



Talk to a doctor. From home. *In 30 minutes.*

Practo, MFine, Apollo 24/7 connect you with real doctors over video. For minor issues, you don't need to go to the clinic.



WHAT'S INSIDE

- ✓ Pick a doctor online
- ✓ Have a video consultation
- ✓ Get a digital prescription



— WHY THIS MATTERS

Video doctor visits — for everything except emergencies.

Online doctor consultations work great for:

- Cold, cough, fever
- Skin issues
- Mild stomach problems
- Follow-ups after a visit
- Second opinions

For emergencies — chest pain, breathlessness, accidents — always go to a hospital. Online consults are NOT for emergencies.

WHAT YOU'LL LEARN

- Pick the right app
- Choose a doctor and time
- Have the video call
- Get prescription on phone

 *Takes about 8 minutes to read*



1

STEP 1 OF 6

Choose a trusted app

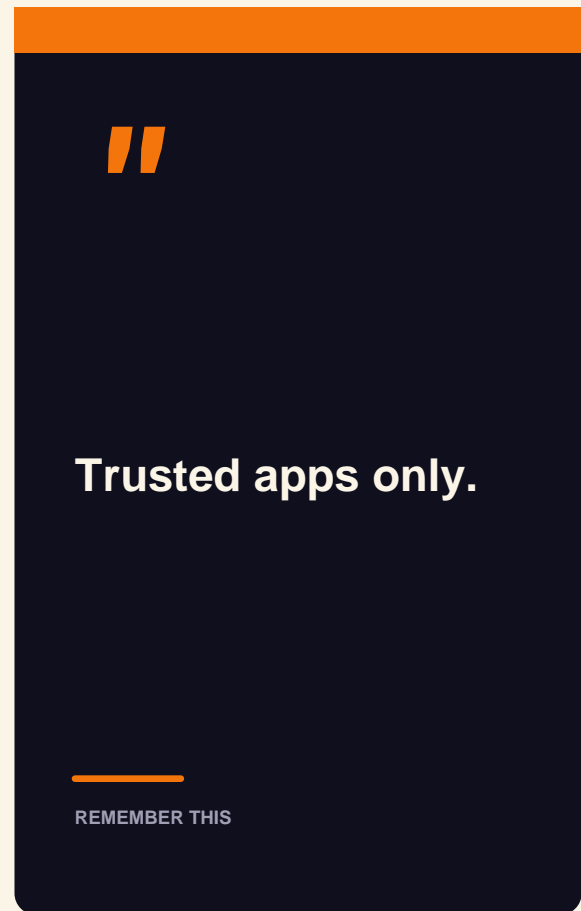
Use only WELL-KNOWN apps:

- Practo — biggest network of doctors
- Apollo 24/7 — Apollo Hospital's app
- MFine — fast consultations
- Tata 1mg — also has doctors

All these have real, qualified doctors. Pick one.
Sign up with phone number.

● **TIP**

Apollo 24/7 connects you to Apollo Hospital doctors — useful if you already see them in person.





2

STEP 2 OF 6

Pick your problem

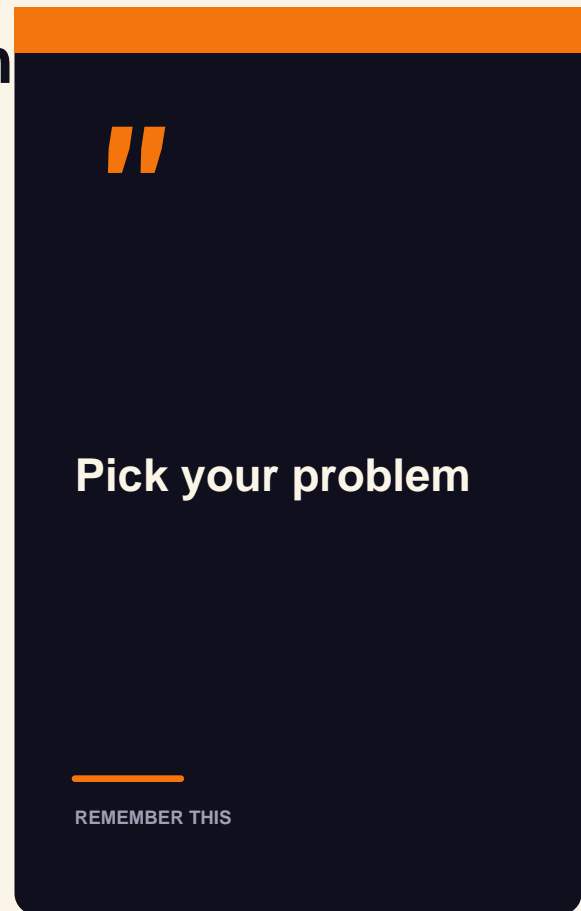
On the app's home screen, tap 'Consult Doctor' or 'Video Consultation'.

