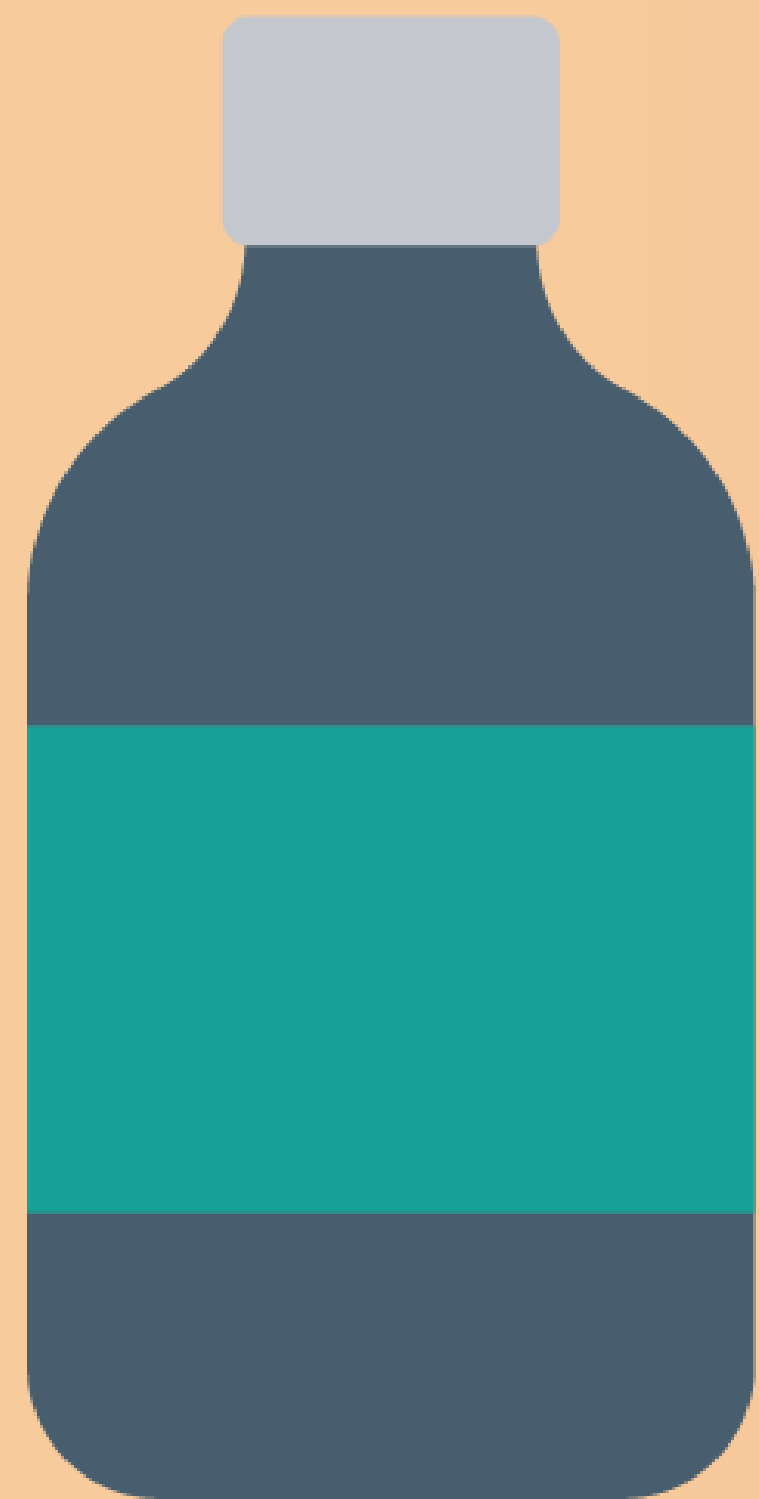




Please note the content you see while waiting for your clinician will use your internet data.

Please ensure your device is charged and ready for the consultation.

