

လဲဆူတတ်သွန်နံဖးသီခိဖျိတက်ကိးလိ်သး လကွဲဟူဖျါအပူ

Austin Health Specialist Clinics

**ဖဲအလိ်အိန်,နဒီးန့ၣ်ဘၣ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးသ့ခိဖျိ
လိ်ကျိခိၣ်လၢတၢ်ကိးလိ်သးလကွဲဟူဖျါအပူန့ၣ်လီၤ.**

တၢ်ကိးလိ်သးလကွဲဟူဖျါအပူအံၤဘိၣ်ညီဝဲဒ်လိတဲစိအသိး,ဃုာ်ဒီး
တၢ်ကဲ ဘျုးဒိၣ်ထီၣ်လၢကဆဲးကျိၣ်လိ်ဘၣ်သးလၢမၢ်သကိးမၢ်န့ၣ်လီၤ.

ကမၤစ့ၤလီၤနတၢ်ဆၢကတီၢ်ဒီးတၢ်လၢကတၢ်လၢစ့ၤ,ဒီးဟဲစိဃုာ်တၢ်
ကွၢ်ထွဲန့ၣ် လၢအဘျုးဒီးန့ၣ်လၢဟံၣ်လၢပီၤန့ၣ်လီၤ.



ယကဘၣ်လဲထီၣ်တၢ်သွန်နံဖးသီအံၤဖဲလဲၣ်.

လၢကလဲထီၣ်တၢ်သွန်နံဖးသီအဂီၢ်,လဲဆူ-

<https://videocall.direct/austinonlinereception>

မ့တမ့ၢ်သူဘၣ် QR အခိးအံၤလၢကန့ၣ်လီၤဘၣ်ဆူကသိၣ်ဒါး
အတၢ်အိၣ်ခိးအလိ်န့ၣ်တက့ၢ်.



လၢကလဲဆူတၢ်သွန်နံဖးသီအလိ်,နကဘၣ်န့ၣ်လီၤဆူကသိၣ်အဒါး(clinic)
တၢ်အိၣ်ခိးအလိ်ဖဲလိ်ကျိခိၣ်အပူန့ၣ်လီၤ. တၢ်ကဒုးသ့ၣ်ညါဆူၣ်ချ့ကတုၤဖဲန
လဲတုၤအခါ, ဒီးနဆူၣ်ချ့ပုၤဘၣ်မ့ၢ်ဘၣ်ဒါတဂၤကန့ၣ်လီၤ ဆဲးကျိးနဖဲနအိၣ်
ကတၢ်ကတီၢ်သးအခါန့ၣ်လီၤ. တလိၣ်နတ့ၣ်ထီၣ်တၢ်န့ၣ်လီၤအနီၣ်ဂီၢ်န့ၣ်ဘၣ်.
တၢ်ဂ့ၢ်တၢ်ကျိၤလၢနန့ၣ်လီၤအံၤတဖၣ်တၢ်တဖၣ်ကီၤအံၤနီၣ်တမံၤဘၣ်.

