

# Met ei Telehealth?



Telehealth iei ew chufengen ren pekin safei sipwe eaea videoconferencing won computer, smartphone, ika tablet-ika fan ekkóóch kékké won fo ngeni ewe chóón awora aninisin safei. Epwe fokkun aninisiééch ika ke nomw towara seni ika mi weires omw kopwe nó ngeni ewe neni a kan awora ngonuk tumwunun safei.

Non ein fansoun COVID-19 public health emerechensi, telehealth a tongeni anisi ekkewe chóón safei (patient) me chóón awora tumwunun safei repwe tumwun ar repwe towaw fesen (social distancing). Telehealth a pwan tongeni mwut ngonuk kopwe chek ika ka semwen mwan kopwe chuto (in person).

## TELEHEALTH

## EN MI SINEI?

### Aninisin

- ✓ Esor sai (omw kopwe nó ngeni)
- ✓ Kukkun niwinin
- ✓ Mwochomwoch fansoun
- ✓ Tumwunun ekkewe chóón safei, Chóón awora, me chóón angang



### Met sokkun aninis a kawor seni Telehealth?

Telehealth a tongeni eaea ren sokkopaten aninisin tumwunun safei ren primary care (omw churi noumw tokter), specialty care (ekewe anisin safei mi awenewen ngeni chok omw we semwen), prenatal care (tumwunun mi pwopwo), counseling, diabetes care (tumwunun mi suke), substance abuse care (tumwunun eaea ngawen ekkewe mettóóchun amwanien/oruka), home care (tumwun me non iimw), me pwan ekkóóch.

### Met epwe wor rei ai upwe féeri ei Telehealth?

Videoconferencing apps a kan wor won kampiuter, tablets, me fon ika smartphones. Internet ika cellphone epwe tongei nounou internet epwe wor. Ekkóóch chóón awora pekin safei ra eaea ekkóóch pwan mettóóch online (portals) me apps. Fan ekkóóch, omw churi (tokter/chóón safei) a chok tongeni fis won fon.

Ina epwe pwan wor neni me non omw na mi monnotá omw kopwe tongeni eaea ne angei/eaea ekkei aninisin telehealth ren ekkewe esor nour pisekin eaea ika internet.

### Fite niwinin Telehealth?

Aninisin telehealth ese mé watte seni aninisin omw kopwe pwisin chuto non nenien safei. Ka tongeni kékkéeri noumw we insuransin safei ren pwan ekkóóch pworaus. Non fansoun ei COVID-19 public health emerechensi, napengeni kompenian insurans resapw era kopwe mééni ewe wisomw ke kan mééni (co-pay) ika met mi kan ketiweti (deductible) ren omw churi kich won telehealth.

**Ren pwan ekkóóch pworaus, nó ngeni an Pacific Basin Telehealth Resource Center we website won [www.pbtrc.org](http://www.pbtrc.org) ika kékkéeri ewe PBTRC Help Line won (808) 956-2514.**