

## Virtual Health: Connecting from Home

**Virtual Health** allows you to see, hear, and talk to members of your healthcare team from your home.

You can use a smartphone, tablet, or personal computer with a web camera and microphone.

You do need to be able to connect to the internet through cable, Wi-Fi, satellite, or cellular data. You are responsible for costs related to this connection.



### Using virtual health, you can...

- ✓ **Get access** to healthcare providers and services.
- ✓ **Work with** your healthcare provider from home to plan your care.



Your healthcare provider could include your family doctor, nurse practitioner, dietitian, physiotherapist, occupational therapist, respiratory therapist, social worker, or specialist (such as a heart doctor, kidney doctor, or psychiatrist).

### About Virtual Health Visits

- Your healthcare provider asks you for your email address and phone number. This is to send you the instructions by email or text on how to join the virtual health visit from your personal electronic device. It might also include a meeting invite.
- Check your email on your computer or phone, including your Junk folder, to make sure you got the information (and invite). If you did not get anything, contact your healthcare provider.
- Confirm the meeting by replying to the email or text. Mark the date on your calendar.
- Think of your virtual health visits as a regular appointment with your healthcare provider. You will be able to hear, see, and talk to your healthcare provider. They will be able to see, hear, and talk to you.
- Speak clearly and normally. You don't need to raise your voice or shout.
- You can have a family member or friend with you, when appropriate. Please introduce them at the start of the visit.
- If you feel the virtual health visit does not meet your needs, you can stop it at any time. You can schedule a face-to-face or phone appointment for a later time.

## How long is a Virtual Health visit?

The length of a virtual health visit can vary. It depends on your medical condition and needs for care.

## Can I still meet with my healthcare provider in person?

Yes, virtual health is your choice.

If you prefer, you can schedule a face-to-face appointment. Face-to-face appointments can take longer to arrange. You would have to travel to the appointment.



## How do I ask for a Virtual Health visit?

Ask your healthcare provider if virtual health visits are possible and appropriate as part of planning your care.

If it is available and appropriate, your healthcare provider will arrange a time for your first virtual health visit.



# Virtual Health: Risks of Using Technology

## How is my privacy protected?



There are risks to using this type of technology to send personal information.

We will not send personal information by email unless we have to. We will do what we can to confirm that any personal information we send is being received by you and only, but it is never possible to be 100% certain who we are communicating with outside of a face-to-face visit.

Be assured that we adhere to the *B.C. Freedom of Information and Protection of Privacy Act* for everything related to your virtual health visits.

For more on how we care for your information, see '[Caring for Your Information](#)' under 'Risks of using technology' online by:

- searching '[Virtual Health Tools](#)' on [fraserhealth.ca](http://fraserhealth.ca)
- clicking the links above
- scanning this QR code



Only those healthcare providers involved in your care are allowed to see or hear your personal health information.

We do not record your virtual health visit. We ask that you do not record it either.

Your virtual visit is very secure (encrypted). Unfortunately, we cannot guarantee that the visit will not be transmitted outside of Canada. This is because of the way this technology works and where the application company is located.



## Are there risks to communicating electronically?

Yes, unfortunately there are.



- It is possible that your information could be requested, viewed, changed, or deleted if you allow computer programs, applications, or people access to your device or email account.
- Your information could be at risk if it is stored on a device infected with a computer virus or malware (malicious software usually installed without your knowledge).
- Third parties can intercept electronic communications.

## How can I protect my privacy?

Please note that we cannot control what happens to your information once it is stored:

- on your device
- by your telecommunications provider
- by software or application providers
- by other applications that might have access to your messages

You are responsible for the security of your own computer, tablet, smartphone, and email service.

## Tips to help protect your privacy:

- ✓ Protect your passwords! Someone could pose as you by sending us a request from your device or email account.
- ✓ Delete emails and texts you no longer need.
- ✓ Download computer software and applications (Apps) from trusted sources (Google Play, Apple App Store).
- ✓ Set permission controls on your device so applications do not have access to your text messages and emails.
- ✓ Set limits on what other information you permit your Apps to access.
- ✓ When using Wi-Fi, use a secure Wi-Fi network. Try not to send personal information while using public Wi-Fi.
- ✓ Use antivirus software on your devices. Regularly scan your devices for viruses and malware.
- ✓ If you share your computer screen with your healthcare provider, make sure they cannot see anything you want to keep private.

## Not sure how to do some of these things?

Ask a person you trust to help you set up your device so it is secure.



### Your questions

What questions might you have about the use of technology for your health care?

Write them down here. Ask your care provider when you next meet.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### Your comments

We welcome your comments.

If you choose to use virtual health as part of your health care, we want your feedback on how well it works for you.

Please ask your healthcare provider about completing a satisfaction survey.



A QR code (short for 'quick response' code) is a type of barcode that you scan with your smart device's camera. Once scanned, it takes you to that web page.