# 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.









#### 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

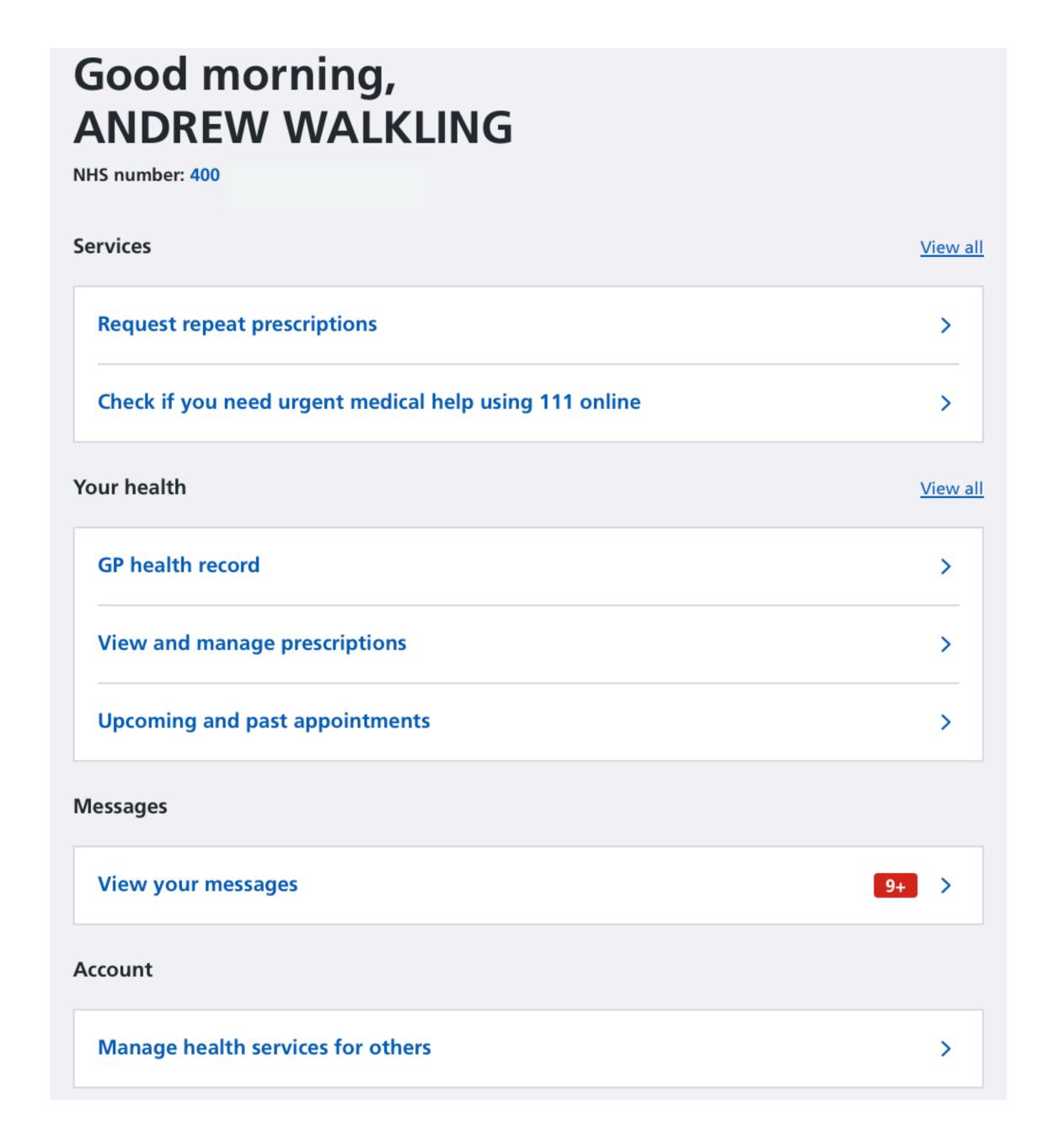
## NHS App

- 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 <a href="https://www.youtube.com/watch?v=8KY2qKcA69M">https://www.youtube.com/watch?v=8KY2qKcA69M</a>
- Or login to the NHS digital site through your browser to view the help videos. <a href="https://digital.nhs.uk/services/nhs-app/toolkit/libraries/nhs-account-on-the-nhs-website-walk-through-videos#top">https://digital.nhs.uk/services/nhs-app/toolkit/libraries/nhs-account-on-the-nhs-website-walk-through-videos#top</a>

