

# IMPROVING YOUR HEALTH ONLINE



There are lots of the ways you can use the internet to support your health. You can make appointments online, order repeat prescriptions and find advice on specific symptoms and treatments.

These courses will help you get to grips with your GP's online services and use the NHS website to find information and advice on specific conditions, or general health and wellbeing.

Courses in this subject include:

- **GP services online: how to guide**
- **NHS website: how to guide**



## TOP TIP

By learning how to access your GP's internet services, you'll be able to save time by ordering repeat prescriptions and making appointments online.