



You may not have prioritised or actively followed your self-management plan in the last few months. Your health is more important than ever and **staying in touch with your GP is essential** to ensure your ongoing good health. And now it is **as easy to connect as picking up the phone**.

We all need to make healthy lifestyle choices at the moment and especially when living with a **chronic condition**. Taking your medications as prescribed, monitoring your health and observing any new symptoms are all key to successful self-management.

Regular tests should continue to be conducted to ensure your condition is stable, and to manage any side effects or treatment adjustments. Staying in touch with your GP and maintaining a regular exercise program are essential to ensure your continued good health.

- Don't leave your regular health issues unchecked because **your health matters**.
- Your local health services are still open, but you may feel anxious to attend.
- GPs understand this challenge, so **Telehealth** is here to help.
- If you have a **Medicare card**, you can now access **GP appointments** via **Telehealth** either by video call or by telephone.
- **Telehealth** ensures that you can keep up with your regular medical appointments, making good health care easy for both patients and carers. **Telehealth** also means you can get your scripts without needing to visit the GP, giving you extra peace of mind during flu season.

**For your next GP appointment ask for a
Telehealth GP appointment.**

