



This is Ashley your Digital Health Navigator

NHS Digital Health Navigators can help you with your laptop, tablet, smartphone or computer and can help you get online, with **FREE support**, in your time at your pace.

They can help with:

- Loading NHS & Other Apps
- Manage your medical or health appointments
- Self manage your own health and wellbeing
- Making video calls
- Online banking/shopping
- Emails
- Protect against scams

Call us to book your free appointment

0300 303 1234

or email your contact info to:
helptogetonline@ageuklancs.org.uk



59%
of people who were supported felt more confident in using online health information



Scan the QR code with your phone camera here to register your interest



IT'S FREE • IT'S LOCAL • IT'S FOR EVERYONE OVER 18



Sheryl can now video chat with her daughter



Would you like to be able to have video calls with family and friends? **You can!**

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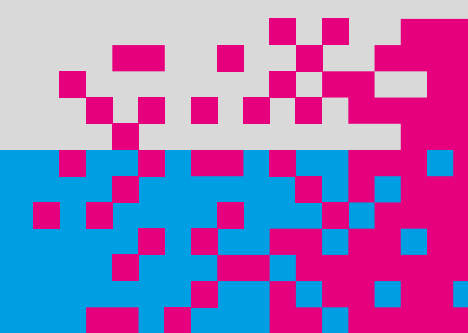


Video calls can help people of all ages with their health & wellbeing

NHS
Lancashire and South Cumbria
Integrated Care Board

IN PARTNERSHIP


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