

healthwatch
Cambridgeshire

healthwatch
Peterborough

How-to guide

Online health services



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Finding health advice online

Recommended health websites:

1. The NHS website – www.nhs.uk

- UK's biggest health website – no need to register
 - Comprehensive A-Z of health conditions, symptoms and treatments, including what to do and when to get help
- Advice on good health and wellbeing
- Find local NHS services

2. Patient – www.patient.info

- A comprehensive website of evidence-based clinical information
- Created by trained medical professionals and undergoes a strict peer review process
- Broad range of topics, treatments and resources

When looking for health advice online, ask yourself WWW:

Who wrote/published the information you're reading? Ask yourself about the purpose and potential bias of the source. For example, is the site designed to provide information, or is it trying to sell you something? A reliable site will provide a 'Contact us' section and/or an 'About us' page. If a website doesn't have either, be wary.

What content is published on the site? Does the site base its information on relevant, factual research? Does it say where it got its information from? Check when it was last updated. A reliable site will be monitored and updated regularly.

Where has the information on the site come from? Certain information might not be relevant if it relates outside the UK. Check the site's web address to get an idea of the site's country of origin. It will also help to reveal the kind of organisation that produced it.

- .org = Not-for-profit organisation
- .uk = United Kingdom site
- .gov = Government site
- .edu = Educational institution (e.g. a university)
- .com = Commercial business

Tips for searching for health information

- Don't take information at face value if it's from a source you haven't heard of before. Check it with another website.
- Talk with your health or social care professional if you are unsure about the information you have read.
 - Be cautious of sites that make health claims that seem too good to be true.
 - Be wary of information that promises quick, dramatic or miraculous results.

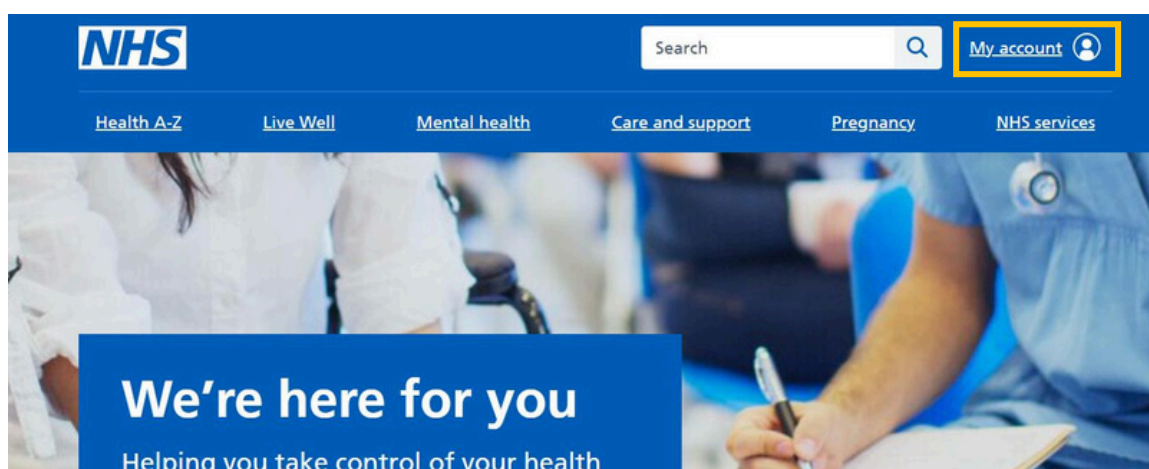
NHS App

Create an NHS login

1. Open the NHS App on your smartphone/tablet or visit the NHS website and access your NHS account by clicking on 'My Account' in the top right corner of the screen.



NHS App on a smartphone/tablet (you can download it from the App Store or Google Play store)



Accessing your NHS account through the NHS Website (www.nhs.uk)

2. Click 'Continue with NHS login'.
 - You will need an email address, a phone which receives texts, and ideally your NHS number to register.



3. Enter your email address and click 'Continue'.

A screenshot of the NHS login form. At the top left is the NHS logo and the text 'NHS login'. Below this is the heading 'Enter your email address'. A short paragraph explains that the system will check for an existing NHS login or allow for a new one to be set up. There is a label 'Email address' above a text input field. The input field contains the text 'example@gmail.com' and is highlighted with a yellow border. Below the input field is a green button with the text 'Continue' in white.

4. Create a password and click 'Continue'.
 - You will have to input this twice to ensure you have correctly entered your intended password.
 - Password must be a minimum of 8 characters long, have at least 1 UPPERCASE letter and not contain spaces.

NHS NHS login

< Back to: Enter your email address

Create a password

Create a password

Your password must:

- have 8 characters or more
- have 1 UPPERCASE letter or more
- not start or end with a blank space

Feedback

Show

Confirm password

Show

5. Check your email account for an email from the NHS with your 6-digit security code (it may have gone into your junk folder).
6. Enter the security code into the app to verify your email address and click 'Continue'.
 - This step makes sure you have entered the correct email address.

NHS NHS login

< Back to: Enter your email address

Check your email

Enter the 6 digit security code we have sent to **example@gmail.com** to confirm this is your email address.

You need to use this code within **1 hour** or it will expire.

▶ [Not received your security code?](#)

Feedback

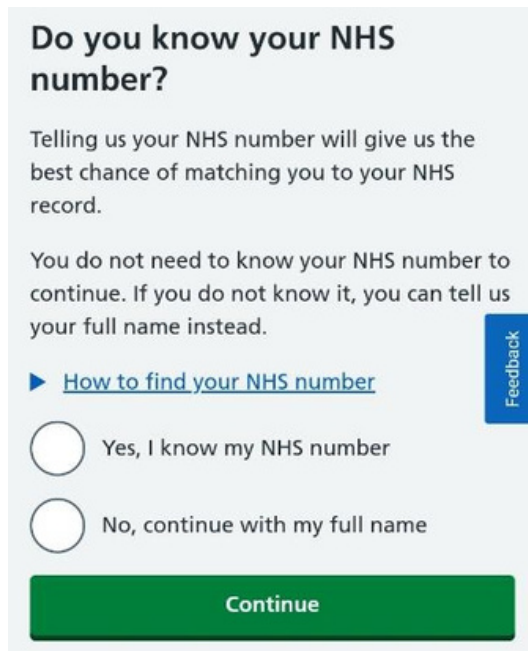
Security code

The code is 6 numbers

Continue

7. Enter your mobile phone number and click 'Continue'.
 - Another 6-digit security code will be sent to your phone by text.
8. Enter the 6-digit security code sent by text to your phone into the box and click 'Continue'.

