

eePcc Animated Video #1: What is eHealth

Final script

- Have you ever wanted help managing your health, or your family's health? Like getting your lab results faster, or finding more information about an illness or medication? Or perhaps you wanted to start exercising but weren't sure where to begin, or how to set and achieve fitness goals?
- We've all had questions about our health, and sometimes we need help answering those questions. Technology can help us get what we need.
- You are probably already using technology to find information online, or to communicate with your friends and family. Maybe you use it to do your banking, or to plan a trip. The same tools can help you better manage your health.
- This is called eHealth.
There are different ways technology can support you and your family's health.
- For example, you can get health information and education from traditional sources like the TV or radio.
- Or you can use the Internet to look up information about a health topic or to learn more about a disease.
- You can also look up your lab results online, track your fitness activities with an app, connect with healthcare providers online, join patient support groups using social media, or access your health records.
- All of this IS eHealth.
eHealth is helping patients and health care providers work together to ensure faster, safer, better care.
- And many of these eHealth tools are available in B.C. for you and your family.
- For resources and ideas on how to use eHealth safely and in partnership with your health care provider, visit our website.

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