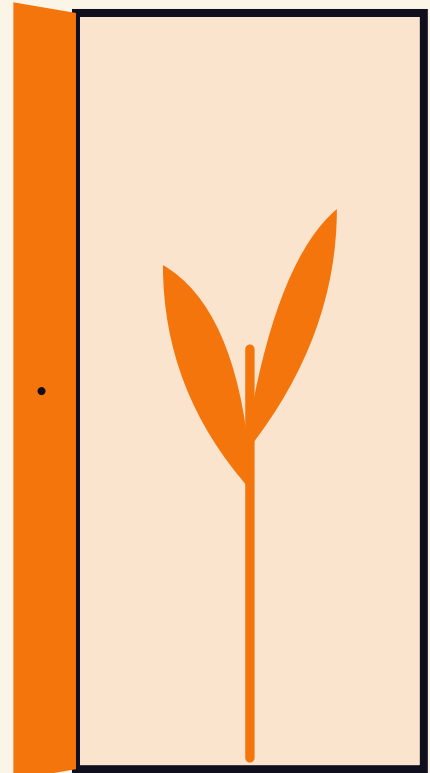




# A specialist anytime. *From home.*

Cardiologist in another city. Dermatologist for a skin issue. Practo and Apollo 24/7 connect you with specialists across India — over video.



## WHAT'S INSIDE

- ✓ Find a specialist online
- ✓ Send your reports first
- ✓ Get a digital prescription



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— WHY THIS MATTERS

## The best doctors. From your living room.

Online consultation has changed Indian healthcare. You can now talk to a top cardiologist in Mumbai while sitting in Hyderabad. A skin specialist in Bangalore for a rash on your hand.

Send your test reports in advance. Get a real prescription on phone. Same quality as a clinic visit — minus the travel.

### WHAT YOU'LL LEARN

- Search for specialists
- Compare and pick a doctor
- Send reports in advance
- Get a digital prescription

 *Takes about 8 minutes to read*



1

STEP 1 OF 7

## Pick the right app

Different apps for different needs:

- Practo — biggest pool of specialists
- Apollo 24/7 — Apollo Hospital network
- MFine — fast consultations
- 1mg — also has doctors + medicines

All have real, qualified doctors with degrees verified.

● **TIP**

If you usually see Apollo doctors, use Apollo 24/7 — same doctors, online.

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**Stick with one app.  
Build history.**

REMEMBER THIS



2

STEP 2 OF 7

## Search for the right specialist

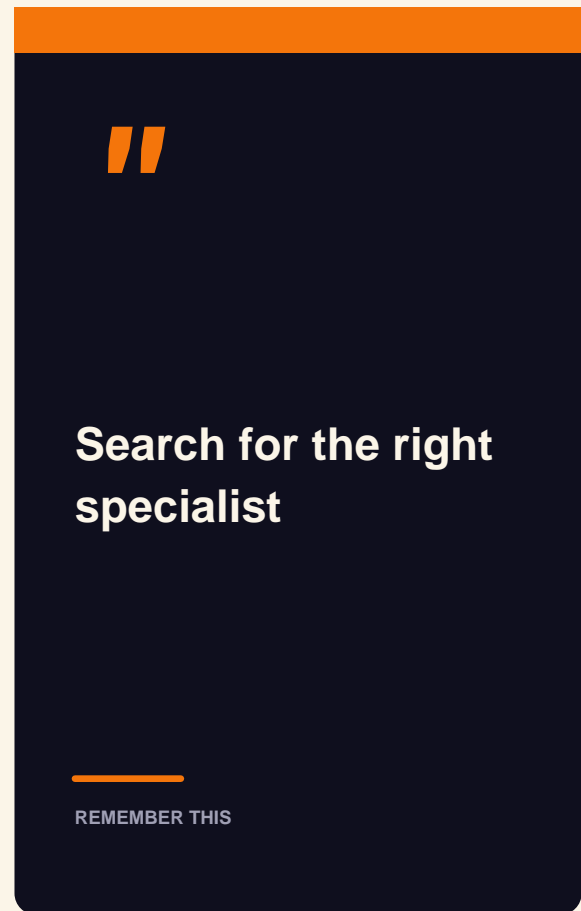
On the home screen, tap 'Find a Doctor' or 'Specialists'.

Pick the right type:

- Cardiologist (heart)
- Endocrinologist (diabetes, thyroid)
- Orthopedic (bones, joints)
- Dermatologist (skin)
- Neurologist (nerves, headaches)
- Psychiatrist (mental health)

● **TIP**

If unsure, start with General Physician.  
They'll refer you to a specialist if needed.





3

STEP 3 OF 7

## Compare doctors carefully

Each doctor's profile shows:

- Name + degree (MBBS, MD, DM)
- Years of experience
- Languages spoken
- Star ratings from patients
- Fee per consultation

Look for 4.5+ stars and 15+ years experience for serious issues.

