်ကစၢ်တၢ်ဂ့ၢ်န့ၣ်  
တဖၣ်တၢ်ဒိသဒါ အံၤလိၤ.နအိၣ်ဒီးနဒါးလၢကအိၣ်သဒါအလိ်,ထဲဒၣ်  
ဆူၣ်ချ့ကရၢပုၤဘၣ်မူဘၣ်ဒါနီၣ်န့ၣ်လိ်ကွၢ်ဝဲသ့န့ၣ်လိ်.

### တက်ကိးလိ်သးလာကွဲဟူဖျါအံၤအလုၢ်အပူလက်ထဲလဲၣ်.

တက်ကိးလိ်သးလာကွဲဟူဖျါအံၤကလိဝဲ(ထဲဒၣ်နအံၤထၢနဲးတၢ်လက်  
ဘူၣ်လက်စ့ၤအဂီၢ်နီၣ်) လိၤ.ဘၣ်ဆၣ်,တၢ်လက်ဘူၣ်လက်စ့ၤဒဲညါန့ၣ်အ  
သိး-မ့ၢ်အိၣ်တမံၤမဲၤလၢဆူၣ်ချ့တၢ် ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးအဂီၢ်ကလက်ဒီး  
ဝဲန့ၣ်လိ်.

### ယကဘၣ်သူအံၤထၢနဲးအဒါထဲလဲၣ်.

ဖဲနအိၣ်ခိးဆူၣ်ချ့ပုၤဘၣ်မူဘၣ်ဒါလၢကန့ၣ်လိ်ဆဲးကျိးန့ၣ်အခါနအံၤ  
ထၢနဲးဒါထဲတလက်ဝဲဘၣ်.

တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးလာကွဲဟူဖျါအံၤအံၤထၢနဲးဒါထဲကလက်ဒၣ်ထဲန  
ကွၢ် YouTube တၢ်ဂီၢ်မူလၢအဖျါရဲၣ်အပတီၢ်အသိးန့ၣ်လိ်.

တၢ်သူဒါထဲအံၤကလက်စ့ၤဝဲဖဲအံၤထၢနဲးအတၢ်ဆဲးကျိးယၢအခါ,မ့  
တမ့ၢ်နမ့ၢ်သူ ခိဖျုထၢၣ်,ထဲဖလဲး,မ့တမ့ၢ်လိတဲစိစိစုအသိတကလုၢ်  
(smartphone) လၢအအိၣ်လိမ့ၢ်အူအဂီၢ်စ့ၤန့ၣ်လိၤ.တၢ်ဂ့ၢ်တဖၣ်အံၤ  
လက်အံၤ ကထုးစ့ၤလိၤနတၢ်ဆဲးကျိးအတၢ်ဂီၢ်အကလုၢ်အပတီၢ်သ့ဝဲ  
န့ၣ်လိၤ.

ဒါထဲအဂီၢ်ကလက်အါထီၣ်ဝဲပုၤခဲၤန့ၣ်ပုၤယုၤလၢတက်ကိးလိ်သး  
လာကွဲဟူဖျါ တဘျီအံၤအပူန့ၣ်လိၤ.

**ပုၤလၢအသူလိတဲစိစိစုအသိတကလုၢ်  
Smartphone ဒီးထဲဖလဲးတဖၣ်.**



မ့ၢ်သူမ့ၢ်ဘၣ်န့ၣ်,ဘျးစဲဒီးဟံၣ်မ့တမ့ၢ် တၢ်မၤလိၤ Wi-Fi အ  
ပုၤဘျးစဲလၢတၢ်ကလးဆဲးတၢ်သူဝဲဒၣ်န့ၣ်လိတဲစိဒါထဲလၢ  
တၢ်ဟ့ၣ်တၢ်ပျဲလၢတၢ်ကသူအံၤအဂီၢ်တက့ၢ်.

\* တက်ကိးတခါလၢအယံၣ် ၂၀ မံးနဲးခိဖျိတၢ်သူလိတဲစိန့ၣ်ကလက်ဝဲဒၣ် 230 MB ယၣ်ယၣ်  
ဒီး ခိၣ်ဖျုထၢၣ်အမိၢ်ပုၤကလက် 450 MB ယၣ်ယၣ်လၢအလိၤကဲလိၤအသးဒ် Skype®  
မ့တမ့ၢ် Facetime® အသိးန့ၣ်လိၤ.

# ကတီဟ်နသးလၢနကကိးလိာ်သးလၢကွဲဟူဖျါအပူတက့ၢ်



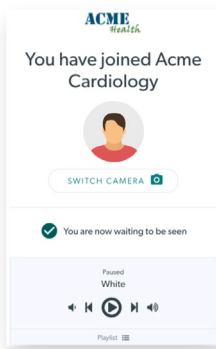
မၤလိာ်တီၢ်နသးလၢနသ့ဝဲဒၣ်ဟ်ယဲၤဘျးစဲသန့ဟ့တၢ်လၢတၢ်တခါလၢအမ့ၢ်အက့ၢ်အဂီၢ်ကဲတၢ်လၢခဲကတီၢ်တခါတက့ၢ်-

-  Google Chrome  
(Windows, Android, MacOS, iOS 14.3+)
-  Apple Safari  
(MacOS, iOS)
-  Mozilla Firefox  
(Windows, Android, MacOS, iOS 14.3+)
-  Microsoft Edge  
(Windows, Android, MacOS, iOS 14.3+)

