**HOW YOUR MOBILE PHONE CAN HELP YOU TO MANAGE YOUR HEALTH**

Many of us find our mobile phones very helpful in managing our day to day lives, and that can be a way of looking after our health too.

If you download the NHS app you can use it to book appointments, order repeat prescriptions and show that you’re up to date with your covid jabs. You can also see your full medical records going back to the day you were born, although to do that you will need to speak to your GP practice so that they can load your records onto the system. You’ll then be able to do things like checking the results of blood tests without having to phone the practice.

If you don’t feel confident about downloading and setting up the NHS app and there’s no friend or family member who can help, you can ask your GP practice to help you set it up. There is also a useful tutorial (NHS app help and support) that you can look at on your phone to remind you how to use it if you’re stuck.

Another IT system in use in local GP practices is **SystmOnline**, which you could log into instead of the NHS app. It has slightly less functionality and you would need your practice to set it up for you, but some patients find it convenient. The NHS app is easier because it can simply be downloaded and needs no extra setting up.

However, if this kind of technology isn’t something you would be happy to use, it doesn’t matter as it’s not the only way. You can just carry on contacting the practice by phoning, going in person or by letter.

*Sent by Dr Virmani and Dr Bedi’s patient participation group*