



HealthLinkBC

Telehealth



# Introduction to Telehealth

As part of the CHWII, enhanced supports for families will be provided by:

- Dietitian Services at HealthLink BC
  - 8-1-1 (toll free)
  - Pediatric Dietitians
- Physical Activity Line
  - toll-free phone service
  - Exercise Physiologists on Staff



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Registered dietitians provide free, up-to-date, evidence-based nutrition information, counselling and advice to support the improved health and well-being of British Columbians.

- Dietitians are available Monday to Thursday, 8 a.m. to 8 p.m. and Friday, 8 a.m. to 5 p.m.
- Translation services are available more than 130 languages upon request.
- Service is offered by phone (8-1-1), and by email and web at [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)

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The Physical Activity Line (PAL) is a physical activity counselling service and free resource for evidence-based physical activity information and professional guidance to support British Columbians in becoming more physically active.

The mission of the PAL is to improve the health of British Columbians through physical activity tailored to an individual's specific needs and lifestyle.

- Qualified Exercise Professionals are available Monday to Friday 9 a.m. - 5 p.m. to assist you with all of your physical activity related needs.
- Service is offered by phone (Toll Free 1-877-725-1149; Lower Mainland 604-241-2266) and by email [info@physicalactivityline.com](mailto:info@physicalactivityline.com) and web [www.physicalactivityline.com](http://www.physicalactivityline.com)

# Thanks for Joining in!



For more information:

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**This Webinar is in collaboration with CHNET-Works!**

[www.chnet-works.ca](http://www.chnet-works.ca)

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