

Kuhudhuria miadi yako kupitia Simu ya Video

Telehealth with the Royal Melbourne Hospital

Ikiwezekana, unaweza kufanya mashauriano yako mtandaoni kupitia simu ya video

Kupiga simu kwa video ni rahisi kama vile kupiga simu, ikiwa na thamani zaidi ya kufanya mawasiliano ya uso kwa uso.

Inaweza kukupunguzia muda na pesa, na kuleta utunzaji wako karibu na nyumbani.



Je, niende wapi kuhudhuria miadi yangu?

Ili kuhudhuria miadi yako, nenda kwa:

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

Au tumia nambari hii ya QR ili kufikia eneo la kusubiri la kliniki:



Badala ya kusafiri kwenda kwenye miadi yako, uingie kwenye eneo la kusubiri la kliniki kwenye mtandaoni. Huduma ya afya inaarifiwa unapofika, na mganga wako ataungana nawe wakati anapokuwa tayari. Hakuna haja ya kuanzisha akaunti. Habari unayoingiza haitahifadhiwa.

✓ Je, nahitaji nini ili kupiga simu ya video?

✓ Uganisho mzuri wa mtandao

Ikiwa unaweza kutazama video mtandaoni (k.m. YouTube) unaweza kupiga simu ya video

✓ Sehemu ya faragha, yenye nuru nzuri ambapo hutasumbuliwa wakati wa mashauriano

✓ Toleo la hivi karibuni la mojawapo ya Vivinjari hivi vya Tovuti kama inavyoonyeshwa hapo upande mwingine:

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

✓ Kamela ya tovuti, spika na mikrofoni

(tayari zimewekwa ndani ya kompyuta ndogo au vifaa vya mkononi)

Tazama upande mwingine kwa habari zaidi juu ya jinsi ya kupiga simu ya video.

🔒 Je, ni salama?

Simu za video ziko salama; usiri wako umelindwa. Una chumba chako cha kibinafsi cha video, ambacho waganga tu walioidhinishwa wanaweza kuingia.

💰 Je, simu ya video inagharimu kiasi gani?

Simu ya video ni bure (isipokuwa kwa matumizi yako ya mtandao). Walakini, gharama za kawaida - ikiwa zipo - za mashauriano ya matibabu bado zinatumiwa.

📶 Je, nitatumia data ngapi ya mtandao?

Hutumii data yoyote wakati unangojea kwa mweledi kuungana nawe.

Mashauriano ya video hutumia data chini ya nusu ya ile ambayo ungetumia wakati wa kutazama video ya YouTube kwa Ubora wa Hali ya Juu *.

Matumizi ya data ni chini kwenye unganisho wa tovuti ya kasi chini, au ikiwa unatumia kompyuta ndogo, kompyuta kibao, au simu ya kisasa ambazo zina nguvu kidogo zaidi. Sababu hizi pia zinaweza kupunguza ubora wa jumla ya simu.

Matumizi ya data huongezeka wakati kuna zaidi ya washiriki wawili katika simu.



Watumiaji wa simu mahiri ya kisasa na kompyuta kibao

Ikiwa unaweza, unganisha kwa mtandao wa Wi-Fi wa nyumbani au kazi ili uepuke kutumia posho lako la data ya mkononi.

* Hiyo ni karibu 230 MB kwenye kifaa cha mkononi, na 450 MB kwenye PC kwa simu ya dakika 20, ambayo ni sawa na Skype® au Facetime®.

Utayarishie kupiga simu za video



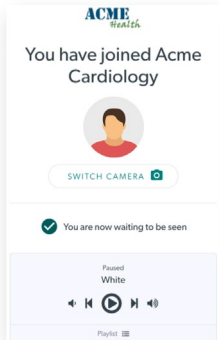
Hakikisha unatumia toleo la hivi karibuni kati ya mojawapo ya vivinjari vifuatavyo:

-  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+)

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

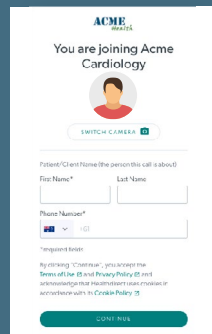
1

Bonyeza kitufe cha Anzisha Simu ya Video kwenye kiungo kilichotolewa, au kwenye tovuti ya huduma ya afya.



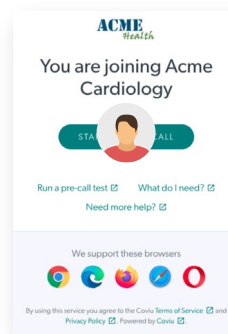
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Ingiza jina na habari wakati unapoulizwa



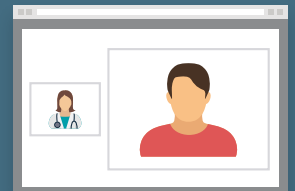
3

Ingiza Eneo la Kusubiri la Kliniki mtandaoni



4

Mweledi anafika na mashauriano yanaanza



! Nifanye nini ikiwa kitu hakifanyi kazi?

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

Habari zaidi

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+)

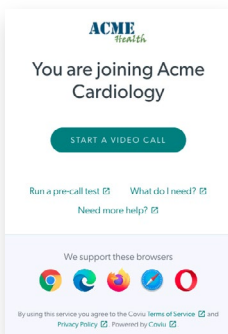


Go to

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

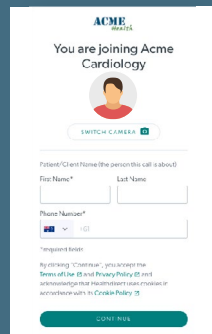
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Click the Start A Video Call button in the link provided, or on the health service's website.



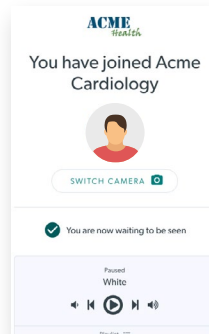
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Enter name and details when prompted



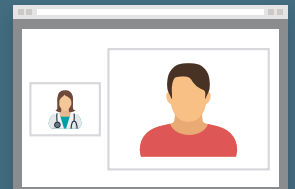
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Enter the clinic's online Waiting Area



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.

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