



## Healthcare at your **fingertips**

Stay on top of your health,  
at home or on the go! Dorset  
NHS apps can help you save  
time, reduce stress and offer  
flexibility to better manage  
your condition.



[staywelldorset.nhs.uk/digital](https://staywelldorset.nhs.uk/digital)





# Healthcare at your **fingertips**

Digital is part of our everyday, from ordering our shopping or checking our bank account to helping us manage our health and wellbeing.

Dorset's health apps and hospital@home services can help you stay well, with less appointments, less stress and more control over your care.

An illustration of a hand with a pink sleeve and a pink glove, pointing towards the URL.

[staywelldorset.nhs.uk/digital](https://staywelldorset.nhs.uk/digital)



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