

Free training to help you start using health services online

Superhighways is a Kingston based charity offering basic digital skills training to help you get online. We are offering up to three one-to-one training sessions to get you up to speed with some core online skills. These skills will give you the confidence boost to start using online health services.

- **How to use email on your phone, computer or tablet.**
- **How to use the web to research health information online.**
- **How to use apps to manage on-going health conditions.**



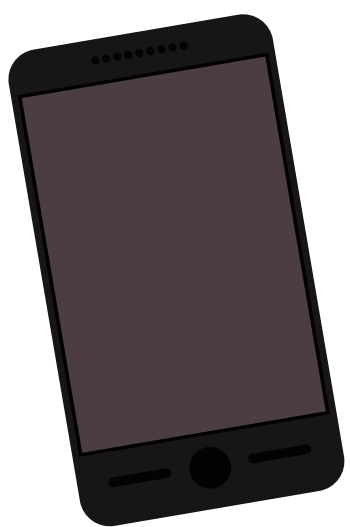
How to register with your GP's online services

We can show you how to sign up online with your GP's surgery, where you can book, check or cancel any of your appointments at the surgery without having to keep using the phone at 8pm in the morning. You can also order repeat prescriptions, view your health records, learn about what medicines, vaccinations and test results you have had.



How to research health and wellbeing activities online

Using trusted websites to do your own research around your health condition or the medication you take makes sense and can be done at home. Kingston also has a huge range of online health and wellbeing activities that you can join to feel better connected. We can show you how to use these key sites and find the information you are looking for.



How to use apps to manage your health conditions

There are over 50 health and wellbeing apps recommended by the NHS to improve your health and wellbeing. The range covers managing long-term health conditions like diabetes to developing better physical and mental health. If you have a mobile phone or tablet, we can show you how to set the app up and how to use it.

Book your place on the training
You can either phone our charity to find out more. Or ask a friend or someone at your GP surgery reception to refer you via Connected Kingston. Call 020 8255 8040 or search Kingston Digital Health Hubs on ConnectedKingston.uk