လဲၤဆူ- <https://thermh.org.au/telehealth>

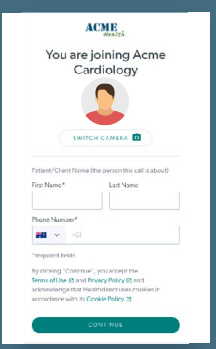
**1**

ဘံးလိာ် Start A Video Call အကမိၢ်လၢဟ်ယဲၤဘျးစဲလၢတၢ်ဟ့ၣ်ဃာ်လၢလၢ မ့တမ့ၢ် ဆူၣ်ချ့တၢ်မၤစၢၤကရၢအပူၤယဲၤသန့အပူၤန့ၣ်တက့ၢ်



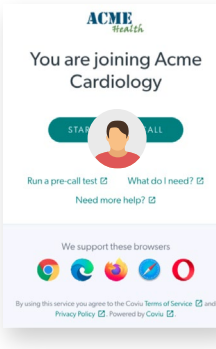
**2**

ထၢန့ၣ်လိာ်မံၤဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤလိာ်တၢ်တဖၣ်ဖဲတၢ်န့ၣ်လိာ်အိၣ်အသိး



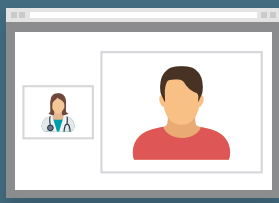
**3**

ထၢန့ၣ်လိာ်မံၤဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤလိာ်တၢ်တဖၣ်ဖဲတၢ်န့ၣ်လိာ်အိၣ်အသိး



**4**

ဆူၣ်ချ့ပူၤဘၣ်မ့ၣ်ဘၣ်ဒါကဟဲတၢ်ဒီးတၢ်ထံၣ်လိာ်တၢ်ပိၣ်ကစးထီၣ်ဝဲန့ၣ်လိာ်



**!** တၢ်တဖၣ်အံၤတမံၤမံၤမ့ၢ်တမၤတၢ်ဘၣ်န့ၣ်နကဘၣ်မၤဒဲလဲၣ်.

- လဲၤဆူ <https://vcc.healthdirect.org.au/troubleshooting>

လၢကသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်  
 An interpreter will be available during your appointment.

If you would like to cancel or reschedule your appointment  
 call 03 93427393.



# Attending your appointment via a Video Call

## Telehealth with the Royal Melbourne Hospital

Where appropriate, you can have your consultation online via a video call

Video calling is as convenient as a phone call, with the added value of face-to-face communication.

It can save you time and money, and brings your care closer to home.



### Where do I go to attend my appointment?

To attend your appointment, go to:

<https://thermh.org.au/telehealth>

Or use this QR code to access the clinic waiting area:



Instead of travelling to your appointment, you enter the clinic's waiting area online. The health service is notified when you arrive, and your clinician will join you when ready. There is no need to create an account. No information you enter is stored.

### What do I need to make a video call?

#### A good connection to the internet

If you can watch a video online (e.g. YouTube) you can make a video call

#### A private, well-lit area where you will not be disturbed during the consultation

#### A recent version of one of these Web Browsers as shown overleaf:

- Google Chrome, Microsoft Edge, Mozilla Firefox or Apple Safari

#### Web-camera, speakers and microphone (already built into laptops or mobile devices)

See over for more information on how to make a video call.

### Is it secure?

Video calls are secure; your privacy is protected. You have your own private video room, that only authorised clinicians can enter.

### How much does a video call cost?

The video call is free (except for your internet usage). However, the regular costs – if any – of a medical consultation still apply.

### How much internet data will I use?

You don't use any data while waiting for a clinician to join you.

A video consultation uses less than half of the data you would use while watching a YouTube video in High Definition\*.

Data use is less on lower-speed internet connections, or if you're using a less powerful computer, tablet, or smartphone. These factors can also reduce the overall quality of the call.

Data use increases when there are more than two participants in the call.



#### Smartphone & tablet users

If you can, connect to a home or work Wi-Fi network to avoid using your mobile data allowance.

\* That's about 230 MB on a mobile device, and 450 MB on a PC for a 20 minute call, which is similar to Skype® or FaceTime®.

## Get ready to make video calls



Make sure you use a recent version of one of the following browsers:

-  Google Chrome (Windows, Android, MacOS, iOS 14.3+)
-  Apple Safari (MacOS, iOS)
-  Mozilla Firefox (Windows, Android, MacOS, iOS 14.3+)
-  Microsoft Edge (Windows, Android, MacOS, iOS 14.3+)

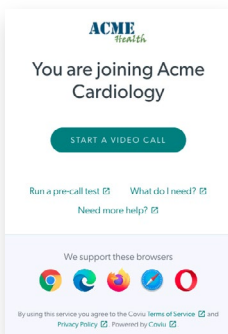


Go to

<https://thermh.org.au/telehealth>

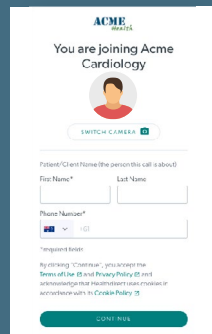
1

Click the Start A Video Call button in the link provided, or on the health service's website.



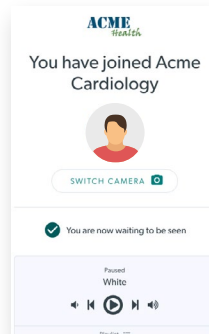
2

Enter name and details when prompted



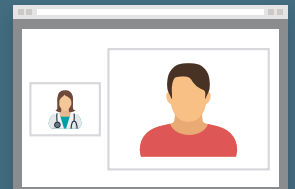
3

Enter the clinic's online Waiting Area



4

Clinician arrives and the consultation proceeds



### ! What do I do if something is not working?

- Go to <https://vcc.healthdirect.org.au/troubleshooting>

#### More information

An interpreter will be available during your appointment.

If you would like to cancel or reschedule your appointment call 03 93427393.