9. Select 'Yes, I know my NHS number' or 'No, continue with my full name', depending on whether you know your NHS number.
 - You can still set up your NHS login if you don't know your NHS number.



Do you know your NHS number?

Telling us your NHS number will give us the best chance of matching you to your NHS record.

You do not need to know your NHS number to continue. If you do not know it, you can tell us your full name instead.

[▶ How to find your NHS number](#)

Yes, I know my NHS number

No, continue with my full name

Continue

Feedback

Skip to step 12 if you have entered your NHS number.

10. Enter your full name (click on each box to fill in) and click 'Continue' .
11. Enter your date of birth (click on each box to fill in) and click 'Continue'.
12. Enter your postcode (click on the box to fill in) and click 'Continue' .

13. Check your details and click 'Submit information' if they are correct.
 - Click 'Change name', 'Change date of birth' or 'Change postcode' before submitting your information if any of your details are incorrect.

NHS NHS login

Check your details

We will try and match you to your NHS record using the information you give us.

Name	Example Example	Change name
Date of birth	1 January 2000	Change date of birth
Postcode	BS1 1AB	Change postcode

Submit information

14. Accept the conditions of use. Scroll to the bottom to select that you understand and accept the terms of use and privacy policy and click 'Continue'.

15. Select whether you would like to receive direct notifications from the app to your phone. This includes messages from your GP and appointment reminders.

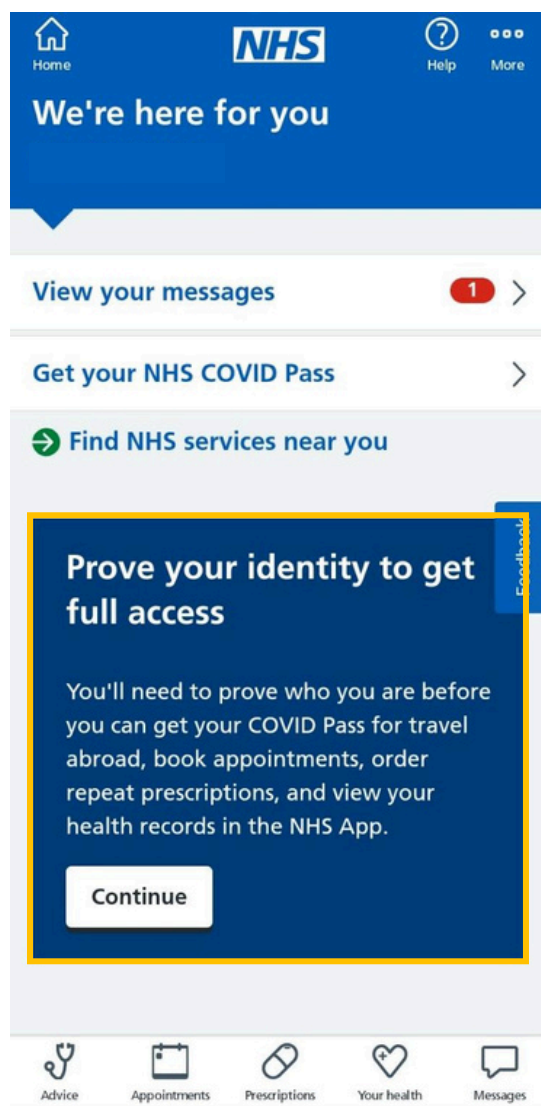
You have now successfully finished setting up your NHS login. The following section will focus on confirming your identity to connect the app to your GP practice.

Prove who you are with registration details from your GP practice

Once you have created a login, you will need to confirm your identity to get full access to your NHS account to book appointments, order repeat prescriptions and view your medical records.

There are two ways to confirm your identity. Using registration details or using photo ID - see page 11). **The most straightforward is to ask the reception staff at your GP practice for your “Registration details for Online Health Services” form.** You may need to complete a short form and show proof of your identity. The staff will then give you a form with your Linkage Key (could be called Passphrase), ODS code (Organisation Code or Practice I.D.) and Account ID. They may print it out straight away, post it to you or email it to you.

1. Once you have created a login, you will be directed to the ‘Home’ screen. Select ‘Continue’ on the blue ‘Prove your identity to get full access’ box.



2. Confirm your personal details and click 'Continue'.

Are these your details?

Yes, these are my details

No, these are not my details

These are my details but some are wrong

Continue

Feedback

3. Click 'Continue' when a message about proving who you are appears.

Next step

Prove who you are

You will need to send a photo of your ID and a recording of your face. This extra security check ensures that only you have access to your health information.

You need to complete all the steps before we can save the details you have entered.

Continue

Feedback

4. Click 'No, I do not have photo ID' and click 'Continue'.

NHS NHS login

Do you have photo ID?

We accept most passports, UK and European driving licences, UK residence cards and European national identity cards.

We can accept an expired photo ID, but only if it expired less than 12 months ago.

Yes, I have photo ID

I have photo ID but not with me

No, I do not have photo ID

Continue

Feedback

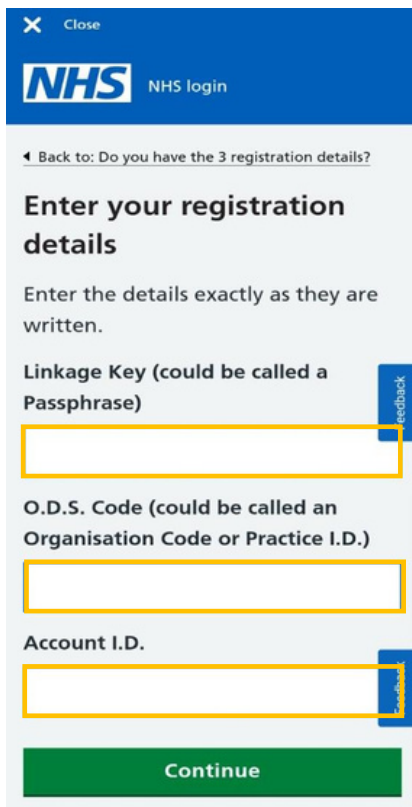
5. Select 'Yes – I use online services' and click 'Continue'.

