



## 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.



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



Scan me