## **Patient Access**

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

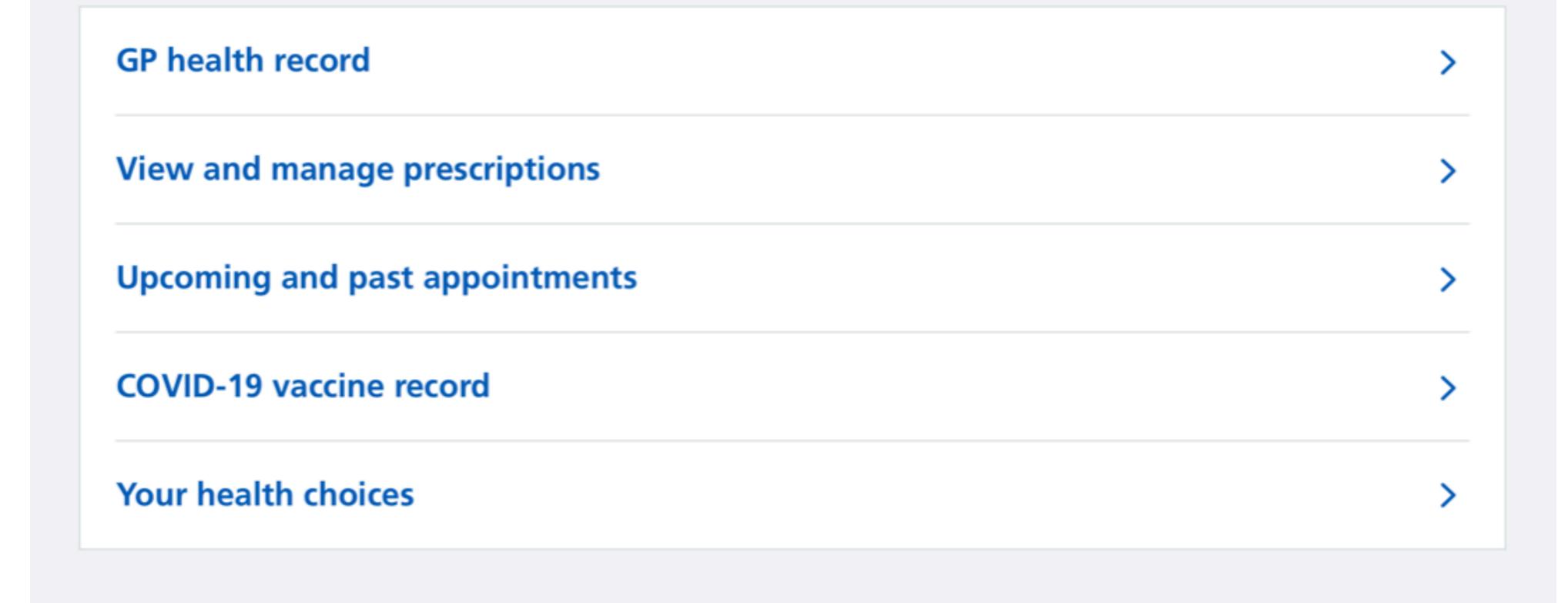
## Home page



#### **Your Health Menu**

## Your health

View your personal records and choices



#### Services Menu

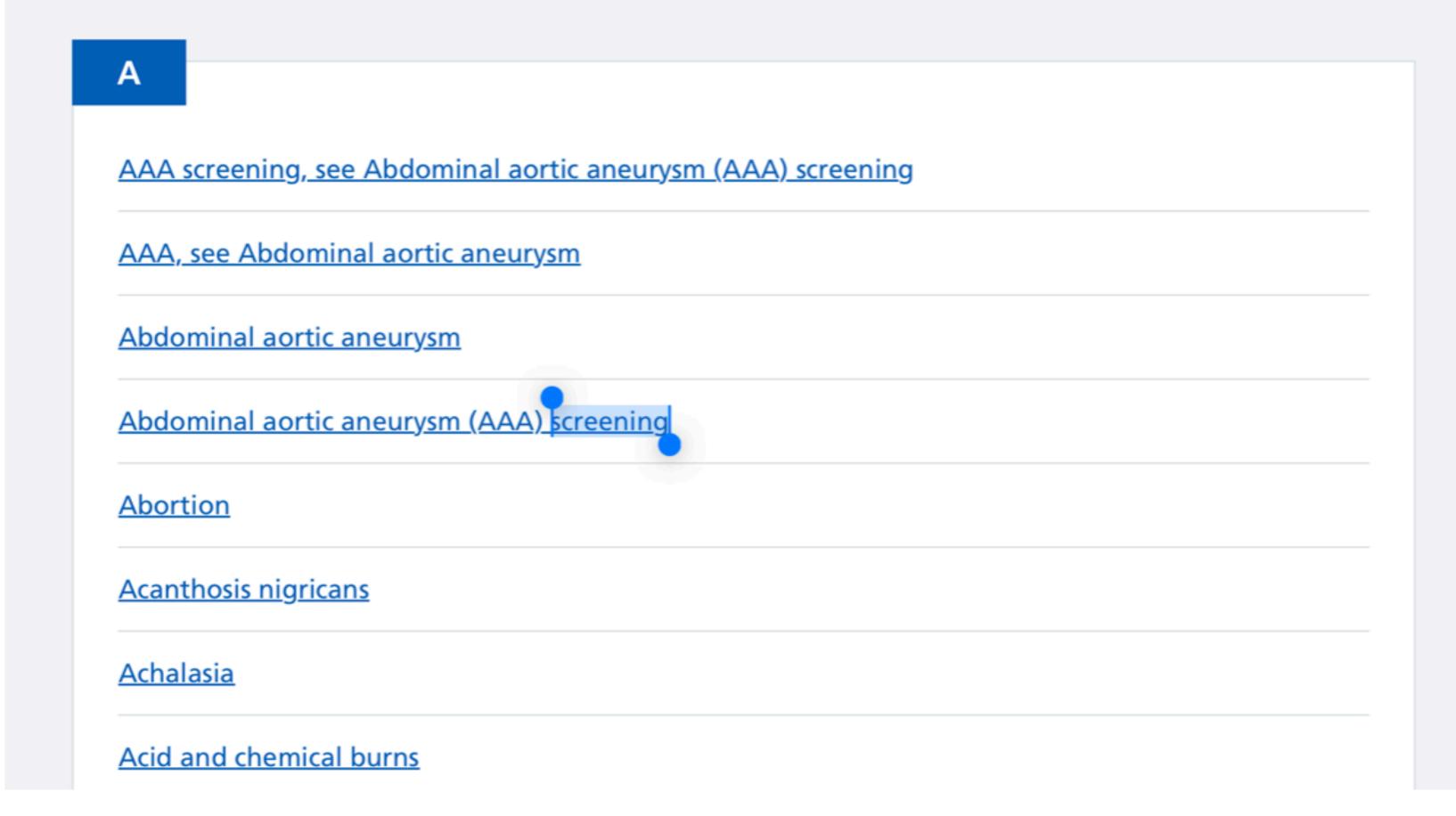
## **Services** Get care and support to help you stay well Your GP services **Request repeat prescriptions** Contact your GP about a health problem Contact your GP surgery for a document or update Check for available GP appointments Other NHS services Check if you need urgent medical help using 111 online Find NHS services near you Find health information **Browse NHS health information Browse NHS medicines information** Find COVID-19 guidance