A screenshot of a mobile application interface. At the top, there is a blue header with a white 'X' icon and the text 'Close'. Below the header, the text reads: 'about other health services you use. We will use this information to tell you how you can prove who you are. This is only available if your GP is in England.' The main question is 'Do you use your GP surgery's online services?'. Below the question, there is explanatory text: 'Online services include booking appointments, ordering repeat prescriptions and seeing your GP record.' To the right of this text is a vertical blue button labeled 'Feedback'. There are three radio button options: 'Yes - I use online services' (which is selected and highlighted with a yellow circle), 'No - I do not use online services', and 'I don't know'. To the right of these options is another vertical blue button labeled 'Feedback'. At the bottom of the screen is a large green button labeled 'Continue'.

6. Select 'Yes – I have all 3 details' and click 'Continue'.
• If you do not have the 3 registration details, you need to contact your GP practice first.

A screenshot of a mobile application interface. At the top, there is a blue header with a white 'X' icon and the text 'Close'. Below the header, the main question is 'Do you have the following 3 registration details for the online services you use?'. Below the question, there is a bulleted list of three items: 'Linkage Key (could be called Passphrase)', 'O.D.S. Code (could be called Organisation Code or Practice I.D.)', and 'Account I.D.'. To the right of this list is a vertical blue button labeled 'Feedback'. Below the list, there is explanatory text: 'You might have been given these details when you registered.' There are three radio button options: 'Yes - I have all 3 details' (which is selected and highlighted with a yellow circle), 'No - I do not have all 3 details', and 'I don't know'. At the bottom of the screen is a large green button labeled 'Continue'.

7. Select each box and insert your Linkage Key, O.D.S Code and Account I.D. then click 'Continue'.



The screenshot shows the NHS login registration details form. At the top, there is a blue header with the NHS logo and 'NHS login'. Below the header, there is a back arrow and the text 'Back to: Do you have the 3 registration details?'. The main heading is 'Enter your registration details'. Below this, there is a sub-heading 'Enter the details exactly as they are written.' followed by three input fields: 'Linkage Key (could be called a Passphrase)', 'O.D.S. Code (could be called an Organisation Code or Practice I.D.)', and 'Account I.D.'. Each input field is highlighted with a yellow border. To the right of the first two input fields, there is a small blue 'feedback' button. At the bottom of the form, there is a green 'Continue' button.

8. Enter your date of birth (click on each box to fill in) and click 'Continue'.
9. Enter your postcode and click 'Continue'.

10. Select either 'Yes' or 'No' when asked whether you know your NHS number.
 - You do not need your NHS number to finish connecting your account to your GP practice.

Look out for an email to confirm it's been successful. It may take a few hours to receive this. Check your junk/spam folder if you haven't received it within 24 hours.

Prove who you are using photo ID

Once you have created a login, you will need to confirm your identity to get full access to your NHS account to book appointments, order repeat prescriptions and view your medical records.

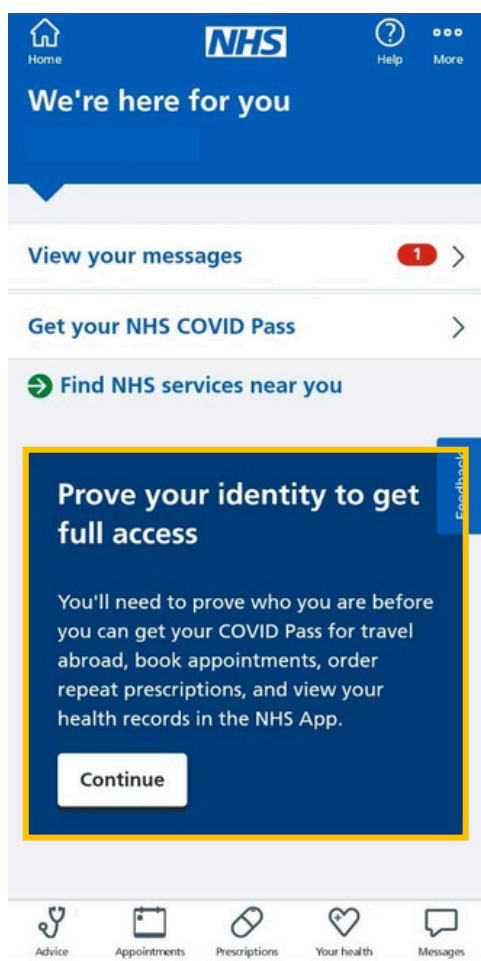
If you have not been able to visit your GP practice for your registration details for online services, you can link your NHS account using photo ID.

Accepted IDs include:

- Passport
- UK Driving Licence
- Full European Driving Licence
- European National Identity Card
- UK residence-card or biometric residence permit (BRP)

The app accepts expired photo ID if it expired less than 12 months ago.

1. Once you have created a login, you will be directed to the 'Home' screen. Select 'Continue' on the blue 'Prove your identity to get full access' box.



2. Confirm your personal details and click 'Continue'.

Are these your details?

Yes, these are my details

No, these are not my details

These are my details but some are wrong

Continue

Feedback

3. Click 'Continue' when this message appears.

Next step

Prove who you are

You will need to send a photo of your ID and a recording of your face. This extra security check ensures that only you have access to your health information.

You need to complete all the steps before we can save the details you have entered.

Continue

Feedback

4. Click 'Yes, I have photo ID' and click 'Continue'.

NHS NHS login

Do you have photo ID?

We accept most passports, UK and European driving licences, UK residence cards and European national identity cards.

We can accept an expired photo ID, but only if it expired less than 12 months ago.

