



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.

Outpatient appointments are when you go to hospital for care and go home the same day.



Your letters and appointments are on the new Health and Wellbeing Internet portal.

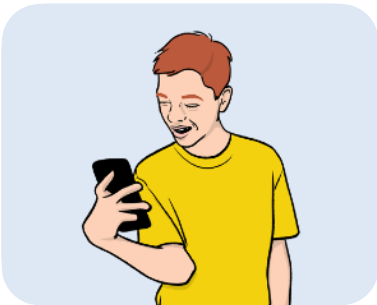


You can also ask to cancel and rebook appointments online too.

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



- See your hospital outpatient appointments and hospital letters.



- Ask to cancel or change the date or time of your hospital appointments.



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



- 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>

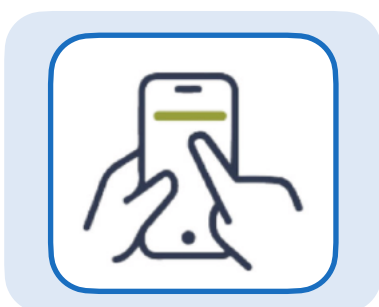


Or you can scan this QR code with your phone.

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>