

# Feel better faster!

## Your guide to the NHS App, Think Pharmacy First, and GP Extended Access



### NHS App

#### Your healthcare, in your hands

The NHS App is a simple and secure way to manage your health. It puts key services at your fingertips - anytime, anywhere.

With the NHS App, you can:

- Book GP appointments
- Order repeat prescriptions
- View your health records
- Access trusted health advice
- Receive messages from your GP and hospital services

**Top Tip:** Turn on notifications so you never miss important updates.

Download the NHS App on your phone or tablet, or visit [www.nhs.uk](http://www.nhs.uk) to use it on your computer.





## Think Pharmacy First

### Fast, friendly help for minor illnesses

Your local pharmacist can help with many common health concerns - no appointment needed.

Visit your pharmacy first for:

- Earache, sore throat, colds and flu
- Upset stomach, aches and pains
- Itchy eyes or skin
- Infected insect bites, sinusitis, UTIs, shingles

Pharmacists can also offer free treatment if you qualify, and provide contraception without needing to see a doctor or nurse. They're experts in everyday health and can even help you stock your medicine cabinet with essentials.



## GP Extended Access Service

### Appointments that fit your schedule

Need to see a GP outside normal hours?

The Extended Access Service offers:

- Same-day and pre-bookable appointments
- Face-to-face, phone, or online consultations
- Evening and weekend availability

**Opening hours:** Mon to Fri: 8am – 8pm, Sat: up to 5pm

Appointments may be at a different practice, so check with your GP surgery or visit their website to book.



## Tell us what you think!

Have you used the NHS App, Pharmacy First, or the GP Extended Access Service recently?

We would love to hear about your experience, what worked well, what could be better, and whether you've noticed any changes. We are especially keen to hear how access to your GP practice feels right now.

**Are things improving? Are the changes making a difference?**

Scan the QR code above to share your feedback and help shape better services for everyone.