Yes, I have photo ID

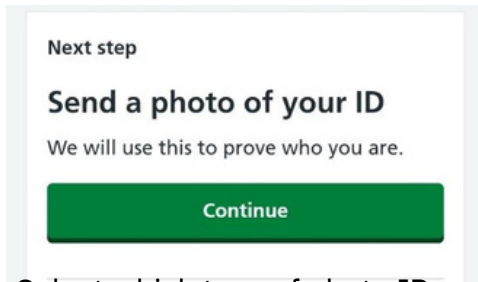
I have photo ID but not with me

No, I do not have photo ID

Continue

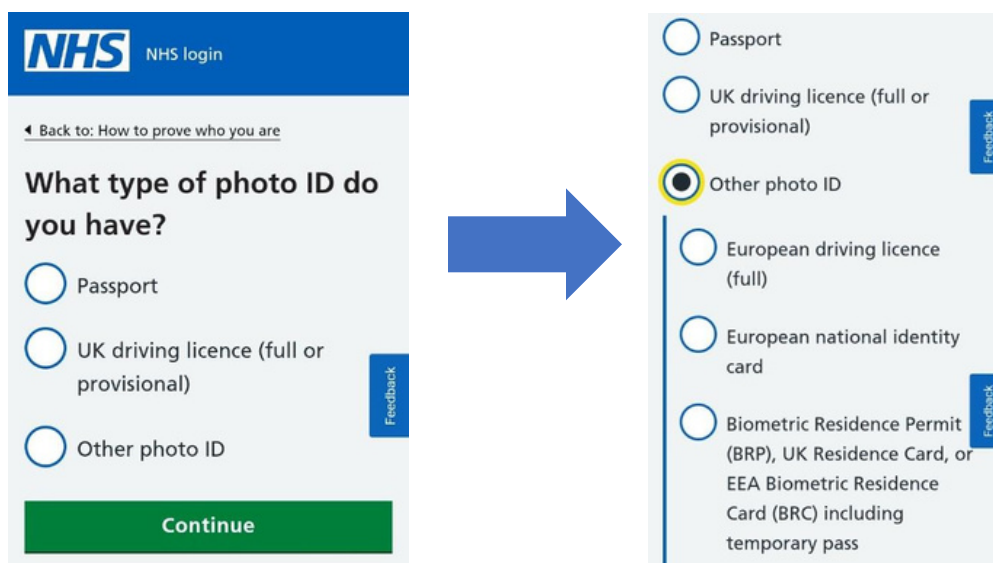
Feedback

5. Click 'Continue' on the box which says ' Send a photo of your ID'



Select which type of photo ID you would like to upload and click

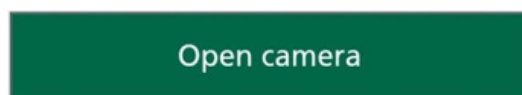
6. • If you want to use a UK residence card or BRP, select 'Continue'.
and then 'European national identity card'. 'Other photo ID'



7. Choose either 'Take a photo now' to use the camera on your device or choose 'Upload a photo' if you already have a photo on your device. Then click 'Continue'.

7a. If using your camera, click 'Open Camera' and take a photo of your ID.

- A message may pop-up asking you to allow access to the NHS App to take a picture. Select 'Allow'.

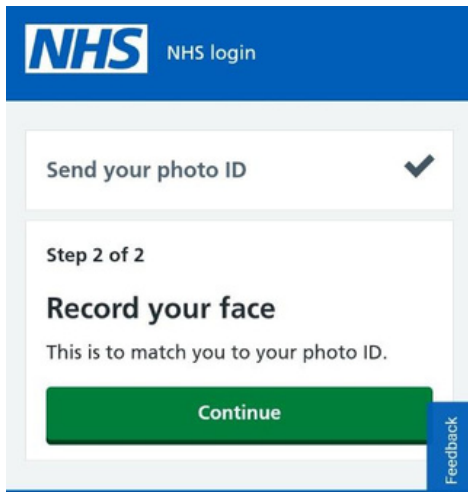


7b. If uploading a photo, click 'Open Photo Library'.

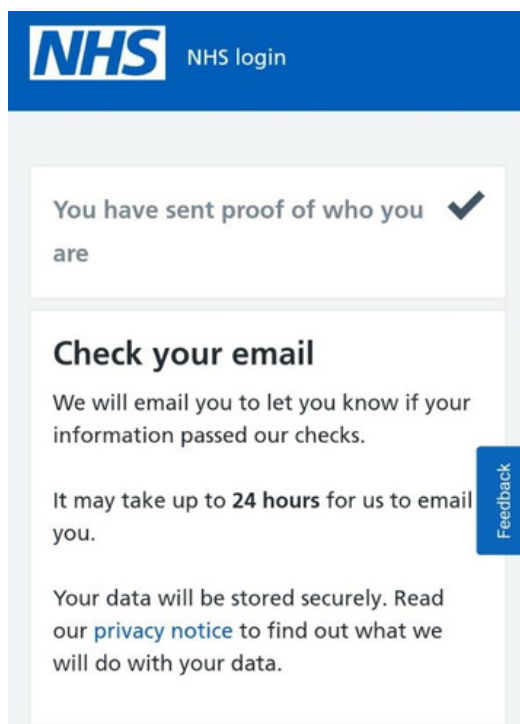
- A message may pop-up asking you to allow access to the NHS App to open your phone's gallery. Select 'Allow'.



8. Answer the questions checking the visibility of your picture. Click 'Continue' after answering each question and click 'Submit' once you've responded to all the questions.
9. Next, you'll need to record your face using your device so the app can match you to your photo ID. Click 'Continue' on the box which says 'Record your face'.



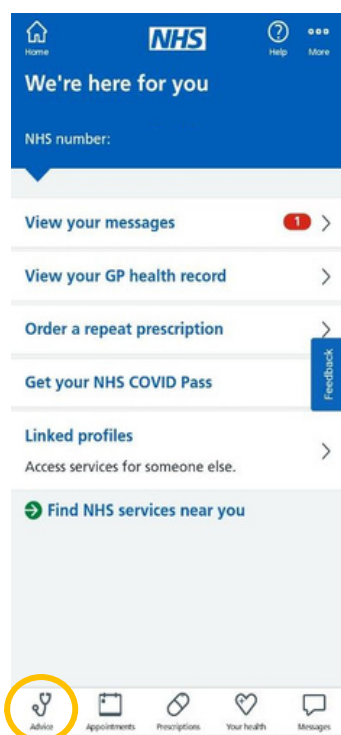
10. You may be asked to either scan your face or record a video repeating a series of 4 numbers which will be displayed on the screen.
 - You can say the 4 numbers, sign the numbers using British Sign Language, or write the numbers down and show them instead.
11. It may take a couple of hours to confirm. You will receive an email once your account has been linked to your GP practice.



