

Ministry of Defence
Government of India



SeHAT OPD



सर्वे संतु निरामया :

SeHAT OPD: A user Guide for Patients

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Getting Started

HQ IDS & DGAFMS has provisioned SeHAT OPD - SAFE HOME OPD, a patient-friendly web-based teleconsultation system that aims to provide healthcare services to patients through safe & structured video-based clinical consultations between a doctor in a hospital and a patient in the confines of his home.

About SeHAT OPD

[SeHAT OPD](http://sehatopd.in) (sehatopd.in) is a Defence Services online OPD service that enables patients to consult doctors. It is first of its kind patient-to-doctor telemedicine system that will serve as a Tri-Service teleconsultation facility. **SeHAT OPD** has been developed and deployed by HQ IDS (Med Branch) in collaboration with the Health Informatics & Electronics Division at Centre for Development of Advanced Computing, Mohali (Punjab). Please visit the [SeHAT website](http://sehatopd.in) for more information and to use the Tri-Service teleconsultation service.

The SeHAT Team HQ IDS & DGAFMS as well as team at C-DAC Mohali, urge you to stay home.

System Requirements

SeHAT OPD at sehatopd.in is a web-based system and does not require an installation. SeHAT OPD requires the following combination of hardware and software to function.

Hardware

- A laptop or a desktop computer or a full-sized tablet / Smart Phone with a camera, microphone and speakers that can run the latest versions of Chrome and Firefox
- For a full motion full colour video conferencing - 2mbps Internet connectivity
- A working mobile phone to send/receive OTPs by SMS

Software

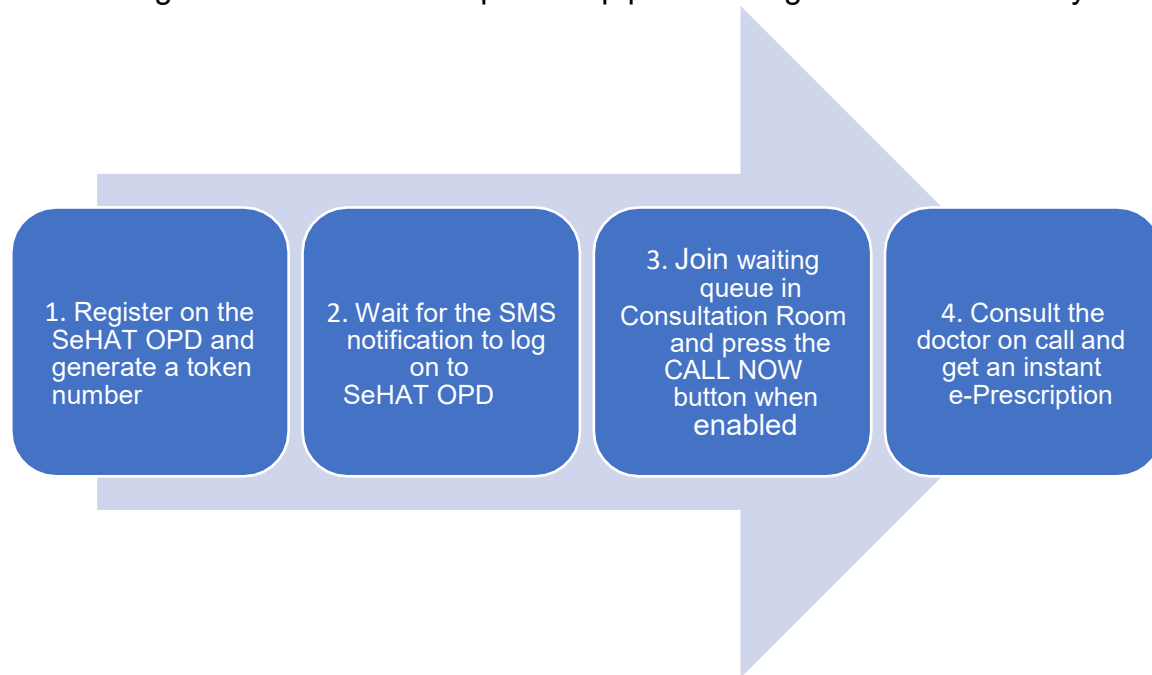
- Google Chrome version 79 or later
- Mozilla Firefox version 75 or later
- ☐ *Note: The SeHAT OPD website currently performs best when used on a Laptop/Tablet with a 720P or higher resolution.*
- ☐ *Note: Users **must** allow SeHAT OPD access to the microphone and camera on the device that they wish to use.*

Using SeHAT OPD

SeHAT OPD version 1.0 has been designed to be an extremely simple and easy-to-use telemedicine system that requires minimal effort from the user. Users must know how to use a browser and access a website to start using SeHAT.

