

လဲဆွဲသွင်းသုံးသီဒီဖိုတိုကိးလိာ်သး လာကွဲဟူဖျါအပူ

ဖဲအလီအိာ်,နဒီးနာ်ဘာ်တဟ်ကူာ်ဟ့ာ်ဖးသ့ဒီဖို အိန်လဲနဲလာတိုကိးလိာ်သးလာကွဲဟူဖျါအပူန့ာ်လီာ်.

တိုကိးလိာ်သးလာကွဲဟူဖျါအပူအံာ်ဘိာ်ညိာ်ခဲလိာ်တဲစိအသီး,ယုာ်ဒီးတိုကဲ
ဘျူးဒိာ်ထီာ်လာကဲဆဲးကျိာ်လိာ်ဘာ်သးလာခဲသကိးခဲန့ာ်လီာ်.

ကမာ်ပူလီာ်နတိုဆာ်တိုဒီးတိုလာ်ဘျာ်လာ်စ့ာ်,ဒီးဖဲစိယုာ်တိုကွဲထွဲန့ာ်
လာအဘျူးဒီးန့ာ်လာဟံာ်လာယိန့ာ်လီာ်.



ယကဘာ်လဲထီာ်တဟ်သ့ဒီးသီအံာ်ဖဲလဲာ်.

လာကလဲထီာ်တဟ်သ့ဒီးသီအံာ်,လဲဆွဲ-

လာကလဲဆွဲသွင်းသုံးသီအံာ်,နကဘာ်န့ာ်လီာ်ဆွဲသံာ်အဒီး(Clinic)
တိုအိာ်ဒီးအလီာ်ဖဲအိန်လဲနဲအပူန့ာ်လီာ်.

တိုကဒုးသ့ဒီးညါဆူာ်ပူကွဲဖဲန့ာ်လီာ်အခါ,ဒီးဆူာ်ပူဟ့ာ်မူဘာ်ခါတကကန့ာ်လီာ်
ဆဲးကျိးန့ာ်ဖဲန့ာ်ကတဲာ်ကတီးသးအခါန့ာ်လီာ်.

တလိာ်နတုာ်ထီာ်တိုန့ာ်လီာ်အနီာ်ဂံာ်န့ာ်ဘာ်.
တိုဂံာ်တိုကျိာ်လာန့ာ်လီာ်အိာ်တဖာ်တဖာ်ကိးအိာ်နီာ်တမံာ်ဘာ်.



လာယကန့ာ်လီာ်လာတိုကိာ်လိာ်သးလာကွဲဟူဖျါအပူအံာ်ယကဘာ်မာ် တိုမန့ာ်လဲာ်.



အံာ်ဆဲးတိုဆဲးကျိးလာအဂံာ်ဆူာ်
န့ာ်ကွဲဟူဖျါအံာ်လာပုာ်ယဲာ်အဖိဒိာ်မုာ်သ့ဒီး(အဒိ YouTube)
အသီးန့ာ်,နကိးလိာ်သးလာကွဲဟူဖျါအပူန့ာ်လီာ်.



တိုလီာ်လာအသးတတီး,မုာ်ဆူာ်ပူဟ့ာ်ဖဲပုာ်တမာ်တိုတိုန့ာ်အလီာ်ဖဲတိုတို
ပိာ်တိုပိာ်အကတို



- ပုာ်ယဲာ်ကျိာ်ယုထံာ်တဖာ်အံာ်တခါခါ-
 - Google Chrome web browser(ဘာ်တိုန့ာ်
လီာ်အိာ်အခါကတို)မုာ်ဖဲ Firefox web browserလာဒီးစထီး
(desktop)မုာ်ဖဲlaptop (Windowsမုာ်ဖဲMacOS),
မုာ်ဖဲလာAndroid tablet မုာ်ဖဲလိာ်စိစိစ့ာ်အသိတကလုာ်
(smartphone)အပူ
 - စပးရဲပုာ်ယဲာ်ကျိာ်ယုထံာ်လာApple desktopမုာ်ဖဲlaptop
(MacOS)ယမုာ်ဖဲiPadမုာ်ဖဲiPhone