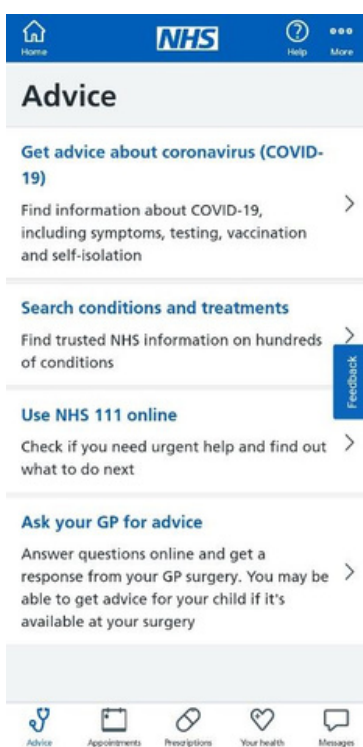
eConsult – online consultation

Some GP practices may not have this service turned on or may only have it turned on for specific hours during working days. You can use eConsult to ask your GP practice about your health symptoms, conditions or treatments. It may take up to two working days to receive a response.

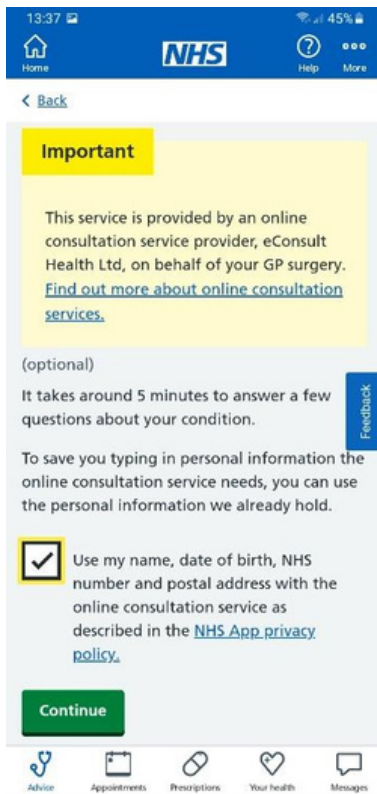
1. Click 'Advice' on the navigation bar.



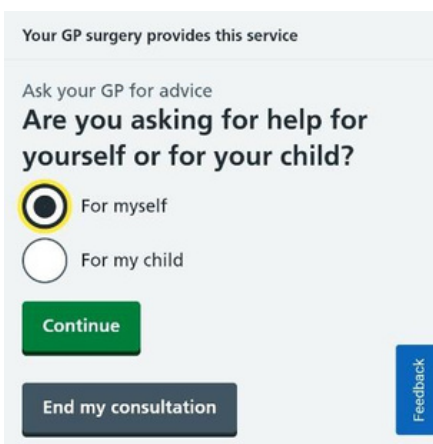
2. Click 'Ask your GP for advice'.



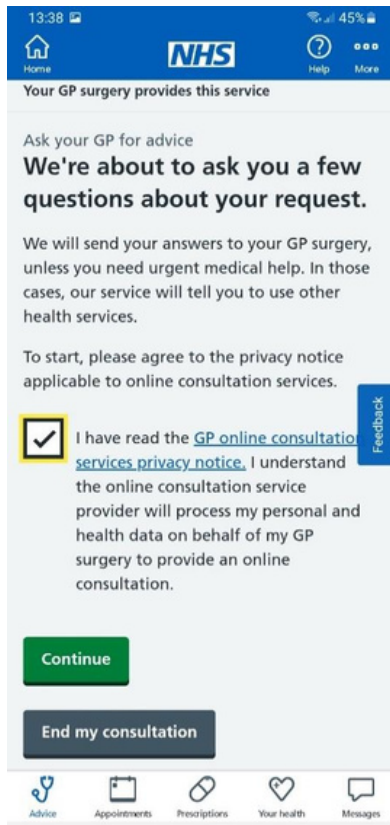
3. Select whether you would like the app to use your name, DOB, NHS number and postal address with the online consultation service and click 'Continue'.
 - This will save you from typing in your personal details later.



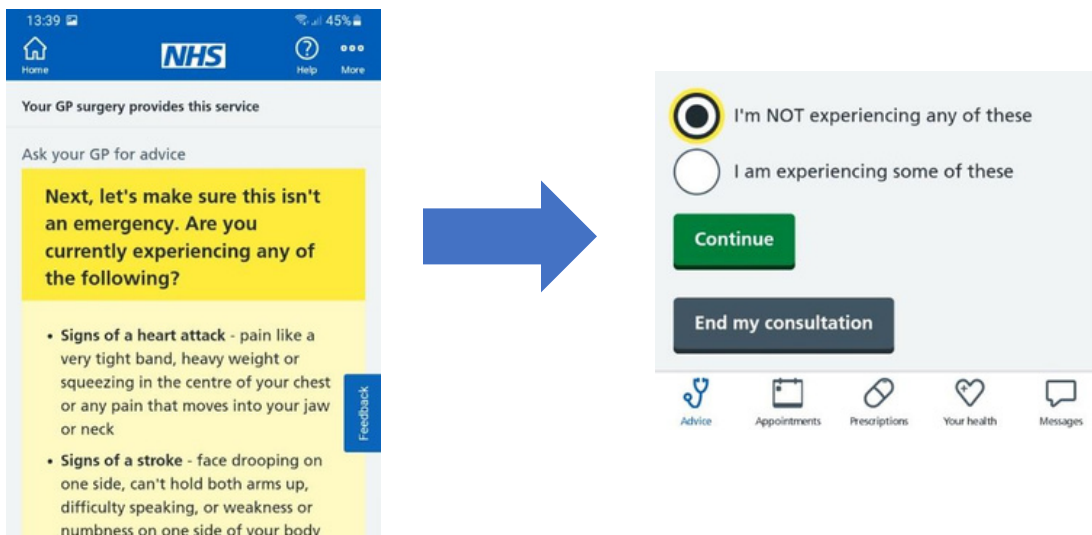
4. Select whether you are asking for help for yourself or your child and click 'Continue'.