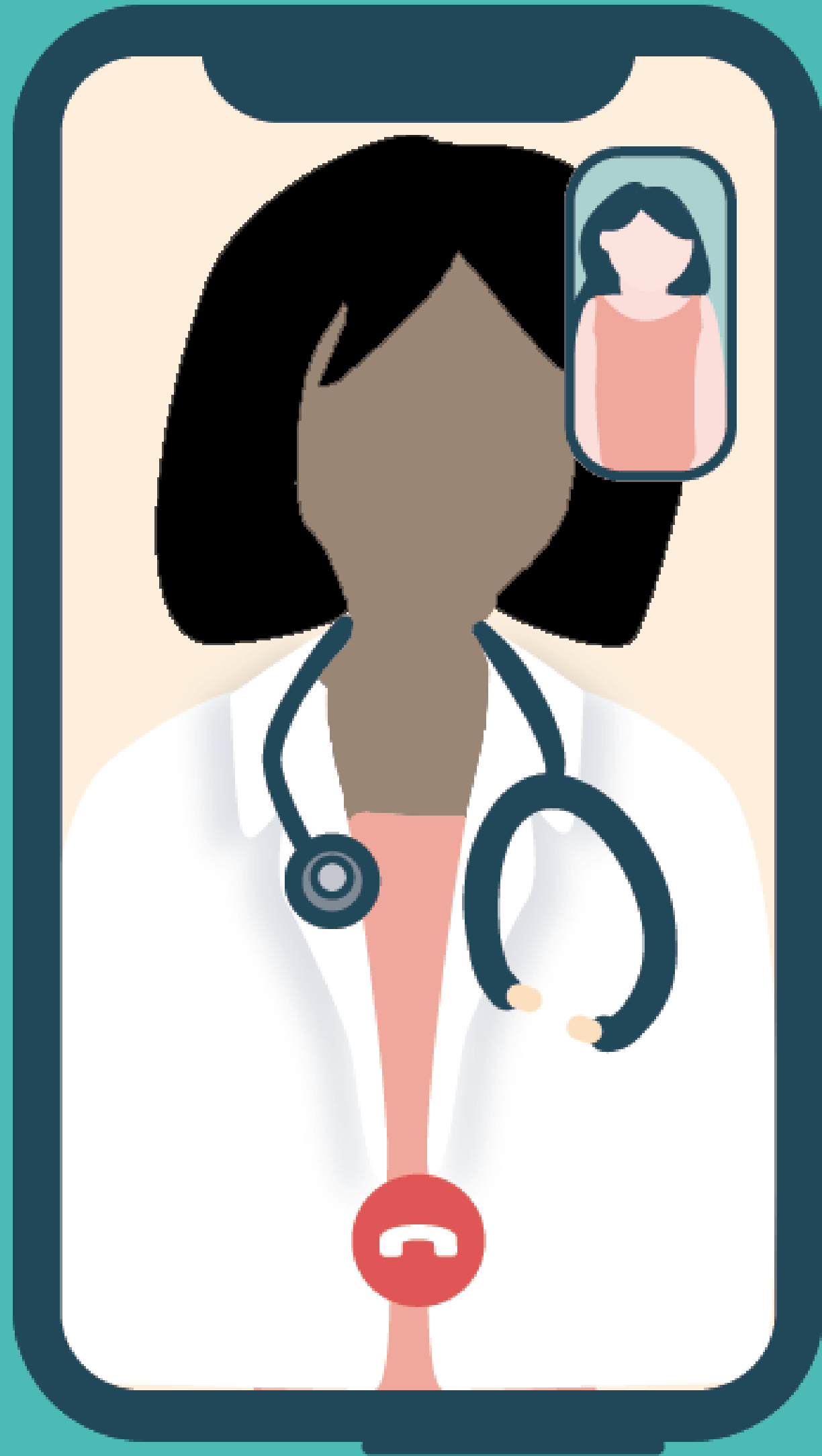
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## Medicines information service

Healthdirect's consumer-friendly medicines section has thousands of pages of information which you can search by brand name or active ingredient. Visit [healthdirect.gov.au](https://www.healthdirect.gov.au)

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## What is a video consultation like?

It's just like an in-person consultation except you see your doctor on a screen instead of in person.