- ✓ **လၢယကန့ၣ်လီၤလၢတၢ်ကိးလိ်သးလကွဲဟူဖျါအပူ
အံၤယကဘၣ်မၤ တၢ်မနုၤလဲၣ်.**
- ✓ **အံၤထၢနဲးတၢ်ဆဲးကျိးလၢအဂီၢ်ဆူၣ်**
နကွၢ်ကွဲဟူဖျါအံၤလၢပုၤယဲၤအဖိခိၣ်မ့ၢ်သ့တခါ(အဒိ YouTube)
အသိးန့ၣ်, နကိးလိ်သးလကွဲဟူဖျါအပူန့ၣ်လီၤ.
- ✓ **တၢ်လိ်လၢအသဒါတတီၢ်,မ့ၢ်အူကပီၤဖဲပုၤတမၤတၢ်တၢ်န့ၣ်အ
လိ်ဖဲတၢ်တၢ်ပိၣ်တၢ်ပိၣ်** ပီၤအကတီၢ်
- ✓ **ပုၤယဲၤတဖၣ်အံၤအကျိၤတခါလၢတယံၣ်တမိၢ်ဒီးဝဲန့ၣ်တၢ်ဒုး
န့ၣ်အံၤဖဲလိၣ်ကဘျုးအံၤအလိ်ခဲတပၤန့ၣ်လီၤ.**
 - Google Chrome, Microsoft Edge, Mozilla Firefox
မ့တမ့ၢ် Apple Safari
- ✓ **ဝဲးဘဲ-အခဲမရၤ,တၢ်မၤဒိၣ်ထီၣ်တၢ်ကလုာ်ဒါတဖၣ်ဒီးမဲၤခရိၤဖိ
(microphone)**
(လၢအအိၣ်လၢ Laptops မ့တမ့ၢ် လိတဲစိစိစုတဖၣ်အပူၤ)

ကွၢ်ဘၣ်ဆူညါလၢကသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤလၢကဘၣ်ကိး
လိ်သးလကွဲဟူဖျါဒဲလဲၣ်အဂီၢ်တက့ၢ်.

တၢ်ဘၣ်တၢ်ဘၢအိၣ်ခါ.

တၢ်ကိးလိ်သးလကွဲဟူဖျါအံၤဘိၣ်ဘၢဝဲလီၤ,နနီၢ်ကစၢ်တၢ်ဂ့ၢ်န့ၣ်
တဖၣ်တၢ်ဒိသဒါ အံၤလီၤ.နအိၣ်ဒီးနဒါးလၢကအိၣ်သဒါအလိ်,ထဲဒၣ်
ဆူၣ်ချ့ကရၢပုၤဘၣ်မ့ၢ်ဘၣ်ဒါနီၤန့ၣ်လီၤကွၢ်ဝဲသ့န့ၣ်လီၤ.

တၢ်ကိးလိ်သးလကွဲဟူဖျါအံၤအလုာ်အပူၤလၢကထဲလဲၣ်.

တၢ်ကိးလိ်သးလကွဲဟူဖျါအံၤကလိဝဲ(ထဲဒၣ်နအံၤထၢနဲးတၢ်လၢက
ဘျုးလၢစ့ၤအဂီၢ်နီၤ) လီၤ.ဘၣ်ဆၣ်,တၢ်လၢကဘျုးလၢစ့ၤဒဲညါန့ၣ်အ
သိး-မ့ၢ်အိၣ်တမံၤမဲၤလၢဆူၣ်ချ့တၢ် ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးအဂီၢ်ကလၢကိး
ဝဲန့ၣ်လီၤ.

ယကဘၣ်သူအံၤထၢနဲးအဒါထဲလဲၣ်.

ဖဲနအိၣ်ခိးဆူၣ်ချ့ပုၤဘၣ်မ့ၢ်ဘၣ်ဒါလၢကန့ၣ်လီၤဆဲးကျိးန့ၣ်အခါနအံၤ
ထၢနဲးဒါထဲတလၢကဝဲဘၣ်.

တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးလကွဲဟူဖျါအံၤအံၤထၢနဲးဒါထဲကလၢကဝဲဘၣ်ထဲန
ကွၢ် YouTube တၢ်ဂီၤမူလၢအဖျါရဲၣ်အပတီၢ်အသိးန့ၣ်လီၤ.

တၢ်သူဒါထဲအံၤကလၢကဝဲဖဲအံၤထၢနဲးအတၢ်ဆဲးကျိးယၢအခါ,မ့
တမ့ၢ်နမ့ၢ်သူ ခိဖျုထၢၣ်,ထဲဖလဲး,မ့တမ့ၢ်လိတဲစိစိစုအသိတကလုာ်
(smartphone) လၢအအိၣ်လိမ့ၢ်အူအဂီၢ်စ့ၤန့ၣ်လီၤ.တၢ်ဂ့ၢ်တဖၣ်အံၤ
လၢကအံၤ ကထုးစ့ၤလီၤနတၢ်ဆဲးကျိးအတၢ်ဂီၤအကလုာ်အပတီၢ်သ့ဝဲ
န့ၣ်လီၤ.

