



## House calls are making a comeback.

Doctors are making house calls again, but now they do it by using your computer, laptop, tablet or smartphone to do it. Find out how you can take advantage of these services by watching a short training video and joining Mountain-Pacific Quality Health's Telehealth Navigation Program.

- Learn about telehealth, what it is and how to use it.
- Learn about the benefits of using telehealth.
- Understand how your private health information is protected and kept secure while using telehealth.
- Help friends, families, neighbors and others use telehealth services.

**Watch the training video here.**

Questions? Contact Allison Bishop at [abruner@mpqhf.org](mailto:abruner@mpqhf.org) or (406) 437-3526.

