

# ATTENDING YOUR VIDEO CONSULTATION



## 1. PREPARING FOR YOUR APPOINTMENT:

- ✓ You will need a computer/laptop/tablet/iPad/smart phone that has a camera
- ✓ You will need to download the Microsoft Teams app from the app store.



## 2. BEFORE YOUR APPOINTMENT:

- ✓ Set up in a quiet, private and well-lit room
- ✓ Ensure that there is enough space to exercise, that is free of trip/slip/fall hazards
- ✓ Ensure that you have the following, within reach:
  - ✓ Relevant medical equipment (e.g. measuring tape, blood pressure cuff, blood glucose monitor, scales)
  - ✓ Exercise equipment (e.g. weights, exercise bands)
  - ✓ Any relevant test results, medical records
  - ✓ An emergency contact number
- ✓ If you do not wish to be overheard, ensure that you wear headphones
- ✓ **Ensure that you are wearing exercise-appropriate clothing and footwear, as you will be exercising during this appointment**
- ✓ **Join the Teams Meeting at least 5-10 minutes before your appointment. You will be sent a separate email invitation to join your Appointment.**

## 3. DURING YOUR APPOINTMENT:

- ✓ Make sure that your device can be easily moved to show your whole body during the session
- ✓ **Tell your Exercise Physiologist immediately if you are experiencing dizziness, shortness of breath, nausea, lightheadedness, or chest pain**

**Please call 9813 2189 if you have any questions**