5. Agree to the privacy notice applicable to online consultation services.



6. Choose which condition you are seeking advice for from the list.
- You may have to take your time scrolling down to find your condition.
 - If you cannot find your condition, scroll to the bottom of the page and choose 'I cannot find my condition'.
7. Read the information to make sure your condition isn't an emergency and confirm you aren't experiencing any of these symptoms. If you are experiencing any of the listed symptoms, stop using the NHS App and ring 999.



8. Choose your sex and click 'Continue'.
9. The next steps will differ depending on which condition you are enquiring about. Usually, write in a few words how the GP practice can help/what advice you seek. You will usually be asked a few further questions about your symptoms/condition/treatment.

[< Back](#)

Your GP surgery provides this service

Ask your GP for advice

**Please tell us in a few words
how we can help.**

[Continue](#)

Feedback

Your practice may respond by phone, text or email.

Calls from the practice may display as 'Blocked', 'No caller ID' or 'Private Number'.

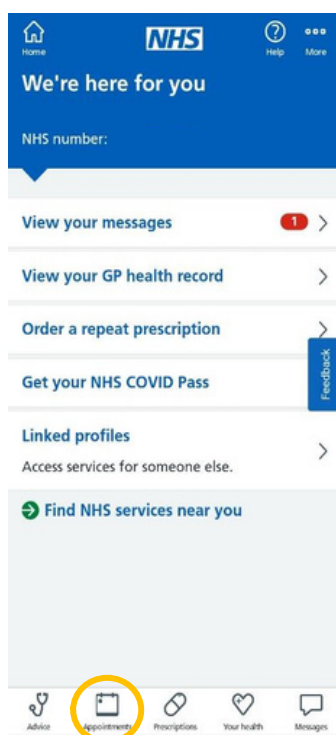
Emails may go to your junk folder.

Book a GP appointment

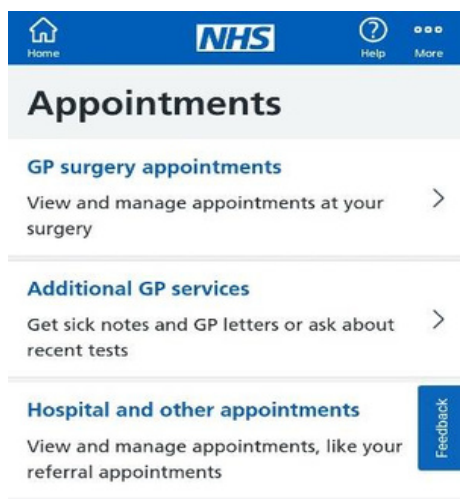
Your GP practice decides what appointment types are available, and not every practice offers this service. It is not possible to book urgent GP appointments via the NHS App.

If 'No appointments available to book online at this time' appears, you will have to contact your GP practice via phone to book an appointment. Alternatively, use eConsult (section before) to ask your GP for advice.

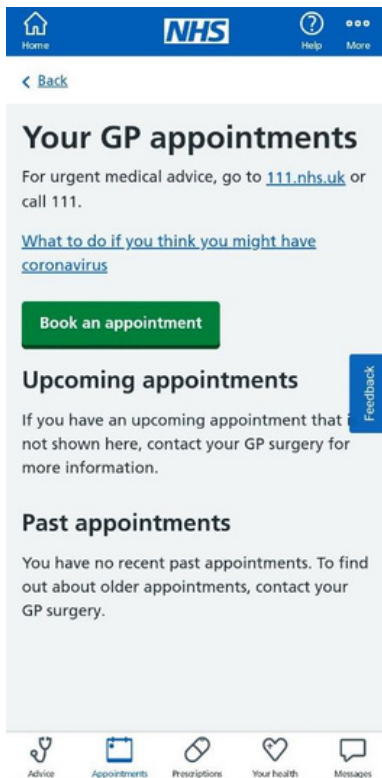
1. Log in to the NHS App.
2. Go to 'Appointments' on the navigation bar.



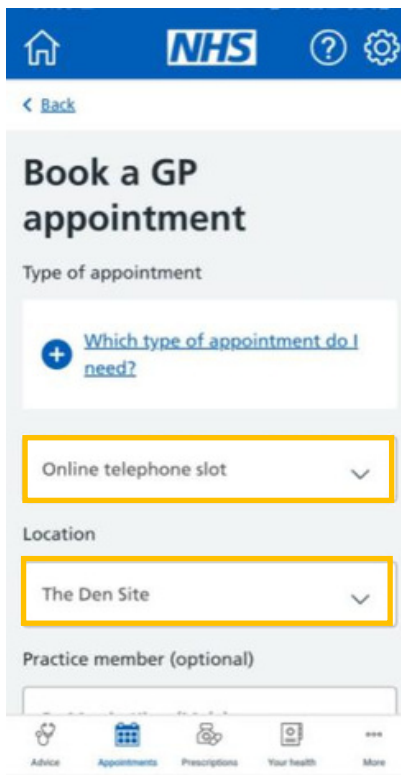
3. Select 'GP surgery appointments'



- Click 'Book an appointment'. If you have any booked appointments at the GP practice they should appear here.



- Choose the type of appointment from the drop-down menu in the first box.
- Choose the location of your appointment in the second drop-down box.



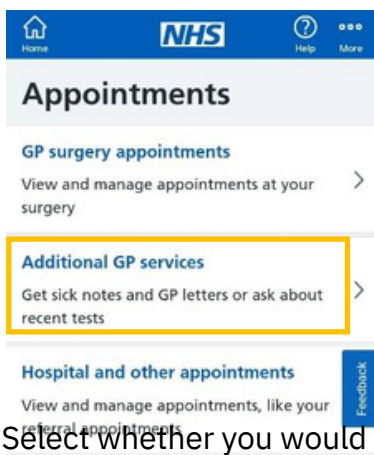
7. Click the blue + next to the available dates to choose the time of your appointment.
8. Once you have selected a date and time, a confirmation prompt will appear showing the date and time you have selected, with details about the appointment type.
9. Give a reason for the appointment then click 'Confirm'.
10. You should receive a text or e mail confirming the details of the booked appointment.

