My Health and Care App

The My Health and Care App is a mobile app that let's you view your Personal Health Record and access important information about your health and social care whenever you need it, all in one place.

On the app you can:

1. See a summary of your medical and social care records.

2. Keep track of your own health and well-being.

3. Get advice and support for staying healthy.

The App is **free** to download from the [App Store](#) and [Google Play](#). If you want more information on how to set up an NHS login, you can visit the [NHS website](#).

Only you can see the information in your My Health and Care app. If you update any information in the app, your doctors and nurses won't be able to see it.

If you need urgent help, contact the right emergency services.