

# Your guide to "Telehealth"

**BOOK ONLINE**

## What is Telehealth?

Telehealth incorporates technology such as video conferencing or telephone communication to deliver healthcare consultations. This means that instead of having to travel to our clinic, you can access the Top to Toe Team instantly from home through your mobile phone, computer or tablet.



Telehealth services available at Top To Toe include: physiotherapy, exercise physiology, nutrition and podiatry.

## Am I eligible?

Your eligibility for telehealth will depend on your healthcare provider and the type of health service(s) you are seeking.

At Top to Toe, we have a screening process to determine if this would be appropriate for you.

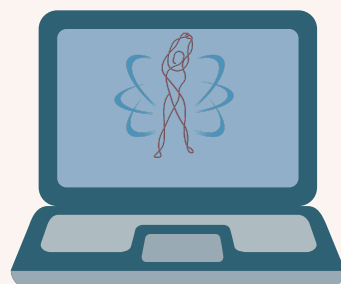
If you are not appropriate, our team will inform you prior to the consult and recommend the best strategy for you



## How do I set up Telehealth?

While there are various methods of communication, at Top to Toe, we primarily use video conferencing.

We use a secure and encrypted online platform, so you can be assured your privacy is guaranteed. No extra downloads are necessary.



Basic requirements for access include:

- Internet access
- A tablet, laptop or smartphone (or a computer with a headset and webcam as an alternative)
- Area where you can have room to move

## How is it funded?

### Funding bodies

### Funding approval

Private Health Insurance

Yes, with criteria (please check with your provider)

Medicare

Yes

Workcover

Yes

NDIS

Yes

DVA

Yes

TAC

No



## Is it effective?

Although telehealth has only been recently integrated into healthcare, our practitioners will still be able to help you.

While hands-on treatment such as dry needling and massage can't be done, expert advice, guidance and exercise can all be replicable during our telehealth consults.



Recent studies have shown that telehealth can in fact be just as effective as on-site consultations.

If you have any further enquiries please do not hesitate to contact us via email through [reception@toptotoe.com.au](mailto:reception@toptotoe.com.au) or give us a call on (03) 9850 7720.



**Top To Toe Health**