If the appointment time you selected is now showing as unavailable, someone else may have booked your preferred appointment slot before you finished your booking. If this happens, try to search again or alternatively use eConsult (outlined in section before).

Additional GP services

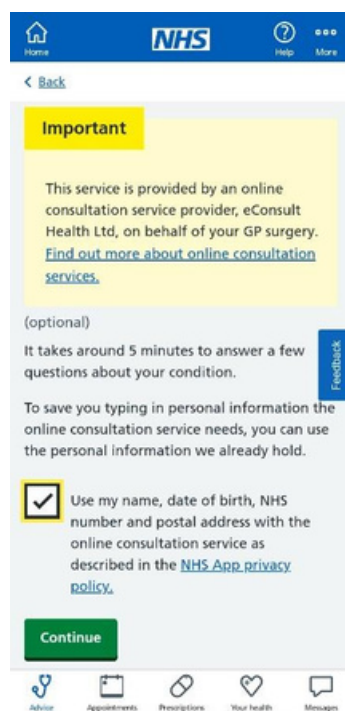
Additional GP services available through the app include discussing a recent test and requesting a sick note, GP letter, medical report, medical examination or other documents/paperwork.

1. Log in to the NHS App
2. Go to 'Appointments' on the navigation bar.
3. Click 'Additional GP Services'.

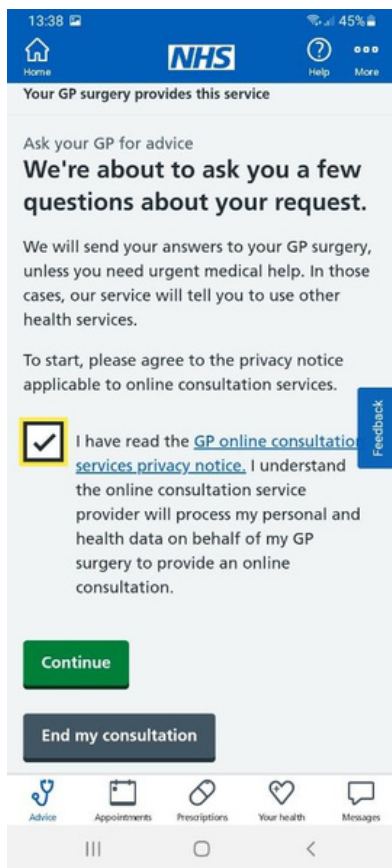


4. Select whether you would like the NHS App to use your name, DOB, NHS number and postal address with the online consultation service and click 'Continue'.

- This is secure and only used to save you time filling in personal details later.



5. Select whether you are asking for help for yourself or your child and click 'Continue'.
6. Confirm you have read the GP online consultation privacy notice by pressing the box asking that you've read the notice and click 'Continue'.



7. Confirm you're not requesting advice or treatment for a medical problem by pressing the box next to the message ' I confirm I'm not requesting advice and treatment for a medical problem' 'Continue'
8. Confirm your sex and click

9. Choose which service you'd like to request help with and click 'Continue'.

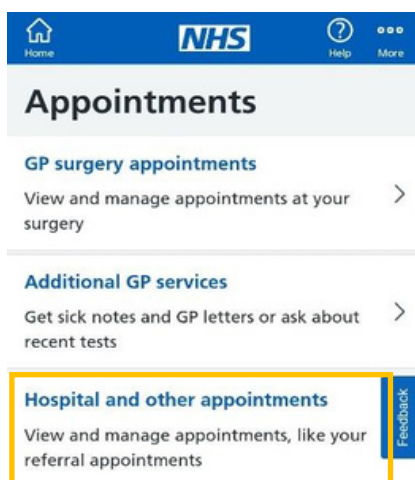
The screenshot shows a mobile application interface with a blue header bar. On the left is a 'Home' icon, in the center is the 'NHS' logo, and on the right are 'Help' and 'More' icons. Below the header is a '< Back' link. The main content area has a title 'Your GP surgery provides this service' and a sub-header 'Additional GP services'. The primary question is 'What administrative issue can we help you with?'. Below this are six radio button options: 'Discuss a recent test(s)', 'Sick note (fit note)', 'GP letter', 'Medical Report', 'Medical Examination', and 'Other requests for documents or paperwork'. A blue 'Feedback' button is positioned to the right of the options. At the bottom is a green 'Continue' button.

10. Follow the prompt depending on the service you require.

NHS eReferral service

If you've been referred to a hospital specialist through the NHS e-Referral Service, you can use the NHS App to manage your first appointment.

1. Log in to the NHS App
2. Go to 'Appointments' on the navigation bar.
3. Click 'Hospital and other appointments'.



4. Select 'Book or cancel your referral appointment'.
5. Find the referral appointment you'd like to book and select 'Choose an appointment'.
6. Find the clinic you'd like to attend and choose 'Select this appointment'.
7. Find date and time and click 'Select appointment'.
8. Check details and select 'Book appointment'.

If you need to cancel your appointment, follow steps 1-4. Select the details of your appointment and click 'Cancel appointment'. You will have to select a reason for cancelling.

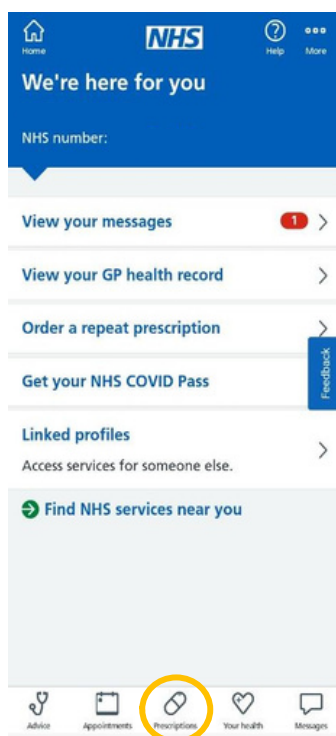
Prescriptions

It is recommended that you reorder your repeat prescriptions up to 7 days before it is due to run out to allow them to be processed on time (remember, bank holidays can affect processing times).

