



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.

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.

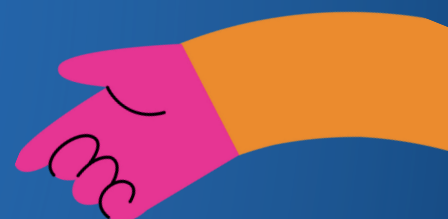
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A young woman with her hair in a bun is sitting on a wooden floor, leaning against a sofa. She is wearing a red sweatshirt and blue jeans, and is looking down at a smartphone in her hands. A large green circular graphic is partially visible on the left side of the image.

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An illustration of a hand with a pink glove and an orange sleeve, reaching down towards the man's phone. It is part of a larger graphic element on the left side of the image.

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