● **TIP**

Read 2-3 patient reviews. Look for specific praise like 'explained well' or 'patient with elderly'. Skip ones with vague reviews.

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**4.5 stars. 15+ years.  
Specific reviews.**

REMEMBER THIS



4

STEP 4 OF 7

## Upload reports **BEFORE** the call

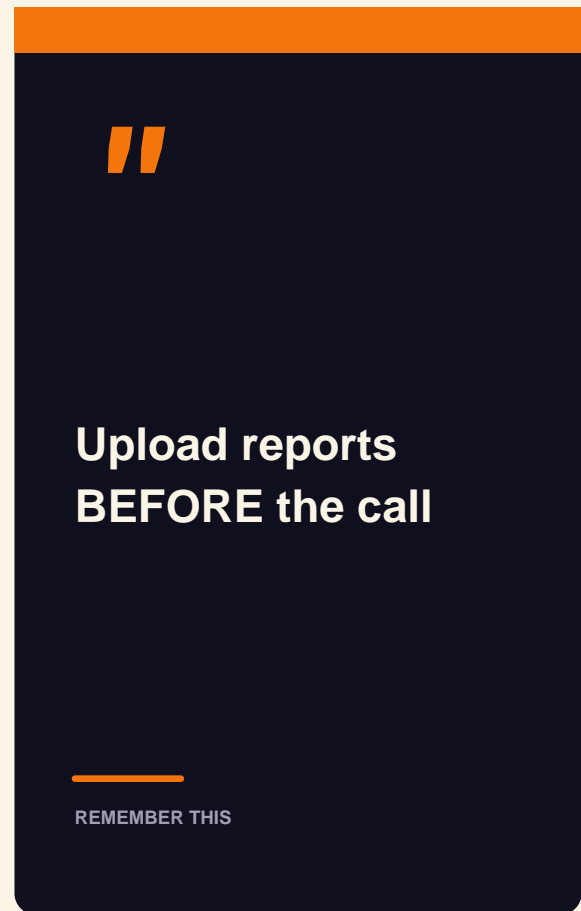
Most apps let you upload reports while booking:

- Recent blood tests (PDF or photo)
- X-rays, MRIs (PDF preferred)
- Old prescriptions
- ECG / echo reports

The doctor reviews these before joining the call.  
Saves time, gives better advice.

**TIP**

Take photos of paper reports **BEFORE** the day of the call. Hold paper flat, good light, clear photo. Don't rush at the last minute.





5

STEP 5 OF 7

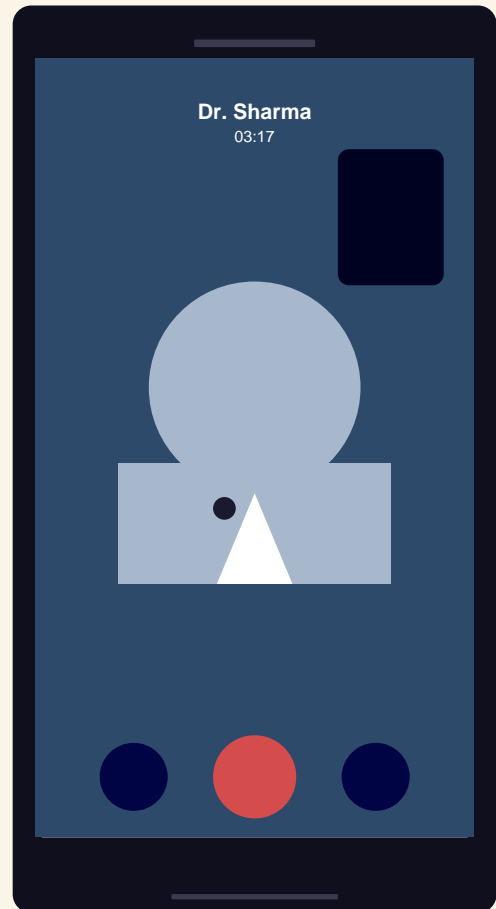
## Join the video call ready

Before joining the video call:

- Sit in good light (face the window)
- Wear plain clothes (don't show prints/patterns)
- Have your medicine list nearby
- Note 2-3 main questions on paper
- Phone fully charged + Wi-Fi connected

**TIP**

Sit on a chair facing window light. Phone propped on a stand or stacked books. Both hands free to gesture if needed.