## **Browse Health Information**

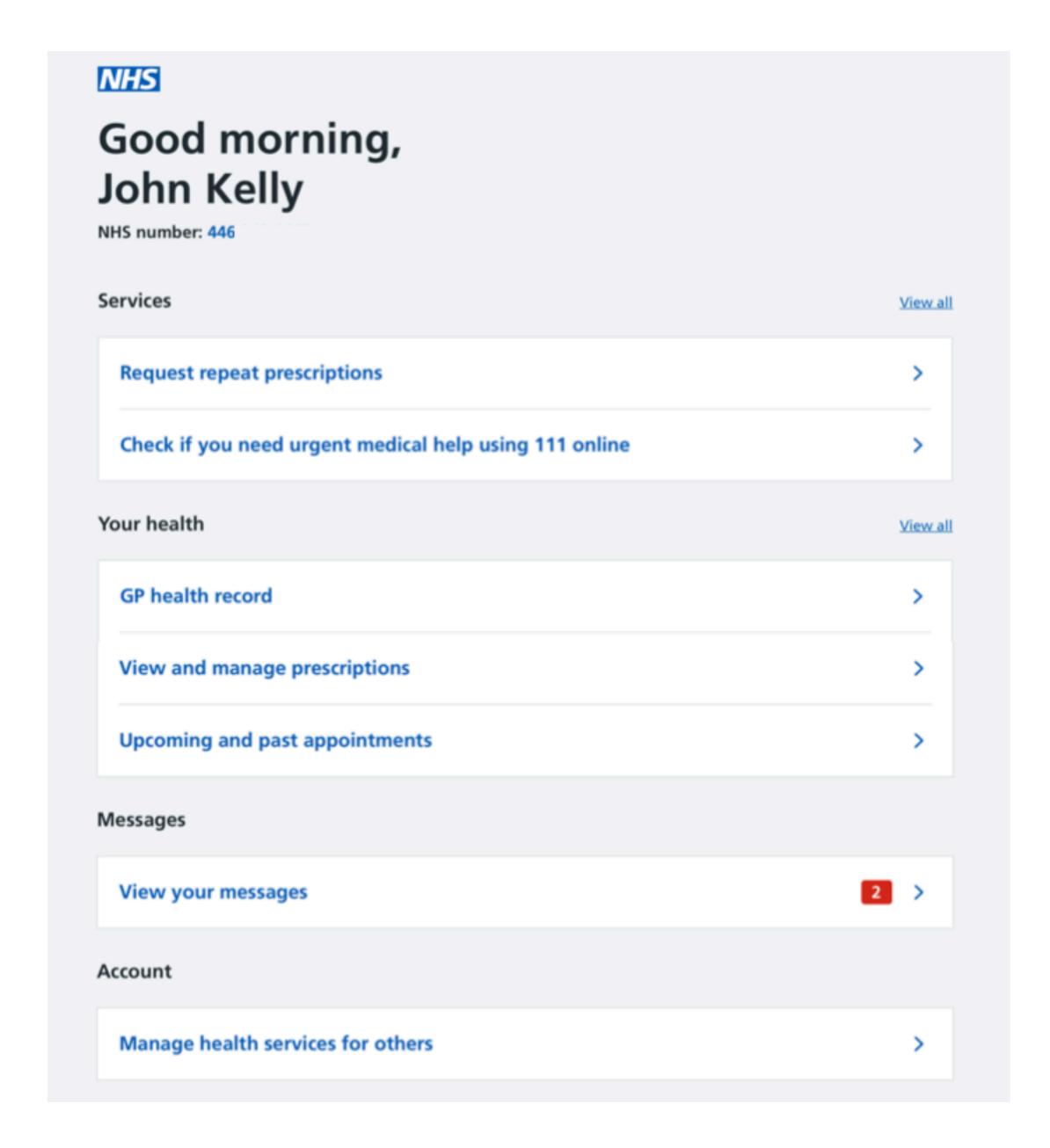
From Services menu

#### Health A to Z

<u>ABCDEFGHIJKLMNOPQRSTUVWXYZ</u>



# Medications From Services menu



Care and support

<u>Pregnancy</u>

NHS services

**Home** 

<u>Health A-Z</u>

#### **Medicines A to Z**

<u>Live Well</u>

#### <u>ABCDEFGHIJKLMNOPQRSTUVWXYZ</u>

<u>Mental health</u>

A
Aciclovir (Zovirax)
<u>Acrivastine</u>
<u>Adalimumab</u>
Alendronic acid
Allopurinol
Alogliptin
Amitriptyline for depression
Amitriptyline for pain and migraine

10:26 Tue 18 Feb



<u>Home</u> > <u>Medicines A to Z</u>

#### **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** 

<u>Angina</u>

Cardiovascular disease

<u>Heart attack</u>

<u>Stroke</u>

**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

Home
Health A to Z
Live Well

NHS App
Find my NHS number
View your GP health record

Other NHS websites

Profile editor login

About us

Give us feedback

Accessibility statement