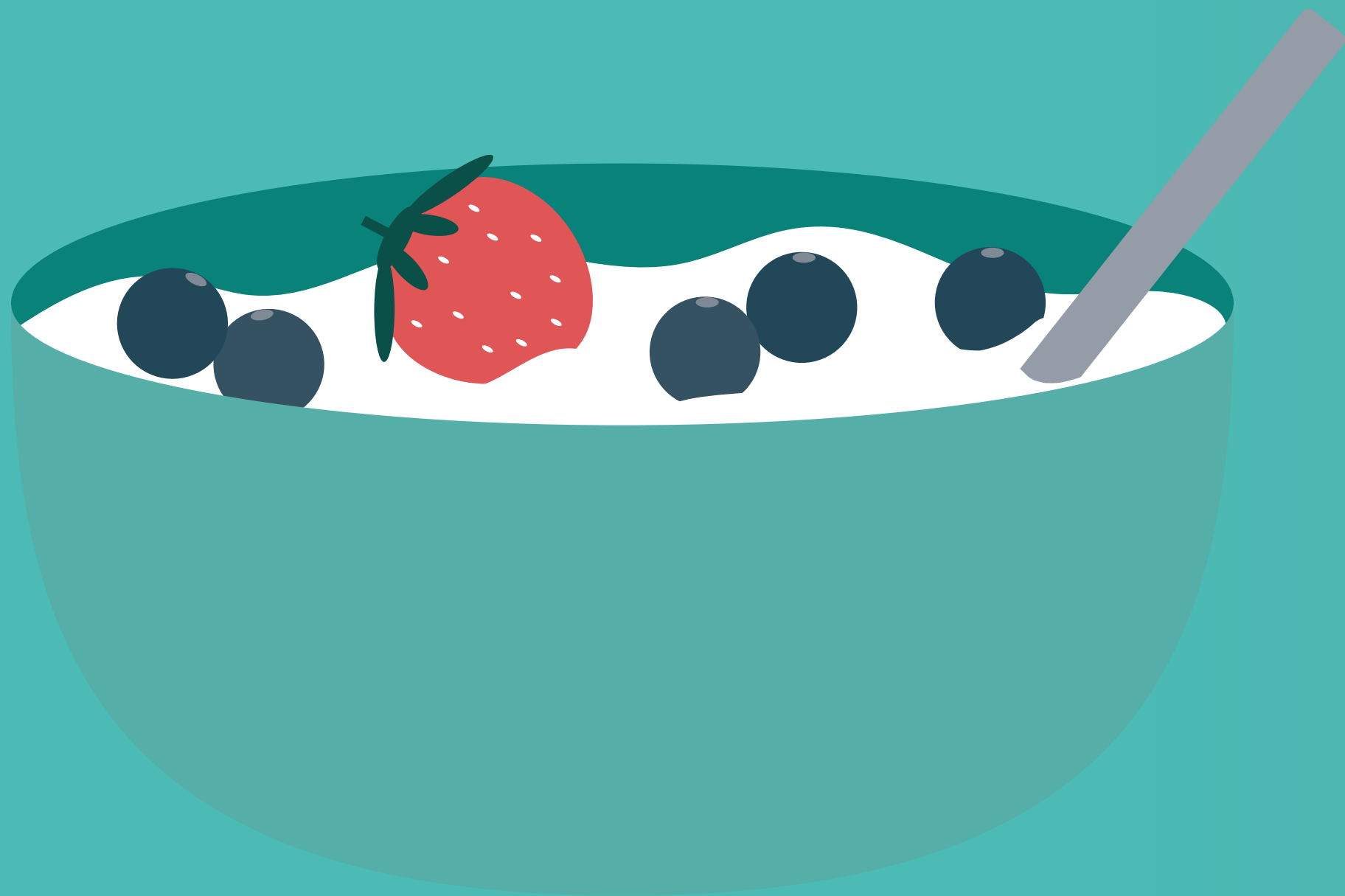
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## Video call tip: Line up and light up your face

Make sure your face is directly in front of your camera and there is light in front or above you (not behind you).

