



# MANAGE YOUR HEALTH



Download on the

**App Store**



GET IT ON

**Google Play**

- Asthma
- COPD
- Type 2 diabetes
- Low back pain
- Hypertension
- Atrial Fibrillation
- Stroke/TIA



Sign up to the **NHS App** to make appointments, order repeat prescriptions, check symptoms on the NHS website, *and in some practices* see your test results / medical record.

*PLUS*

Have a look at the website:

[www.digihealthwell.co.uk](http://www.digihealthwell.co.uk)

to see lots of ways in which you could use technology for your health.