ဒါထဲအဂီၢ်ကလၢကဝဲထီၣ်ဝဲပုၤခဲၤန့ၣ်ပုၤယုာ်လၢတၢ်ကိးလိ်သး
လကွဲဟူဖျါ တဘျီအံၤအပူၤန့ၣ်လီၤ.

**ပုၤလၢအသူလိတဲစိစိစုအသိတကလုာ်
Smartphone ဒီးထဲဖလဲးတဖၣ်.**



မ့ၢ်သူမ့ၢ်ဘၣ်န့ၣ်,ဘျုးစဲဒီးဟံၣ်မ့တမ့ၢ် တၢ်မၤလိ် Wi-Fi အ
ပုၤဘျုးစဲလၢတၢ်ကလးဆဲးတၢ်သူဝဲဒၣ်န့ၣ်လိတဲစိဒါထဲလၢ
တၢ်ဟ့ၣ်တၢ်ပျဲလၢတၢ်ကသူအံၤအဂီၢ်တက့ၢ်.

* တၢ်ကိးတခါလၢအယံၣ် ၂၀ မံးနဲးခိဖျိတၢ်သူလိတဲစိန့ၣ်ကလၢကဝဲဒၣ် 230 MB ယၣ်ယၣ်
ဒီး ခိၣ်ဖျုထၢၣ်အမိၢ်ပုၤကလၢက 450 MB ယၣ်ယၣ်လၢအလီၤကဲလိ်အသးဒ် Skype®
မ့တမ့ၢ် Facetime® အသိးန့ၣ်လီၤ.

ကတီဟ်နသးလၢနကကိးလိာ်သးလၢကွဲဟူဖျါအပူတက့ၢ်



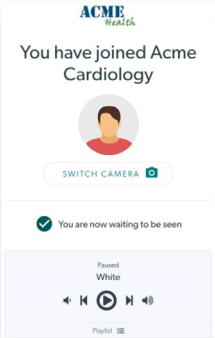
မၤလိာ်တီၢ်နသးလၢနကကိးလိာ်သးလၢကွဲဟူဖျါအပူတက့ၢ်တခါလၢအမ့ၢ်အက့ၢ်အဂီၢ်ကတီဟ်နသးလၢကွဲဟူဖျါအပူတက့ၢ်-

-  Google Chrome
(Windows, Android, MacOS, iOS 14.3+)
-  Apple Safari
(MacOS, iOS)
-  Mozilla Firefox
(Windows, Android, MacOS, iOS 14.3+)
-  Microsoft Edge
(Windows, Android, MacOS, iOS 14.3+)

လဲၤဆူ- <https://videocall.direct/austinonlinereception>

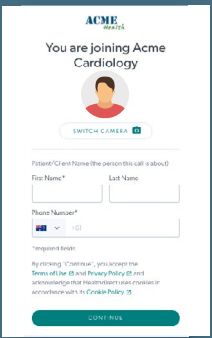
1

ဘိးလိာ် Start A Video Call အကမိၢ်လၢဟံၣ်ယဲၤ ဘျးစဲလၢတၢ်ဟ့ၣ်ဃာ်လၢလၢာ် မ့တမ့ၢ် ဆူၣ်ချ့တၢ် မၤစၢၤကရၢအပူၣ်ယဲၤသန့အပူၣ်န့ၣ်တက့ၢ်



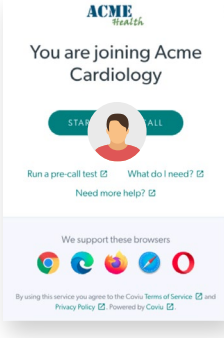
2

ထၢန့ၣ်လိာ်မံၤဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤလိာ် တၢ်တဖၣ်ဖဲတၢ်န့ၣ်လိာ်အိၣ်အသိး



