

Your dermatology telehealth appointment

A FIVE STEP GUIDE: WHAT TO THINK ABOUT AND HOW TO PREPARE

- 1 MAKING YOUR APPOINTMENT**
Phone to book. Discuss any concerns. Ask about cost. You can have a family member, carer, support person or interpreter join you for the appointment.
- 2 PROVIDING YOUR HEALTH INFORMATION AND PHOTOS**
You or your GP may need to send a referral letter and/or a photo of the affected area of your skin.
- 3 GETTING READY FOR YOUR APPOINTMENT**
Think about the questions you want to ask. Find a quiet space and have your health information with you. Set up your devices and technology.
- 4 DURING YOUR APPOINTMENT**
Speak clearly. Ask questions. Say if you cannot hear or understand.
- 5 AT THE END OF YOUR APPOINTMENT**
Check the next steps. Repeat back any actions and ask about prescriptions, tests, information and where you can find support.

A telehealth appointment is like a face to face appointment except it happens by phone or video chat.

If you are not sure telehealth is right for you, talk to your dermatologist.

It can be from the comfort of your own home or from your GP's office.

It is safe, convenient and confidential. You can usually use your mobile phone, tablet, iPad or computer.