User flow

Using SeHAT OPD is a simple 4 step process to get the consultation you need.



Step 1 – Registering with SeHAT OPD for the first time

All new users must register on the SeHAT OPD website before logging in and trying to use the facility.

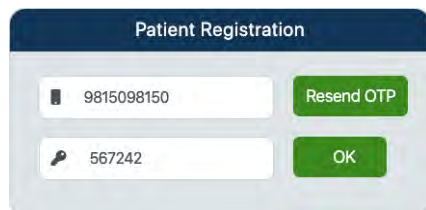
Refer to the following steps to register with SeHAT OPD:

1. Visit <https://sehatopd.in>
2. Click the **Patient Registration** button
The **Patient Registration** dialog displays



The image shows a 'Patient Registration' dialog box. It has a dark blue header with the text 'Patient Registration'. Below the header, there is a white input field containing the mobile number '9815098150'. To the right of the input field is a green button labeled 'Send OTP'.

3. Enter your mobile number and click the **Send OTP** button to receive an OTP via SMS. *Note: If you **do not** receive an OTP within 5 minutes, click the **Resend OTP** button to get a new OTP. The OTP is only valid for 15 minutes from issue.*



The image shows the 'Patient Registration' dialog box after the first step. It now has two input fields. The top one is the same as before with '9815098150' and a 'Resend OTP' button. Below it is a new input field for the OTP, containing '567242', with an 'OK' button to its right.

4. Enter the OTP that you received into the **Patient Registration** dialog and click **OK**
The **Patient Registration and Token Generation** dialog displays.
5. Fill all the required fields that are marked with a red asterisk (*)
6. If you have any existing health records such as a test result, x-ray reports etc, you may attach these files here using the **Choose File** button.

☐ *Note: You can attach up to 3 files. The file size must be under 5MB each. Only the following formats are supported:*

- PDF
- JPG/JPEG
- BMP
- GIF
- PDF
- JFIF

7. *All serving personnel will be required to register their telephone numbers with the AMA prior to starting use of SeHAT.*

Patient Registration and Token Generation

First Name*	ABHAY	Age*	24 Years
Middle Name	KUMAR	State*	Uttar Pradesh
Last Name*	SHARMA	District*	AGRA
Gender*	Male	City*	AGRA
Email	adityakumar@gmail.com	Address*	100, housing lane, Tajganj, Agra
Mobile	9815098150	PIN	282001

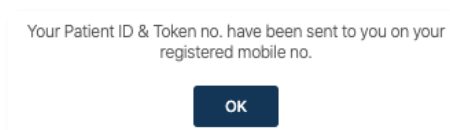
Upload Health Records
 Choose file | No file chosen
 1. Formats: .png, .jpg, .jpeg, .gif, .bmp, .pdf, .jif
 2. Size: less than 5 MB (per file)
 3. Limit: 3 files

IMG-20200116-WA0027.jpg

Generate Patient ID & Token

7. Once all the required fields have been filled, click the **Generate Patient ID & Token** button.

The following dialog displays. Click OK.



The registration process on the SeHAT OPD website is complete. You can now log in to the SeHAT OPD website with the details received by you via SMS.

Step 2: Logging in to SeHAT OPD

Logging in to SeHAT OPD is a straightforward process. Refer to the following to log in:

1. Visit <https://www.sehatopd.in>
2. Click the **Patient Login** button
The **Patient Login** dialog displays

The image shows a 'Patient Login' dialog box. It has a dark blue header with the text 'Patient Login'. Below the header, there are two input fields. The first field has a mobile phone icon and contains the number '9815098150'. The second field has a key icon and contains the text 'UP5'. Below these fields is a green button labeled 'Login'. At the bottom of the dialog, there is a link that says 'Forgot Patient Id and Token No.' and a link that says 'Cancel Token'.

3. Enter your mobile number and Token number, then click the **Login** button to log in.
 - ☐ The Token number denotes your number in the queue at the time of generation.
 - ☐ If you do not remember your Patient ID or Token number, click **Forgot Patient ID and Token No.** to receive an SMS with these details. If you do not wish to get the consultation at this time, click **Cancel Token**.

Step 3: Joining the patient queue in the consultation room

Once you have successfully logged in, you will be added to a queue of patients in the consultation room. Wait for your turn and let the **Call Now** button to get activated once a doctor is available.

