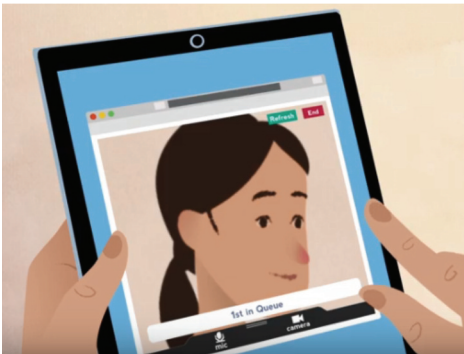




What is Near Me?



**Appointments by video from your home
or wherever is convenient for you**

What is Near Me?

Near Me is a video consulting service for clinical appointments. Near Me appointments take place primarily in your home. Your healthcare professional will see you via a video link.

How do I get an appointment?

Near Me appointments are booked in advance, just like many other clinical appointments. You will normally receive a letter, an appointment card or a phone call with the date and time of your appointment.

You may be asked during an appointment if you want your next appointment by Near Me, or you can ask if it would be possible.

Benefits of Near Me

Benefits of Near Me include reduced travel; reduced time away from home/work/school; and making it easier to have someone with you for support at your appointment that would not have been able to travel with you to hospital or to your local clinic or GP Practice.

Video call security

Near Me uses secure video consulting, which has been approved as private and confidential by NHS Scotland. Near Me calls are not recorded.



Is Near Me right for me?

Near Me is appropriate for many appointments, but it is not for every person or every appointment. Near Me cannot be used if you are having a procedure or hands-on care. Your healthcare professional can advise on whether Near Me is suitable for you.

You may also prefer to travel to hospital or your local clinic or GP Practice for some appointments. That's fine, too: you can opt in and out of using Near Me.

NHS Near Me at home

For Near Me at home, you need:

- A reliable internet connection (broadband or mobile)
- A device for making video calls, such as a tablet, smartphone or computer with webcam
- Google Chrome  browser, or Safari  on Apple products.

If this is the first time you are using Near Me, we suggest that at least 30 minutes before the time of your appointment, you go to the NHS Forth Valley website www.nhsforthvalley.com/nearme and follow the on-screen instructions.

More information

More information about Near Me is available from:

www.nhsforthvalley.com/nearme

or contact your healthcare professional using the contact number given on your appointment letter or card.



Near Me is powered by *Attend Anywhere*



If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

We are happy to consider requests for this publication in other languages or formats such as large print. Please call **01324 590886 (9-5) to arrange this or email **FV-UHB.disabilitydepartment@nhs.net****

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SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



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