Pick the type of doctor:

- General Physician (most issues)
- Dermatologist (skin)
- Cardiologist (heart)
- ENT (ear/nose/throat)

● **TIP**

When in doubt, pick General Physician. They handle most everyday issues — cold, cough, fever, blood pressure check.





3

STEP 3 OF 6

Choose a doctor

You see a list with each doctor's:

- Name and degree (MBBS, MD)
- Years of experience
- Star rating
- Fee (Rs. 200-700 typical)
- Available time

Pick someone with 4+ star rating and 10+ years experience.

● **TIP**

Doctors who speak your language make conversation easier. Look for 'Speaks: Hindi, Telugu' etc.

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**4+ stars. 10+ years
experience.**

REMEMBER THIS



4

STEP 4 OF 6

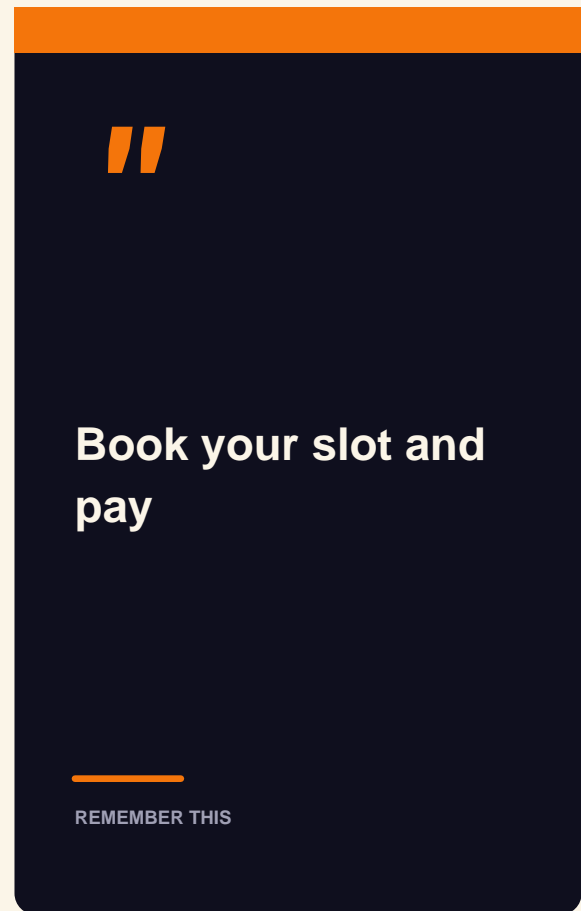
Book your slot and pay

Pick a time slot — usually within 30 minutes if doctor is online now.

Pay the fee (UPI works fine). Before the call, the app asks you to describe your symptoms. Type 1-2 sentences about your problem.

TIP

List your symptoms **BEFORE** the call: 'Cough since 3 days, fever 100F, no breath problems'. Doctors love prepared patients.