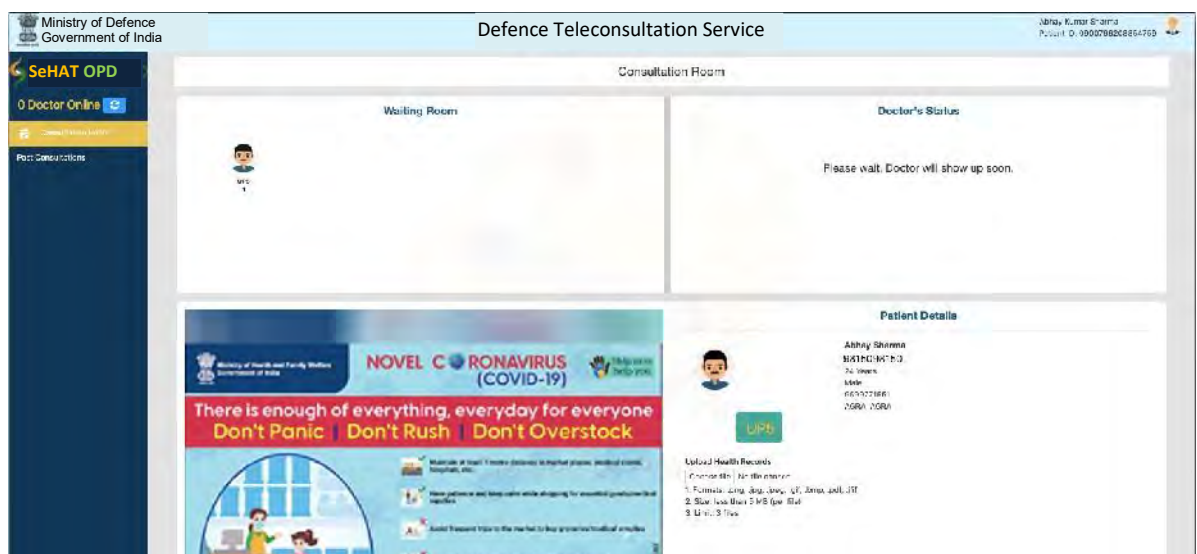
If you have any existing health records such as a test result, x-ray reports etc, you may attach these files in the **Patient Details** section using the **Choose File** button.

☐ **Note:** You can attach up to 3 files. The file size must be under 5MB each. Only the following formats are supported:

- PDF
- JPG/JPEG
- BMP
- GIF
- PDF
- JFIF

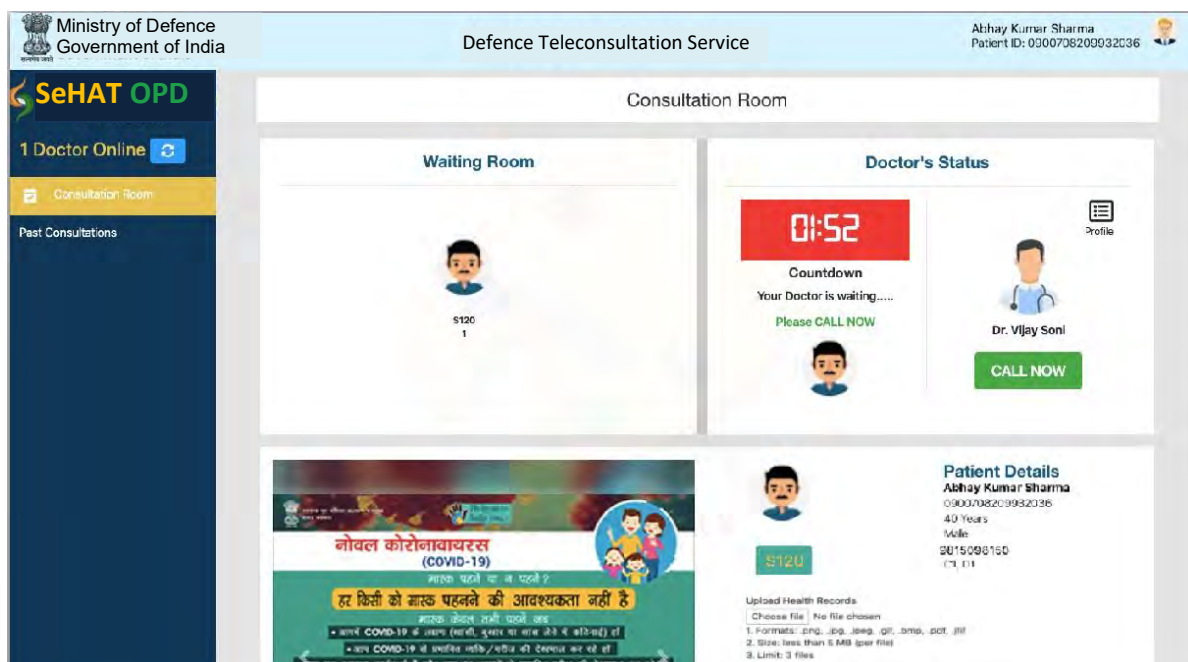
☐ If no doctor shows up as available for more than two minutes, please click the **Refresh** button from the **Doctor Online** panel on the left.