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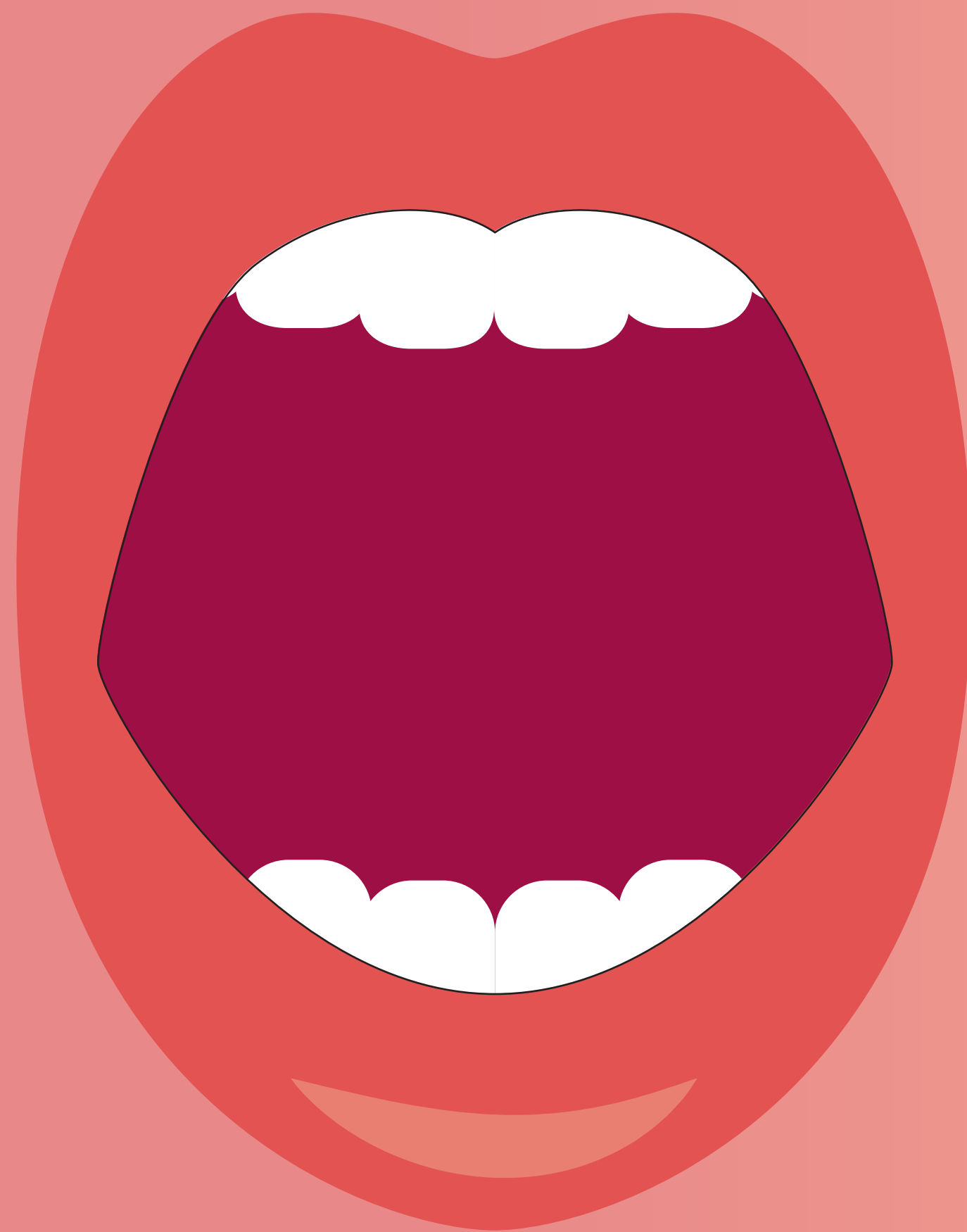
## Healthy food swaps

**SWAP OUT:** Fruit-flavoured yoghurts

**SWAP IN:** Plain or Greek yoghurt with fresh fruit

Plain unsweetened yoghurt has substantially less sugar than flavoured yoghurt.

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## Prioritise your oral health

- Brush and floss twice each day
- Use a fluoridated toothpaste
- Eat a healthy diet which is low in sugar
- Replace your toothbrush every 3 months

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## Video call tip: Be prepared to take some notes

Write some notes about what you want to discuss and know the name of your preferred pharmacy.

Keep a pen and paper handy during your consultation.

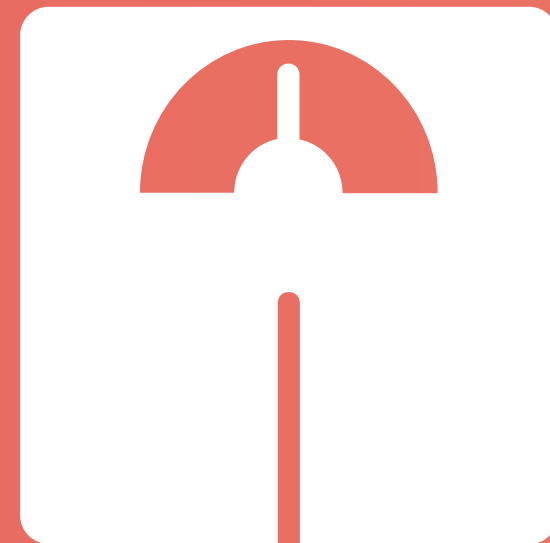
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# 6 tips for a healthy heart



Exercise  
regularly



Maintain a  
healthy weight



Reduce  
stress



Eat healthy



Quit smoking



Drink alcohol in  
moderation

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## Feeling anxious? Try this breathing technique

1. Count to 3 as you breathe in slowly
2. Count to 3 as you breathe out slowly
3. Repeat until you feel better

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## Video call tip: don't forget your documents

If required, make sure you have your:

- Medicare Card
- List of medications you take
- Referrals from other clinicians
- Any other relevant items (such as scans, blood test results etc)

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## Signs of depression

- Sleeping problems
- Feeling tired all the time
- Significant weight gain or loss
- Self harm
- Loss of sexual desire

If you're concerned, speak to your GP.

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## Video call tips:

- Make sure you're in a space with good internet coverage.
- Check your phone is properly charged.
- Please note, the content you see while waiting for your clinician will use internet data.

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