

# Getting the most from health apps

Patient Champions - IT 4 Health Group - presentation to the IT 4 All group

n.b. From the 3rd February 2025 onwards phones/tablets that are on the operating systems shown below, will no longer be able to use the App version of the NHS App and will need to use the web browser version instead.

iOS 12 \*Will no longer work\*: Android 6 \*Will no longer work\*: Android 7 \*Will no longer work\*:

NHS England have stated that in order to use the App version of the NHS App the following phone operating systems are needed:

- Android version 8 and above, on devices with a front-facing camera \*Working\*
- Apple iOS version 15 and above \*Working\*



Unlock better health with with the support of the Patient Champions **'IT 4 Health'** Group.

Stay in Control of Your Health. Managing your healthcare has never been simpler! With these digital health tools.



**LabTestsOnlineUK**

You can:

- ✓ **Order repeat prescriptions** – No more trips to the GP just to request medication.
- ✓ **View test results** – Check your lab results from home with easy-to-understand explanations.
- ✓ **Access your medical records** – Keep track of your health history whenever you need it.

# How to register

## NHS App

- download the app from the App Store (iPhone) or Google Play (Android)
- Launch the app - you'll be asked to create an NHS login
- Use this link to see how <https://www.youtube.com/watch?v=8KY2qKcA69M>
- Or login to the NHS digital site through your browser to view the help videos. <https://digital.nhs.uk/services/nhs-app/toolkit/libraries/nhs-account-on-the-nhs-website-walk-through-videos#top>

## Patient Access

- Download the app from the AppStore (iPhone) or Google Play (Android)
- Use this link to see how to register <https://www.nhs.uk/nhs-app/>

# Home page

Good morning,  
**ANDREW WALKLING**

NHS number: 400

## Services

[View all](#)

[Request repeat prescriptions](#)



[Check if you need urgent medical help using 111 online](#)



## Your health

[View all](#)

[GP health record](#)



[View and manage prescriptions](#)



[Upcoming and past appointments](#)



## Messages

[View your messages](#)

9+



## Account

[Manage health services for others](#)



# Your Health Menu

## Your health

View your personal records and choices

[GP health record](#)

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[View and manage prescriptions](#)

---



[Upcoming and past appointments](#)

---



[COVID-19 vaccine record](#)

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[Your health choices](#)



# Services Menu

## Services

Get care and support to help you stay well

### Your GP services

[Request repeat prescriptions](#)



[Contact your GP about a health problem](#)



[Contact your GP surgery for a document or update](#)



[Check for available GP appointments](#)



### Other NHS services

[Check if you need urgent medical help using 111 online](#)



[Find NHS services near you](#)



### Find health information

[Browse NHS health information](#)



[Browse NHS medicines information](#)



[Find COVID-19 guidance](#)



# Browse Health Information

From Services menu

## Health A to Z

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

### A

[AAA screening, see Abdominal aortic aneurysm \(AAA\) screening](#)

[AAA, see Abdominal aortic aneurysm](#)

[Abdominal aortic aneurysm](#)

[Abdominal aortic aneurysm \(AAA\) screening](#)

[Abortion](#)

[Acanthosis nigricans](#)

[Achalasia](#)

[Acid and chemical burns](#)

# Medications

## From Services menu

The screenshot displays the NHS patient portal interface. At the top left is the NHS logo. Below it, the user is greeted with "Good morning, John Kelly" and their NHS number "446". The main content is organized into four sections: "Services", "Your health", "Messages", and "Account". Each section has a "View all" link on the right. The "Services" section contains two items: "Request repeat prescriptions" and "Check if you need urgent medical help using 111 online". The "Your health" section contains three items: "GP health record", "View and manage prescriptions", and "Upcoming and past appointments". The "Messages" section contains one item: "View your messages" with a red notification badge showing the number "2". The "Account" section contains one item: "Manage health services for others".

**NHS**

Good morning,  
John Kelly

NHS number: 446

Services [View all](#)

- Request repeat prescriptions >
- Check if you need urgent medical help using 111 online >

Your health [View all](#)

- GP health record >
- View and manage prescriptions >
- Upcoming and past appointments >

Messages

- View your messages 2 >

Account

- Manage health services for others >





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- [Live Well](#)
- [Mental health](#)
- [Care and support](#)
- [Pregnancy](#)
- [NHS services](#)

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# Medicines A to Z

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## A

[Aciclovir \(Zovirax\)](#)

[Acrivastine](#)

[Adalimumab](#)

[Alendronic acid](#)

[Allopurinol](#)

[Alogliptin](#)

[Amitriptyline for depression](#)

[Amitriptyline for pain and migraine](#)



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# Atorvastatin

Brand name: Lipitor. Find out how atorvastatin treats heart problems and how to take it.

[About atorvastatin](#)

[Who can and cannot take it](#)

[How and when to take it](#)

[Side effects](#)

[Pregnancy, breastfeeding and fertility](#)

[Taking atorvastatin with other medicines and herbal supplements](#)

[Common questions](#)

## Related conditions

[Angina](#)

[Cardiovascular disease](#)

[Heart attack](#)

[Stroke](#)

## Useful resources

[British Heart Foundation: charity](#)  
www.bhf.org.uk

[Heart UK: charity](#)  
heartuk.org.uk

[Stroke Association: charity](#)  
www.stroke.org.uk

[Healthtalk: videos of real stories about heart failure](#)  
healthtalk.org

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