ခဲမရဲအခဲာ်သ့ဒီး,တိုမာ်ဒိာ်ထီာ်တဟ်ကလုာ်ဒီးခဲမရဲဖိ(microphone)
Laptops လာတိုတုာ်ပုာ်ယဲာ်မုာ်ဖဲမုာ်ဖဲမိာ်ဖဲလိာ်စိစိစ့ာ်စ့ာ်

ကွဲာ်ဘာ်ဆူညါလာကသ့ဒီးညါအိာ်ထီာ်တဟ်တိုကျိာ်လာကဘာ်
ကိးလိာ်သးလာကွဲဟူဖျါနဲလဲာ်အဂီ



တိုဘာ်တိုဘာ်အိာ်ခါ.

တိုကိးလိာ်သးလာကွဲဟူဖျါအံာ်ဘာ်ဘာ်လီာ်,နနီာ်ကတိုဂံာ်ဂုာ်သ့ဒီးတဖာ်တဖာ်ဒီးသး
အိာ်လီာ်,နအိာ်ဒီးနဒီးလာကအိာ်သးအလီာ်,ထဲဒဲးဆူာ်ပူကရဲပုာ်ဘာ်
မူဘာ်ခါခါန့ာ်လီာ်ကွဲာ်သ့ဒီးန့ာ်လီာ်.



တိုကိးလိာ်သးလာကွဲဟူဖျါအံာ်အလုာ်အပူလာ်ထဲလဲာ်.

တိုကိးလိာ်သးလာကွဲဟူဖျါအံာ်ကလိာ်(ထဲဒဲးနအံာ်ထဲဆဲးတိုလာ်ဘျာ်လာ်စ့ာ်အဂီခါ)
လီာ်,ဘာ်ဆူာ်,တိုလာ်ဘျာ်လာ်စ့ာ်ညိာ်အသီး-မုာ်အိာ်တမံာ်မံာ်-လာဆူာ်ပူတို
ဟ့ာ်ကူာ်ဟ့ာ်ဖးအဂီကလာ်ဒဲးန့ာ်လီာ်.



ယကဘာ်သ့ဒီးအံာ်အဒီးထဲလဲာ်.

ဖဲနအိာ်ခါဆူာ်ပူဟ့ာ်မူဘာ်ခါလာကန့ာ်လီာ်ဆဲးကျိးန့ာ်အခါ
နအံာ်အဒီးထဲလဲာ်တလာ်ဘာ်.

တိုဟ့ာ်ကူာ်ဟ့ာ်ဖးလာကွဲဟူဖျါအံာ်အံာ်အဒီးထဲလဲာ်အဂီကလာ်ဒဲးထဲန့ာ်YouTube
တိုဂီမုာ်လာအဖျါရဲအပတိုအသီးန့ာ်လီာ်*.

တိုသ့ဒီးထဲလဲာ်ကလာ်စ့ာ်ဖဲထဲအံာ်အဒီးထဲလဲာ်အံာ်အဒီးယာ်အခါ,မုာ်ဖဲန့ာ်သ့
ဒိဖူထာ်,ထဲဖဲလဲာ်,မုာ်ဖဲလိာ်စိစိစ့ာ်အသိတကလုာ်(smartphone)
လာအအိာ်လီာ်မုာ်ဆူာ်ပူန့ာ်လီာ်.တိုဂံာ်တဖာ်အံာ်လဲလဲာ်အံာ်
ကထူးစ့ာ်လီာ်နတိုဆဲးကျိးအတိုဂီအကလုာ်အပတိုသ့ဒီးန့ာ်လီာ်.

