

Connect Me can help you manage your health and wellbeing at home. The system will automatically contact you at agreed intervals to ask you about your health. This is a **FREE** service via mobile app and website or by text message or automated phone call. Your health professional will discuss the most suitable option with you.

## STEP 1



### Mobile app or website

On initial enrolment, you will receive an email explaining how to register with Inhealthcare, it will introduce you to the service and explain how to download the app or use the weblink to the secure website.

**Check your junk emails for these emails.**



### Or Text message

You will receive a series of text messages from Inhealthcare with information on how to use the service.



### Or Automated call

You will receive an automated phone call asking you to use your telephone keypad to use the service.

## STEP 2



The system will contact you at regular intervals to ask a set of simple questions about your health and/or clinical measurements.

The times and frequency will be agreed with your health professional.



## STEP 3

### What happens next?

When you submit your answers you may be given advice which will help you stay as healthy as possible.

- **What happens if my condition improves?**  
Even when you are feeling well, you are advised to continue until your Connect Me service ends or you are advised to stop.
- **What happens if my condition worsens?**  
If your condition get worse or you are prompted by the system; follow your management plan and seek medical advice if required.
- **What if I want to stop?**  
You are advised to continue monitoring for the time agreed with your health professional.  
If you use the app or patient portal you can use the opt out task, if you use text messaging you can text **STOP** at any time and if you use the automated phone call version you can select **2** on your keypad to opt out.
- **What happens with my health information?**  
Find out how NHS Scotland handles personal health information at [NHS Inform](#).