

# Looking after your health online



The internet's a great resource  
for health information – especially  
if you know where to look.

## Health and wellness

Many GP surgeries have online systems so you can book appointments, order repeat prescriptions or view your test results or medical records from home. Ask staff at your surgery how you can set up an online account.



#getonlineweek

## Online health information

The NHS website, [www.nhs.uk](http://www.nhs.uk), has easy-to-follow, reliable information and brings together expert advice from across the NHS. It's great for checking symptoms, learning about a condition, finding local services or getting advice for your health needs.

**Top tip:** Don't panic. There's a lot of information online and it can be easy to get overwhelmed.

The internet can be great if you've already had a diagnosis, but it shouldn't replace seeing a doctor.

Use the usual channels (your GP, a pharmacist or calling the NHS on 111) if you're concerned about your own health or someone else's.

**Top tip:** When looking for health advice, use the websites of organisations you trust.

A good rule of thumb is to use the website of organisations you already know, such as the NHS or charities like Age UK or Cancer Research UK.

Your GP should be able to point you towards trustworthy information online too.

## Making healthy changes

Making small changes to your diet can dramatically improve your health, and the internet's a great place for ideas on making healthy changes.

**Top tip:** The *Easy Meals app* and *Change4Life* pages on [www.nhs.uk](http://www.nhs.uk) offer healthier versions of your favourite recipes.

There's advice on getting more exercise too. *Couch to 5K* is an app for your smartphone that can help you gradually build up to running five kilometres.

Stopping smoking is also great for your health, although it can be difficult. Your GP surgery can give you support, but you can find more help online.

**Top tip:** The *NHS Smokefree* website, [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree), provides extra advice and motivation to help you quit.

## Online courses – Learn My Way

The Learn My Way website has advice and beginners' courses about online health services and using the internet to improve your health.

Visit [www.learnmyway.com](http://www.learnmyway.com) to get started.

