

**BULLETIN FOR HEALTH AND WELLBEING**

# TELEHEALTH



Telehealth is an activity or service, carried out using information technology, allowing users to have remote access to a doctor or health professional in response to a clinical need.

- Access services, including specialized services, more easily, close to your home;
- Obtain, remotely, care and clinical services in different medical and professional disciplines.

## What are the benefits of telehealth?

For you:

- Improves accessibility to care and services;
- Avoid travel;
- Saves on travel costs, time and energy;
- Promotes your involvement in your treatment plan.

## For clinical staff:

- Uses medical and professional resources more efficiently by limiting their travel;
- Facilitates clinical consultation and multidisciplinary work;
- Allows case discussions with specialists and health professionals in urban centers;
- Facilitates the acquisition of knowledge and skills for regional stakeholders.

## General information regarding telehealth:

Telehealth pilots from the CISSS de la Gaspésie:

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References :

<https://www.ciasss-gaspesie.gouv.qc.ca/la-tele-sante-en-gaspesie/>

<https://visiongaspesieperce.ca/travel-4-health/>

# TRAVEL 4 HEALTH TOOL KIT

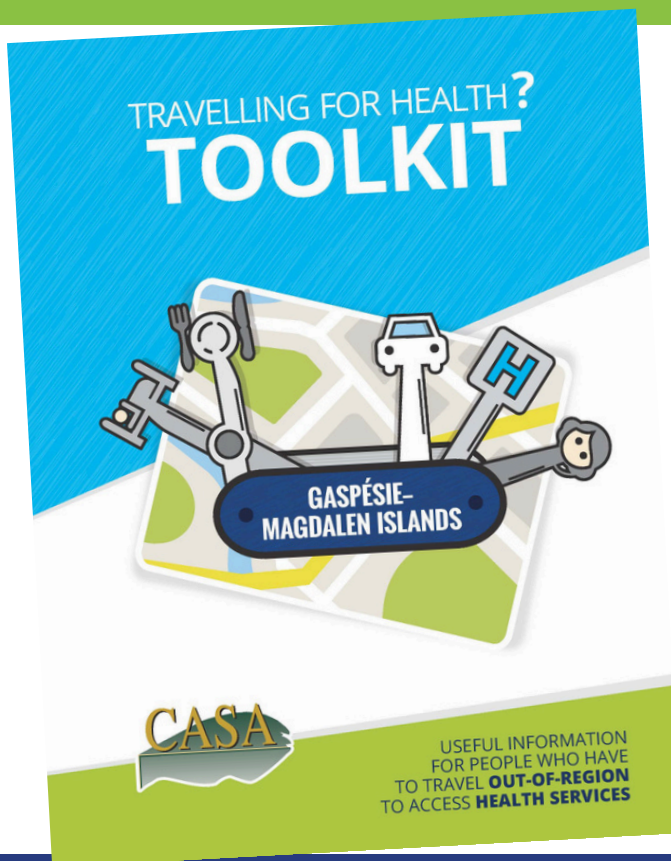
The Travel4Health information guide was created to provide useful information to English speakers from the Eastern regions of Québec when they travel out-of-region for health services.

The information you find here will help you and your loved ones to prepare as best you can and to make the process as smooth as possible.

## Information includes:

- Financial support resources
- Contact information for accommodations near each hospital centre
- Helpful tips and reminders
- Resources to help you once you have returned home

Access the latest, most updated Travel 4 Health information on the Vision website at <https://visiongasperece.ca/travel-4-health/> or call the Vision main office at 418-368-3212.



## Activity Corner



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ALEXANDRITE	GARDEN	LEMONADE	SOLSTICE
BARBECUE	GEMINI	LONGEST DAY	STRAWBERRY
D-DAY	GRADUATION	OUTDOORS	SUMMER
DIPLOMA	HONEYSUCKLE	PEARL	THIRTY DAYS
FATHER'S DAY	JUNE	PICNIC	VACATION
FLAG DAY	JUNETEENTH	ROSE	WEDDING

Color Me!



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Always check with your physician before starting any new activities. This bulletin should never be used as a substitute for seeing a doctor. If you are concerned about a possible medical condition, please consult your physician.