

## **NHS Health at Home - Newsletter copy**

### **Short newsletter copy**

#### **Manage your health and wellbeing at home**

The coronavirus (COVID-19) outbreak means you should only leave your home if it's essential, unless you feel very unwell or you are told to attend an existing appointment for ongoing treatment. While you are at home it's still easy to get NHS help using your smartphone, tablet or computer. There is a useful online page which gives information on how to contact your GP, order repeat prescriptions, manage long-term condition and maintain your mental and physical wellbeing

Find out more at: <https://nhs.uk/health-at-home>

### **Long newsletter copy**

#### **Manage your health and wellbeing at home**

The coronavirus (COVID-19) outbreak means you should only leave your home if it's essential, unless you feel very unwell or you are told to attend an existing appointment for ongoing treatment. While you are at home it's still easy to get NHS help using your smartphone, tablet or computer.

The Health at Home webpage has information letting you know how to:

- contact your GP
- order repeat prescriptions
- manage long-term conditions
- maintain your mental and physical wellbeing

If you need an NHS service, try to do it online first. If you cannot get what you need this way try asking a friend or family member to help you, or speak to your GP surgery on the phone.

Find out more at: <https://nhs.uk/health-at-home>

### **Internal newsletters for health and care staff**

#### **Health at Home**

A new campaign has been launched to help people manage their health at home and easily access NHS services online. The Health at Home webpage gives information on how to:

- contact your GP
- order repeat prescriptions
- manage long-term conditions
- maintain your mental and physical wellbeing

This information can be accessed at: <https://nhs.uk/health-at-home>