

Stay Connected with Telehealth



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, especially when living with **chronic lung conditions**. Continuing to follow your specific treatment plan can greatly reduce your risk of further lung problems and complications.

Taking your medications as prescribed, monitoring your health and observing new symptoms, some of which could be triggered by stress, 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 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.**