☐ if you wish to log out, click the logout icon.

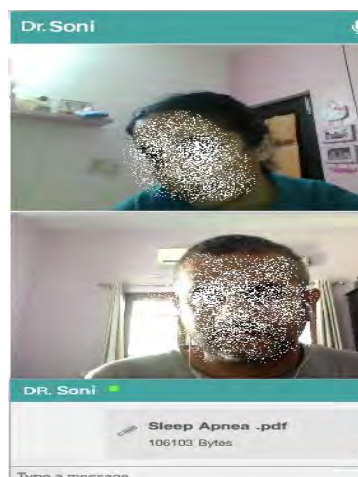


Step 4: Starting the SeHAT OPD Defence Teleconsultation Service

1. Once the **Call Now** button is activated, you must click the button within two minutes, otherwise, your token will be added back to the queue. You can also view the doctor's profile from the **Doctor's Status** dialog.



2. When you click on **Call Now**, a dialog will pop-up, prompting you to allow access to the camera and the microphone of the device that you are using. Click **Allow/Accept**.
3. Once the doctor answers your call, you will be able to see the doctor's video and interact with the doctor using the microphone on your device.



4. If you wish to type any details for the doctor, you can do so using **Type a message** in the chat window at the bottom of your videoconferencing screen.
5. If you need to upload a file to be sent to the doctor, you may do so using the upload button in the chat window. These files also carry a 5mb size limit and must be of type pdf, jpg, jpeg, BMP, gif

Once your doctor has successfully completed your evaluation, your telemedicine session will end and a prescription will be issued to you by the doctor. The link to view your prescription is also sent to your mobile phone. You can print this prescription for your records using the **Print** button.

Viewing previous consultations

You can **view** or **print** your existing consultations and prescriptions from the **Past Consultations** section on the left panel. Clicking the **Print** button will save a PDF of the prescription/consultation to your computer.

The screenshot displays the 'Defence Teleconsultation Service' interface. The header includes the Ministry of Defence and Government of India logos, the service name, and a patient ID. The left sidebar shows navigation options: 'SeHAT OPD', 'Doctor Online', 'Consultation Room', and 'Past Consultations'. The main content area shows consultation details for a patient named ABHAY KUMAR SHARMA, including his age, gender, and address. Below this, there is a section for 'General Information' with fields for Diabetes, Smoking, and Alcohol. The 'Provisional Diagnosis' is listed as 'Fever'. A table provides the prescription details, including the medicine (Paracetamol 150 mg oral tablet), frequency (BID), dose (1/2), type (tablet (s)/capsule (s)), and duration (1 Week). The 'Advice' section contains the text 'bed rest'. The interface also shows the doctor's name, Dr. TARUNA BHATTIA, and the date and time of the consultation, 18 Apr 2020, 01:12 PM. A 'Print' button is located at the bottom left of the main content area.

Ministry of Defence
Government of India

Defence Teleconsultation Service

Patient ID: 800758200212038

SeHAT OPD

National Teleconsultation Service

Test S One
P13 C1 122854
4.828779859

18 Apr 2020, 01:12 PM

Age: 45 Years
Gender: Male
Mobile: 9815008150

Consultation ID: 743
Patient ID: 0902708109933038
Patient: ABHAY KUMAR SHARMA
Address: Village Bhokumedi, Muzaffarnagar Dist 201315

General Information:
H/O Diabetes = No
H/O Smoking = No
H/O Alcohol = No

Provisional Diagnosis: Fever

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Medicine	Frequency	Dose	Type	Duration
Paracetamol 150 mg oral tablet	BID	1/2	tablet (s)/capsule (s)	1 Week

Advice:
bed rest

Dr. TARUNA BHATTIA
713
C1, D1, S1
18 Apr 2020, 01:12 PM

Print

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Support, questions, comments and feedback

If you face any problems while using SeHAT OPD or if you have any suggestions questions, comments or feedback, please visit contact page at sehatopd.in.

Suggestions & queries may be directed to the SeHAT OPD team at:

Health Informatics & Electronics Division
Centre for Development of Advanced Computing
A-34, Phase VIII, Industrial
Area, Mohali, Punjab 160071
INDIA
+91-172-6619000
spsood@cdac.in

HQ IDS (Medical branch)
eHealth Section
HQ IDS (Medical Branch)
West Block – III, RK Puram
New Delhi -110066
Tele : 011-26169079

SeHAT

