




What will I need?

In order to use the NHS Connect Me IBS 1st Line Service, you will need access to:

- A smartphone or tablet device to access the My Inhealthcare mobile app
- An email address
- Your CHI number



How to use the NHS Connect Me IBS Service

- Note down your CHI number from your letter from your dietitian
- Register on the Inhealthcare (IHC) platform using the link in the email you have received from IHC
- Download the My Inhealthcare App  from the App Store (Apple) or Google Play (Android)
- Switch on notifications for app on phone and app settings



For further information and guidance please visit our website <https://TEC.scot/UsingConnectMe> where you will be able to view tutorial videos about how to get started on the service.



What does the service do?

- Asks you to complete an initial symptom questionnaire
- Asks you to complete a follow up questionnaire 8 weeks later
- Offers access to information to support you in learning about and managing your condition
- Provides guidance and tips in the **My Information** section of the app
- Offers the ability for you to seek further support from your dietitian if your symptoms do not improve at the end of the service



What does the service do with my results?

Your IBS service will review your completed questionnaires. They will help inform any future discussions with your dietitian.



What else should I know?

We hope you will find the Inhealthcare IBS 1st Line service enjoyable to use and that it will help you to understand your IBS and manage your symptoms.



However, if you do not find the service helpful, you can opt out at anytime, by using the Opt Out task on the My Inhealthcare app.

**Please note that Inhealthcare is not an emergency service.
Your answers will not be viewed by a dietitian straight away.**

**If you need medical assistance, you should phone your family
doctor (GP) or call NHS 24 on 111**

In case of an emergency, dial 999