You may not be able to order some prescription items if:

- You need a medicine review
- It's too early to order your medicine
- It's an acute or one-off prescription
- It has already been requested or you have a repeat dispensing prescription

Log₁in to the NHS App and select the 'Prescriptions' on the navigation bar.



2. Click on 'Order a prescription' to start the process.



3. Choose whether it is a 'Repeat prescription' or a 'Non-repeat prescription' and click 'Continue'.

The screenshot shows the NHS app interface. At the top is a blue header with a home icon, the NHS logo, a help icon, and a more icon. Below the header is a back arrow and the text '< Back'. The main content area has a light grey background and contains the question 'What type of prescription do you want to order?' in bold black text. There are two radio button options: 'A repeat prescription' with the subtext 'Signed off for repeated use by your GP', and 'A non-repeat prescription' with the subtext 'A one-off, short-term or acute medicine that you may have been prescribed before'. A green 'Continue' button is at the bottom left, and a blue 'Feedback' button is on the right side.

4. Confirm which pharmacy you want to have your prescription sent to.
 - If you have not chosen your preferred pharmacy or wish to change it, you will be asked to enter a postcode to help find the closest pharmacies to your preferred pick-up location.

The screenshot shows the NHS app interface. At the top is a blue header with a home icon, the NHS logo, a help icon, and a more icon. Below the header is a back arrow and the text '< Back'. The main content area has a light grey background and contains the question 'Check the pharmacy this will be sent to' in bold black text. Below this is the pharmacy name 'Stokes Croft Pharmacy' and its address: 'UNIT 2, AVONMEAD HOUSE', '40-48 STOKES CROFT', 'BRISTOL', 'BS1 3QD', and '0117 9426941'. There is a blue button with a plus sign and the text 'Opening times'. A green 'Continue' button is at the bottom left, and a blue 'Feedback' button is on the right side. A link 'Change your nominated pharmacy.' is located above the 'Continue' button.

5. Select all the medication you would like to order by clicking on the box next to the available medications.
 - If you select the wrong medication, click the box again to unselect it.

Order a repeat prescription

Medicine currently available to order

Benzoyl peroxide 5% / Clindamycin 1% gel
Apply Once A Day In The Evening - 30 gram

FreeStyle Libre 2 Sensor (Abbott Laboratories Ltd)
As directed - 4 kit

GlucoRx HCT Glucose testing strips (GlucoRx Ltd)
to be used as directed - 100 strip

GlucoRx HCT Ketone testing strips

[Advice](#) [Appointments](#) [Prescriptions](#) [Your health](#) [Messages](#)

6. If needed, include a note for your GP (e.g. if you are going on holiday and would like to request extra medication to last you while you are away) and click 'Continue'.
7. Review what you've selected and click 'Confirm and order prescriptions', which will then be sent to your GP to approve.

[< Back](#)

Laboratories Ltd)
As directed - 4 kit

[Change](#)

Notes for your GP surgery
No notes added

[Change](#)

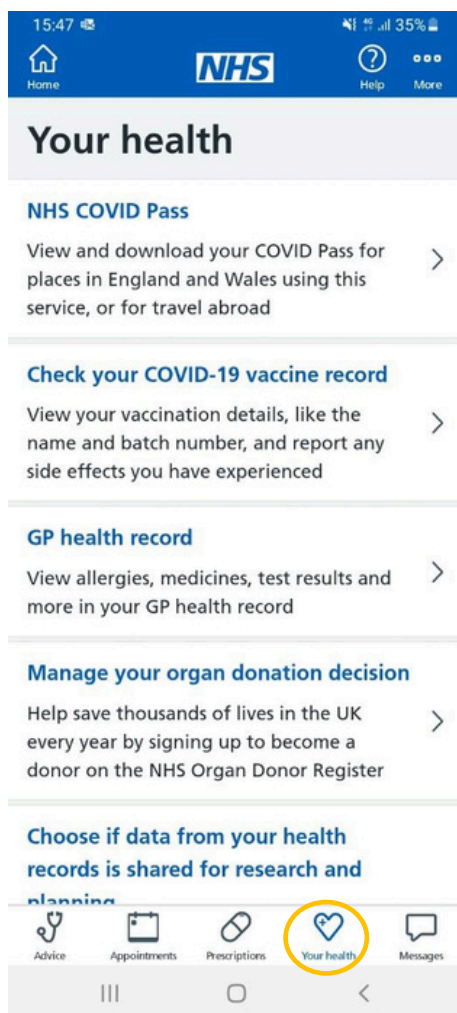
Your nominated pharmacy
REGENT PHARMACY CLIFTON
13 REGENT STREET
CLIFTON
BRISTOL
BS8 4HW
01179735500

[Confirm and order prescriptions](#)

Once you have ordered your prescription, it will either say 'Waiting for GP approval', 'Undetermined' or 'Order approved by GP'. You can contact your chosen pharmacy or GP to find out when the medicine will be ready for collection.

Viewing your medical health records

1. Select 'Your Health' in the NHS App navigation bar.



2. Select the option you require. You can:
 - View your NHS COVID-19 pass
 - Check your COVID-19 vaccine record
 - View your GP health record
 - Manage your organ donation decision.

Additional support

AbilityNet – www.abilitynet.org.uk/

A UK charity supporting people of any age and disability to access digital technology. AbilityNet has free online resources and a network of 300 community-based volunteers to help people use various devices.

Learn My Way – www.learnmyway.com/

A website with over 30 free online courses for beginners to learn digital skills. Courses cover a broad range of topics, from getting familiar with your device to using office programmes and managing your money online.

Digital Unite - www.digitalunite.com/

Digital Unite provides e-learning courses and resources for staff and volunteers to become Digital Champions to feel confident supporting others with digital support. They also have over 400 how-to guides, which cover many digital topics, written by subject matter experts and updated regularly.

NHS account help and support - www.nhs.uk/nhs-app/nhs-app-help-and-support/

Everything you need to know about your NHS account and the NHS App, to help you access NHS services online.

Patient Access support - <https://support.patientaccess.com/>

Search for help, view video tutorials and seek technical support.

healthwatch
Cambridgeshire

healthwatch
Peterborough