5

STEP 5 OF 6

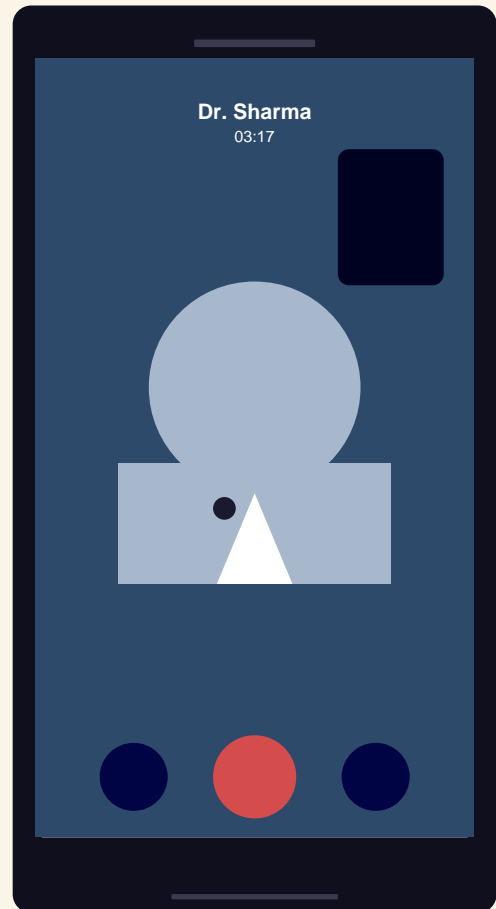
Join the video call

5 minutes before time, the app sends a notification: 'Join video call'. Tap it.

Allow camera and microphone access when asked. The doctor appears on screen. Talk normally — describe your problem, answer their questions.

TIP

Sit in good light. Good Wi-Fi or 4G. Hold phone at eye level so doctor sees your face properly.





6

STEP 6 OF 6

Get the prescription

After the call, the doctor sends a DIGITAL PRESCRIPTION to the app — usually within 5 minutes.

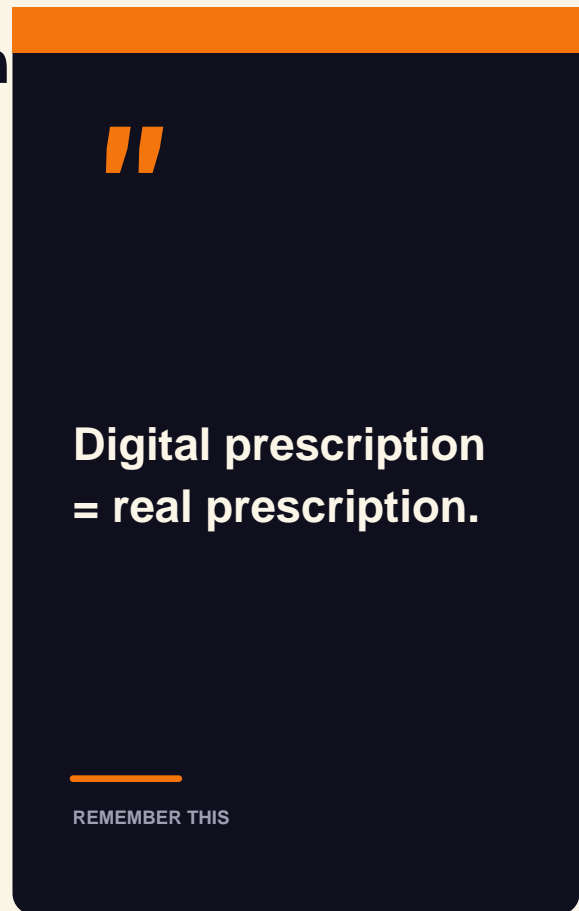
You can:

- Download as PDF
- Share on WhatsApp
- Use it to order medicines online

It's a real, valid prescription — chemists accept it.

● **TIP**

If the doctor recommends tests, the app links you to nearby labs. They can come home to take blood samples.





QUICK RECAP

Doctor on demand.

1

Not for emergencies

Chest pain, breathlessness, severe accidents — go to a hospital. Online consults are for minor issues only.

2

General Physician for most things

Cold, cough, fever, body pain — General Physician handles all of these. No need for specialists usually.

3

4+ stars, experienced

Pick doctors with 4+ star rating and 10+ years experience. The good ones rise to the top.

4

Prepare before the call

List your symptoms in 1-2 sentences. Days affected. Other medicines you take. Doctors finish faster.

5

Digital prescription is real

After the call, you get a PDF prescription. Real, valid, accepted by chemists. No need for paper.



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We're proud of you.

Learning new things at any age takes courage. Tell your family what you learned today — they'll be proud too.

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