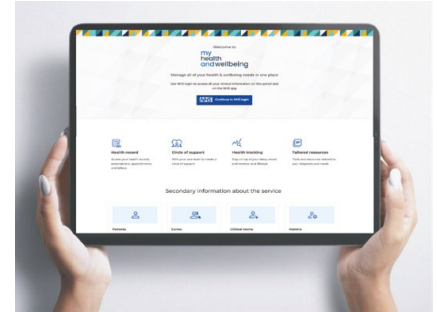


Sign up securely to the “My health and Wellbeing” internet portal to:

- View your local hospital **outpatient appointments and clinic letters digitally**, instead of receiving them in the post.
- Discover **helpful resources** including a **health video library**.

Join the new ‘My Health and Wellbeing’ portal to start seeing your local hospital outpatient appointments and clinic letters on your smartphone, computer or tablet device, instead of receiving them in the post. Please note that only letters which are sent to you after you create your portal account will be available to view in the portal.



My Health and Wellbeing is an easy-to-use NHS online portal which also features a health video library, with more than 1,000 patient information videos, to help you find resources to support your care.

For patients registered with a GP practice in England, the patient portal will enable your appointment information to appear in the NHS App too.

Getting started:

To start using the portal, sign up at: [https://app.maiacares.com/my- healthandwellbeing](https://app.maiacares.com/my-healthandwellbeing) or scan the below QR Code.



Patients registered with a GP practice in England

To register for the portal simply click: ‘Continue with NHS Login’ to create an account.



Patients registered with a GP practice in Wales

Do not click on the ‘Continue with NHS Login’ button. Use the ‘Sign up’ button on the login page and create an account.



Viewing your letters:

Once you’ve logged into the portal on a smartphone and are on the ‘Dashboard’ page, to view your letters, click the Menu button on the top left of the screen to navigate to different areas of the portal. Select ‘My health’ and then choose ‘Documents’ in the sub-menu. Scroll down to see appointment correspondence and click ‘View’ to see your appointment letter.

On a computer, once logged into the portal, simply click on the ‘My Health’ and ‘Documents’ tabs at the top of the screen to see your appointment correspondence and click on ‘View’ to see your letter.



1 Open the camera on your smartphone



2 Point the camera at the QR code



3 Select the website link and follow the instructions