my health and wellbeing

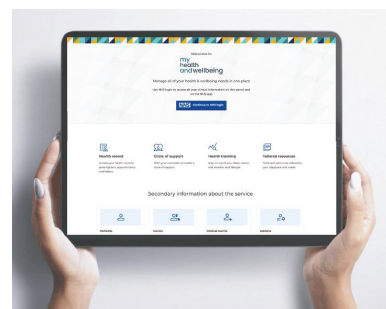**NHS**
Wye Valley
NHS Trust

Sign up securely to the **"My Health and Wellbeing"** internet **portal** to:

- View your local hospital **outpatient appointments and clinic letters digitally**, instead of receiving them in the post.

- Discover **helpful resources** including a **health video library**.

- Use a range of health trackers for recording your **sleep, mood, pain, weight** and more.

Join the new 'My Health and Wellbeing' portal to start seeing your local hospital outpatient appointments and clinic letters on your smartphone, computer or tablet device, instead of receiving them in the post.

My Health and Wellbeing is an easy-to-use NHS online portal which also features useful health trackers and a health video library, with more than 1,000 patient information videos, to help you find resources to support your care.

For patients registered with a GP practice in England, the patient portal will enable your appointment information to appear in the NHS App too.

Get started

To start using the My Health and Wellbeing portal, please sign up at:
https://app.maiacares.com/myhealthandwellbeing or **scan the QR Code** on this leaflet. There are some instructions to help you at the bottom of this leaflet.

Patients registered with a GP practice in England
To register for the portal simply click: 'Continue with NHS Login' to create an account.

Patients registered with a GP practice in Wales
Do not click on the 'Continue with NHS Login' button. Please use the 'Sign up' button on the login page and create an account. Besides an email address and password, you'll need to enter your first and last name, date of birth, phone number, and NHS number. You'll then be sent email and SMS verification codes to authenticate your identity when you log into the portal.

For more information, please visit: **https://www.wyevalley.nhs.uk/visitors-and-patients/patient-portal.aspx**

1. Open the camera on your smartphone

2. Point the camera at the QR code

3. Select the website link and follow the on-screen instructions

If you need this information in another language or format, please contact: **hw.comms@nhs.net**

Herefordshire and Worcestershire
Integrated Care System

YOUR HEALTH YOUR CONVERSATION