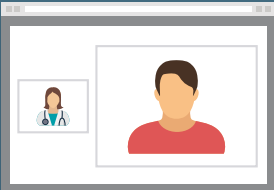
3

ထၢန့ၣ်လိာ်မံၤဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤလိာ်တၢ် တဖၣ်ဖဲတၢ်န့ၣ်လိာ်အိၣ်အသိး



4

ဆူၣ်ချ့ပူၤဘၣ်မ့ၣ်ဘၣ်ဒါကဟဲတၢ်ဒီး တၢ်ထီၣ်လိာ်တၢ်ပိၣ်ကစးထီၣ်ပဲန့ၣ် လိာ်



! တၢ်တဖၣ်အံၤတမံၤမံၤမ့ၢ်တမၤတၢ်ဘၣ်န့ၣ်နကဘၣ်မၤဒဲလဲၣ်.

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

လၢကသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်
 To cancel or reschedule:
 Use our online form at
www.austin.org.au/contact-specialist-clinics/
 or call us at 03 9496 2444



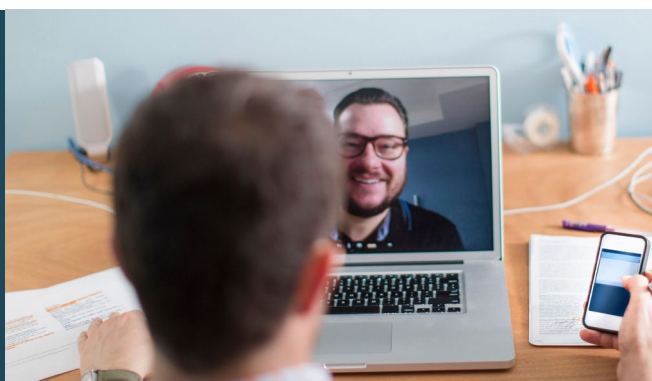
Attending your appointment via a Video Call

Austin Health Specialist Clinics

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:

<https://videocall.direct/austinonlinereception>

Or use this QR code to access the clinic waiting area:



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

A recent version of one of these Web Browsers as shown overleaf:

- Google Chrome, Microsoft Edge, Mozilla Firefox or Apple Safari

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 you use a recent version of one of the following browsers:

-  Google Chrome (Windows, Android, MacOS, iOS 14.3+)
-  Apple Safari (MacOS, iOS)
-  Mozilla Firefox (Windows, Android, MacOS, iOS 14.3+)
-  Microsoft Edge (Windows, Android, MacOS, iOS 14.3+)

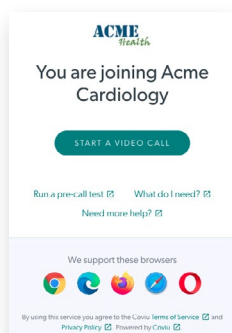


Go to

<https://videocall.direct/austinonlinereception>

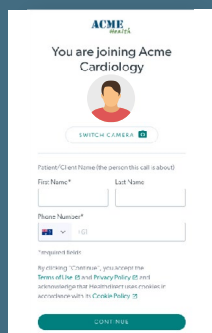
1

Click the Start A Video Call button in the link provided, or on the health service's website.



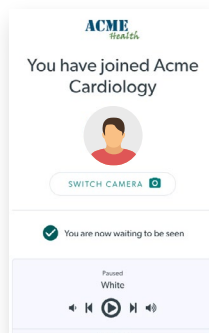
2

Enter name and details when prompted



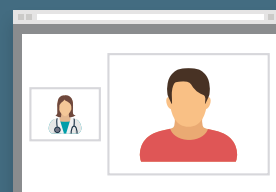
3

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

To cancel or reschedule:

Use our online form at

www.austin.org.au/contact-specialist-clinics/

or call us at 03 9496 2444