

## vCare (TeleConsult@AH) Physiotherapy Service

Keep your health in check in the comfort of your home!

# vCare Physiotherapy Service

Access quality consultation with your therapist in the comfort of your home with vCare (TeleConsult@AH) Physiotherapy service.

## Benefits of vCare Physiotherapist Service



Real-time review of your condition, treatment and advice.



Immediate assessment and review of your progression.

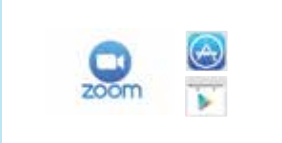


Early intervention to prevent decline in condition.

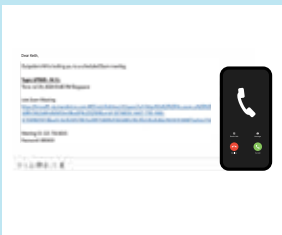
Our vCare Physiotherapy consultation fee is subjected to your eligibility for subsidy.



# Get Started With vCare



- 1 Before Your Appointment**  
Download the ZOOM Cloud Meetings app from the **Apple Store** or **Android Playstore** on your handphone, tablet or desktop.



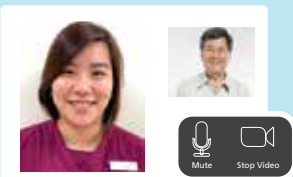
- 2 Logging On**  
On the day of your vCare appointment, our staff will call/SMS you to give you the meeting ID and password. They will assist you to be ready for your virtual consult. Meeting ID and password can also be sent to you via email upon request.



- 3 Enter Your Name**  
Enter your name to proceed.



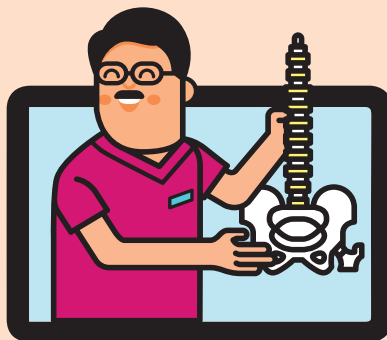
- 4 Enable Camera and Microphone**  
Make sure that ZOOM has access to your camera and microphone on your device.



- 5 Virtual Consultation**  
Look into the camera and verify your personal details with your Physiotherapist before proceeding with your consult. Please ensure your microphone is not muted. After your session, our staff will contact you to make your next appointment.

# Things To Note Prior To Your vCare Session

- Choose a quiet and conducive environment.
- Ensure ample space for movement and exercise.
- Prepare any necessary items that may be required for the session (e.g. walking aid, resistance band, stable chair, towel).
- Have your carer by your side if you need assistance.
- Feel free to prepare questions that you would like to ask your physiotherapist during the session.



**Speak to your Physiotherapist to make  
your vCare appointment today!**

For more information:

**Tel: 6379 3436 or 6379 3340 | Email: [AH\\_Rehab@nuhs.edu.sg](mailto:AH_Rehab@nuhs.edu.sg)**

Patient to seek immediate medical attention if illness or symptoms worsens.