ဒဲးထဲလဲာ်ကလာ်အိာ်ထီာ်ဖဲပုာ်ခဲန့ာ်ပုာ်ယဲာ်လာတိုကိးလိာ်သးလာကွဲဟူဖျါ
တဘျူးအံာ်အပူန့ာ်လီာ်.

**ပုာ်လာအသ့ဒီးလိာ်စိစိစ့ာ်အသိတကလုာ်Smartphone
ဒီးထဲဖဲလဲာ်တဖာ်.**


မုာ်သ့ဒီးန့ာ်,ဆဲးထီာ်ဟံာ်အံာ်အဒီးမုာ်ဖဲတိုမာ်လီာ်Wi-Fi
အံာ်အဒီးအဂီဒဲးသီးကဟးဆဲးထီာ်လာတလိာ်သ့ဒီးန့ာ်မိာ်ဖဲအဒဲးလာလာန့ာ်
န့ာ်အိာ်အဆိာ်တဂုာ်အဂီတဂုာ်.

* တိုန့ာ်ကအိာ်ဖဲ230 MBယုာ်ယုာ်လာန့ာ်လိာ်စိစိစ့ာ်အပူ,ဒီး450 MBလာန့ာ်ဖူထာ်
အဖိပုာ်အပူလာန့ာ်အိာ်ယဲာ်ဖဲ20-မံာ်န့ာ်အဂီ,လာအလီာ်ကလိာ်အသးဒဲးSkype® မုာ်ဖဲFacetime®
အသီးန့ာ်လီာ်.

ကတီပတ်နသးလၢနကကိတ်လိာ်သးလၢကွဲဟူဖျါအပူတက့ၢ်



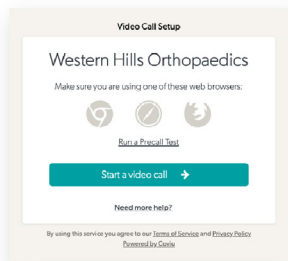
မၤလိာ်တီၢ်သိးနကသ့အံၤထၢနးအပူၤယၢအကျိၤအဖီလတ်တခါခါအသိးတက့ၢ်.

-  Google Chrome (Windows, Android, MacOS)
-  Apple Safari (MacOS, iOS)
-  Firefox 68+ (Windows, Android, MacOS)
-  Microsoft Edge Version 79+ (Windows, MacOS)
Microsoft Edge Version 44+ Android

လဲၤဆူ-

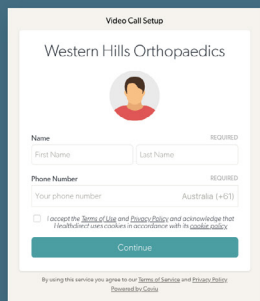
1

လဲၤဆူပုၤယၢအပူတၢ်န့ၢ်လိာ်အလိာ်ပံၤတံးလိာ်စၢထီၣ်ကိးကွဲဟူဖျါ 'Start Video Call' အတၢ်တံးလိာ်အလိာ်



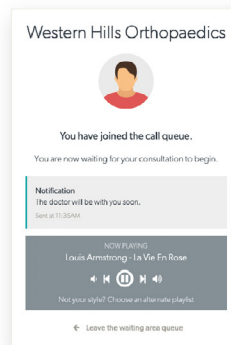
2

ထၢန့ၢ်လိာ်နမံၤလိာ်တဲၤစီၣ်န့ၢ်ပူၤတၢ်န့ၢ်လိာ်တၢ်ကလုာ်သိၣ်အခါ



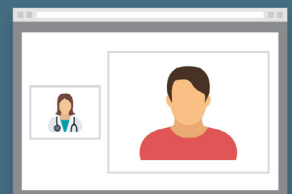
3

လဲၤန့ၢ်လိာ်ဆူတၢ်ဆိၣ်ခိးအလိာ် 'Waiting Area' လၢအိၣ်လဲၤန့ၢ်အပူတက့ၢ်



4

ဆူၣ်ပူၤတၢ်မူတၢ်ခါကတဲၤတုၤဒီးတၢ်ထံၣ်လိာ်တၢ်ပိၣ်ကစၢထီၣ်ပူၤန့ၢ်လိာ်



! တၢ်တဖၣ်အံၤတမံၤမ့ၢ်တမၤတၢ်တၢ်န့ၢ်န့ၢ်နကတၢ်မၤဒ်လၢန့ၢ်.

