

Online Services

Making your life easier

GP online services allow you to access a range of services via your computer or mobile. Once you have signed up, you will be able to:

- Book or cancel appointments with a GP or Nurse
- Renew or order repeat prescriptions
- View parts of your GP health records

How can I set up my services online?



Don't have Internet access?

If you don't have access to an online device or any internet connection, you can visit your local library and request use of a computer for free.

“

A lot of people are unaware you can book GP & nurse appointments and order repeat prescriptions online. It can be sent straight to a pharmacy of your choice – why wait?”

ERIC, CAVS VOLUNTEER



NHS 111

NHS 111 is FREE and available 24 hours a day, 365 days a year.



NHS.UK

Go online for Health A-Z and information about symptoms, conditions, medicines, treatments and more.



@cprccg



NHScprccg



@Southendccg



Southendccg

NHS

LOVE NHS: HATE WASTE

“

I really needed the appointment that you didn't turn up to...

12,000 GP appointments are missed each month in mid & south Essex

Castlepoint and Rochford CCG
Southend CCG



Think Pharmacist

How can you help?

The NHS belongs to us all and we need to work together to reduce waste where we can. Medicines such as paracetamol and ibuprofen can be around four times more expensive when prescribed on the NHS compared to when they are bought in pharmacies and supermarkets.

Last year, prescriptions for paracetamol cost the NHS in south east Essex £362,000.



Medicines you can find over-the-counter:

- + Cough and cold remedies
- + Antihistamines (allergy conditions)
- + Nasal sprays
- + Indigestion remedies
- + Short-term pain relief e.g. paracetamol
- + Head lice remedies
- + Haemorrhoids (piles) medication
- + Teething remedies

CALCULATING THE COST TO THE LOCAL NHS

PARACETAMOL	DRY SKIN	INDIGESTION	MUSCLE AND JOINT PAIN	DRY EYES	DIARRHOEA	ALLERGIES
£ to local NHS £362,000	£ to local NHS £625,000	£ to local NHS £146,000	£ to local NHS £86,400	£ to local NHS £21,000	£ to local NHS £63,000	£ to local NHS £228,000
to you for about 19p for 16 capsules	to you for about £2 for 500g	to you for about £2 for 48 tablets	to you for about £1.49 for 50g	to you for about £1.88 for 10ml	to you for about £1 for 6 capsules	to you for about £1.55 for a 28 day supply

The cost of over-the-counter medication to local NHS compared to the individual.

“

Too many people feel it is their right to have medicines free, even if it is just paracetamol. People don't realise that by draining the NHS now there will be nothing left for the future. Just because we can, doesn't always mean we should.”

ASHLEIGH, SHOE BURY

Medication Review

Reducing drugs waste



Wasted prescription medicines cost the NHS around **£300m each year** – that's a lot of medicines being prescribed for patients but not being taken. One way of reducing this waste is to assess whether you may need to review your medication.

Answer **yes** to any of the following?

It may be time to book a Medication Review:

- Q. Are you regularly taking prescription medicines?
- Q. Are you taking medicine for a long term illness (like asthma, arthritis, diabetes or epilepsy)?
- Q. Are you taking hospital-prescribed medicines, or have you come out of hospital lately?
- Q. Have there been major changes to your medicines recently?

So, **how** do I get a medication review?

Follow the steps below for your personal consult:



1. Visit Pharmacy

Arrange a Medication Review with your local pharmacist.



2. Consultation

They will either see you straight away or arrange for a time for you to visit.



3. Medicine Review

You will get a chance to ask questions about what you're taking and why, and receive advice.

£
Free of
Charge

...it's **FREE**, it doesn't cost you a penny and could save you and the NHS money!

“
I really needed the appointment that you threw away...”



GP appointment?
Can't make it?
Don't need it?

CANCEL IT!

Speak to your GP about managing your appointments online. Visit www.nhs.uk/GPonlineservices