

## *Drop-In Session*

# NHS App & Health Check

[www.parkmedicalpractice.nhs.uk](http://www.parkmedicalpractice.nhs.uk)

- ✓ **Get help downloading and using the NHS App and other digital health issues**
- ✓ **Update your health record with your latest blood pressure and weight**
- ✓ **Get health advice & information**
  - Meet members of our **Patient Participation Group (PPG)**
  - **Health Connectors** will be available for advice and signposting
  - speak with our GP Assistant about the **Digital Weight Loss Programme**

### Why attend?

- ✓ Get confident using the NHS App
- ✓ Make sure your records are up to date
- ✓ Learn about free health support available to you
- ✓ Meet the team and ask questions in a relaxed setting

### Everyone welcome

If you have a smartphone/ipad, please bring it with you. →

**Tues 24th February | 1.00–2.30pm**

**Park Medical Practice**

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