- လဲၤဆူ <https://vcc.healthdirect.org.au/troubleshooting>

လၢကသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်

This translation was provided courtesy of



Attending your appointment via a Video Call

Where appropriate, you can have your consultation online via a video call

Video calling is as convenient as a phone call, with the added value of face-to-face communication.

It can save you time and money, and brings your care closer to home.



Where do I go to attend my appointment?

To attend your appointment, go to:

Instead of travelling to your appointment, you enter the clinic's waiting area online.

The health service is notified when you arrive, and your clinician will join you when ready.

There is no need to create an account. No information you enter is stored.

What do I need to make a video call?

A good connection to the internet

If you can watch a video online (e.g. YouTube) you can make a video call

A private, well-lit area where you will not be disturbed during the consultation

One of these:

- Google Chrome web browser (recommended) or Firefox web browser on a desktop or laptop (Windows or MacOS), or on an Android tablet or smartphone
- Safari web browser on an Apple desktop or laptop (MacOS), or iPad or iPhone

Web-camera, speakers and microphone (already built into laptops or mobile devices)

See over for more information on how to make a video call.

Is it secure?

Video calls are secure; your privacy is protected. You have your own private video room, that only authorised clinicians can enter.

How much does a video call cost?

The video call is free (except for your internet usage). However, the regular costs – if any – of a medical consultation still apply.

How much internet data will I use?

You don't use any data while waiting for a clinician to join you.

A video consultation uses less than half of the data you would use while watching a YouTube video in High Definition*.

Data use is less on lower-speed internet connections, or if you're using a less powerful computer, tablet, or smartphone. These factors can also reduce the overall quality of the call.

Data use increases when there are more than two participants in the call.



Smartphone & tablet users

If you can, connect to a home or work Wi-Fi network to avoid using your mobile data allowance.

* That's about 230 MB on a mobile device, and 450 MB on a PC for a 20 minute call, which is similar to Skype® or FaceTime®.

Get ready to make video calls



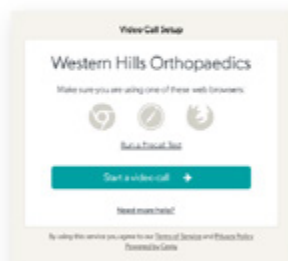
Make sure that you use one of the following web browsers:

-  Google Chrome Version 72+ (Windows, Android, MacOS)
-  Apple Safari Version 11.4+ (MacOS, iOS)
-  Firefox Version 68+ (Windows, Android)
-  Microsoft Edge Version 79+ (Windows, MacOS)
Microsoft Edge Version 44+ Android

Go to

1

Go to the entry point on the service's website and click the Start Video Call icon

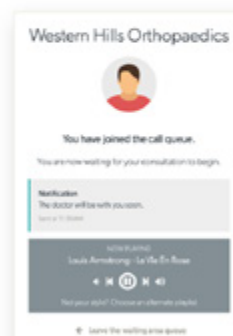


2

Enter name and phone number when prompted

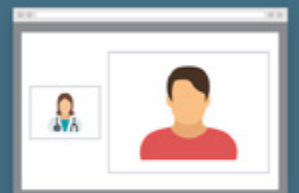
3

Enter the clinic's online Waiting Area



4

Clinician arrives and the consultation proceeds



! What do I do if something is not working?

- Go to <https://vcc.healthdirect.org.au/troubleshooting>

More information