6

STEP 6 OF 7

## Ask, listen, take notes

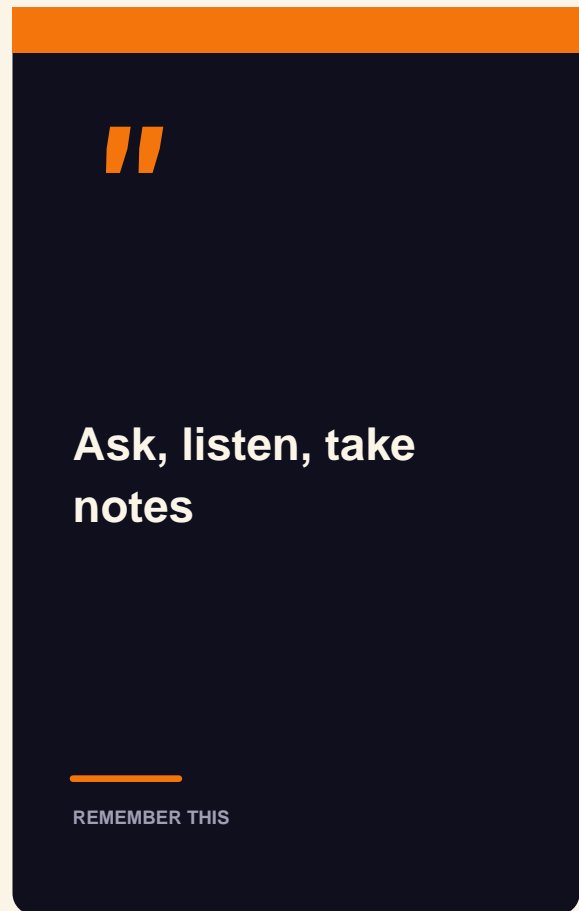
During the call:

- Describe your problem clearly (not too long)
- Answer doctor's questions truthfully
- Ask if you don't understand something
- Take notes in a small book

If something is unclear, ask. There's no shame.

**TIP**

If a family member is helping, put the call on speaker so they hear too. Two ears understand better than one.





7

STEP 7 OF 7

## Get prescription, follow up

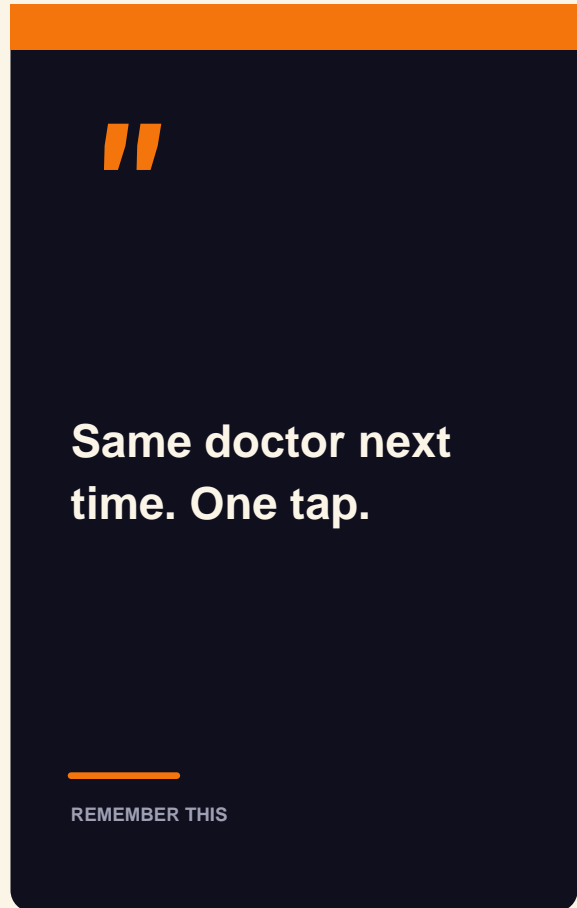
After the call:

- Doctor sends digital prescription (5-15 minutes)
- Download the PDF
- Use it to order medicines (1mg, PharmEasy)
- Book follow-up if doctor recommended

Apps remember your previous doctor. Next time, just tap to rebook with the same one.

● **TIP**

Follow-up consultations are usually **FREE** within 7 days of first consultation with most apps. Use this for clarification calls.





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QUICK RECAP

# Specialists, anywhere.

**1**

## One app, build your history

Practo, Apollo 24/7, MFine — pick one. Use the same one. Your records stay in one place.

**2**

## Specialists for specific issues

Cardiologist for heart, endocrinologist for diabetes, dermatologist for skin. Match doctor to problem.

**3**

## Reports before the call

Upload all your reports while booking. Doctor reviews them before joining. Better advice, less time.

**4**

## Sit in good light

Face a window for natural light. Plain clothes. Phone steady. Doctor can see you clearly = better diagnosis.

**5**

## Free follow-ups for 7 days

Most apps let you message the same doctor for free in the week after consultation. Use it for clarifications.



School of *Elderly*

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**You did it.**

***We're proud of you.***

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