



Easy  
Read



Herefordshire and  
Worcestershire

# The new way to see your letters and appointments



You can now see your hospital  
outpatient appointments and hospital  
letters online.



They will be on the new Health and  
Wellbeing Internet portal.



Soon you will be able to ask to cancel  
and rebook appointments online too.

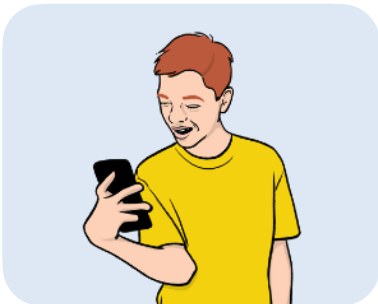
After you sign up for the My Health and Wellbeing Internet portal, you can:



- See your hospital outpatient appointments and hospital letters.



- Find out useful health information, including a health video library.



- Record your sleep, mood, pain and weight.



- Share parts of your health information with your family, friends or carers if you want to.

# Get started



You will need to sign up at this website:

<https://app.maiacares.com/myhealthandwellbeing>

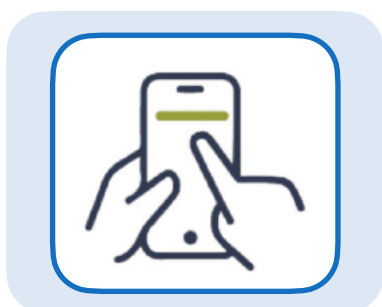


Or you can scan this QR code with your phone.

To scan the QR code:



- Open the camera on your phone and point it at the QR code.



- Click the website link and follow the instructions.



- To watch a video with step-by-step instructions on how to sign up to the portal, please visit: <https://www.hwics.org.uk/priorities/digital-innovation/patient-portal>