

Patient information – video calling instructions with health care services

1. Download the application "Min Vård" via Google Play or App Store:



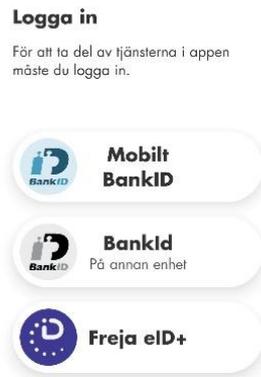
2. When health care professionals invite you to a meeting, you will receive an SMS containing date and time of the meeting:

Hej! Du är välkommen till ett videobesök med Region Dalarna söndag 4 juni 2023 08:00. Öppna vår app och logga in för att ansluta till mötet. För att ladda ner appen eller ansluta till besöket på en dator, besök: <https://dalarna.visibacare.com/dalarna/visits>

3. Click on the Internet link in the SMS and you will be directed to your errands within the app "Mina ärenden". Another option is to login via computer. In order to do that, type in the Internet address that appears in the SMS in your browser address field.



4. Login using Bank-ID or Freja eID+



5. Please login 15 minutes before the meeting starts. Click on "starta besök" meaning start the meeting and you will be directed to the lobby where you can test your camera, microphone, audio and Internet connection.
6. Remain in the lobby until the caregiver starts the meeting.
7. Payment is done by invoice that will be sent to you.

For more information, go to [1177.se](https://www.1177.se):

<https://www.1177.se/Dalarna/om-1177/nar-du-loggar-in-pa-1177.se/det-har-kan-du-gora-nar-du-loggat-in/kontakta-varden-pa-natet/digital-varcentral/>

Here you can watch a video about how a meeting via video is carried out:

https://www.youtube.com/watch?v=V5wv_KcRMlg&feature=youtu.be