

PRESS RELEASE

Wednesday 11 December 2013

How can your smartphone, tablet or laptop help you look after yourself?

Worcestershire Clinical Commissioning Groups (CCGs) are encouraging everyone to use technology to manage their health needs, learn more about any illnesses or conditions they have and, should they need the NHS, to choose the right service, first time.

The **NHS Choices** (www.nhs.uk) website can help you make lifestyle changes such as losing weight, stopping smoking or getting fit. It also has lots of information on a wide range of illnesses. You may have been diagnosed with a condition - such as asthma, diabetes or a heart problem - that can't be cured, but can be managed with medication and lifestyle changes. These are called long-term conditions, and around 15 million people - that's one in three in England are estimated to have one. NHS Choices helps you understand more about your diagnosis. There are also short films of people with the same condition as you explaining how they look after themselves. The more you know about your condition, the more confident you are in taking care of yourself. Just go to the website, and search for the name of your condition. All content on the site has been medically approved, and is checked regularly to ensure it's still accurate.

NHS Choices also has a series of symptom checkers. Answer a series of questions about what symptoms you're experiencing, and you'll be given advice on conditions that may be causing concern. The site will also tell you, based on your symptoms, the best course of action to take, whether that's managing the symptoms yourself right through to going to A&E. In most instances self-care is the best option, but this website will give you the confidence that it's the right thing to do.

LifeCheck (www.nhs.uk/lifecheck) is a free service which gives bespoke advice on changes you can make to improve your health. Questions about age, weight, height and lifestyle help the programme decide what aspects of your lifestyle are good, and where and how improvements can be made.

The **Is A&E for Me?** (www.isaandeforme.com) free mobile app, is the first of its kind in Worcestershire, and has been designed by the three NHS Clinical Commissioning Groups. It provides instant information about the range of options that are available for anyone who is injured or unwell. It also includes a GPS function which allows users to find their nearest NHS services wherever they are in Worcestershire - from pharmacies, minor injury units, GPs, emergency dental care and sexual health service.

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Notes for Editors

- For more information about NHS Redditch and Bromsgrove Clinical Commissioning Group please visit www.redditchandbromsgroveccg.nhs.uk
- For more information about NHS South Worcestershire Clinical Commissioning please visit: www.southworcscg.nhs.uk
- For more information about NHS Wyre Forest Clinical Commissioning Group please visit: www.wyreforestccg.nhs.uk

For further information please contact:

Hardeep Cheema, Communications Manager on 07423 534211 or email Hardeep.cheema@worcestershire.nhs.uk

Gary Hammersley, Communications Officer, on 07776 992015 or email Gary.hammersley@worcestershire.nhs.uk

