How to get your MyHealth London account

1 Visit our website

Join others from your GP practice by visiting **myhealthlondon.nhs.uk** and select the register button.

2 Continue with NHS login

NHS login allows access to a range of health and care websites and apps with just one set of login details. You can either continue with your existing login details or create a new account if you do not have one already.

3 Explore your account

Log in to your MyHealth London account via our website and personalise your account by setting your preferences, accessing courses, and viewing your online health record.

Scan the QR code or visit **myhealthlondon.nhs.uk/register** to activate your account today

What do you need to do?

Visit the MyHealth London website and register/login. If you have an NHS login already you can sign in with this account, so there is no need to set up a new password or account. If you don't have an NHS login yet, still visit the register page and follow the steps.

Further questions?

Please check the frequently asked questions on our Contact Us page (address below). If you cannot find your answer, then please complete our contact form at **myhealthlondon.nhs.uk/contact-us** with your question or comment.

Privacy Policy

You can find our privacy policy, which explains how we use your data, on our website here: **myhealthlondon.nhs.uk/fair-processing-notice**

Having more energy, improved sleep and better blood pressure can help you live life to the full

myhealthlondon.nhs.uk

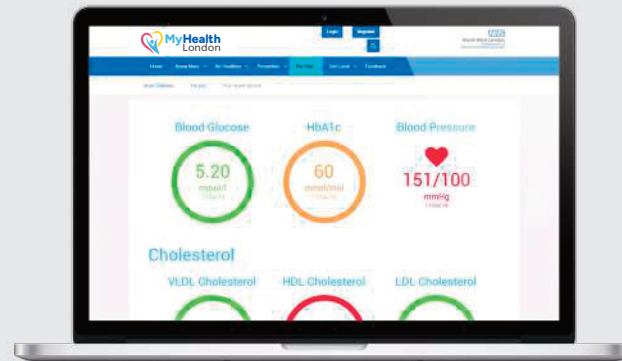# The NHS MyHealth London Service

For patients

The NHS MyHealth London Service is helping people with or at risk of developing cardiovascular disease to live their lives to the full.

Whether you're interested in learning more about your long-term health or discovering how to improve your blood pressure, energy levels or sleep, our range of support features can help.

If you are registered with a GP in North West London (Brent, Ealing, Hammersmith & Fulham, Harrow, Hillingdon, Hounslow, Kensington & Chelsea and Westminster), are over the age of 18, and have been diagnosed with cardiovascular disease or have a risk factor of hypertension or atrial fibrillation, you are eligible to create a MyHealth London account.

Meal plans tailored for people with or at risk of cardiovascular disease

Log in and gain access to your latest health record and test results without the need for follow-up calls

myhealthlondon.nhs.uk

Key Features of the NHS MyHealth London Service

Programmes & eLearning

Be first to know about the latest programmes that you can access. Thousands of people with or at at risk of developing cardiovascular disease are boosting their health and wellbeing by joining these programmes. There are also eLearning courses available that can be completed at your own pace. These courses include:

- **Heart Matters 101**: A Comprehensive Guide
- **HeartGuard 360**: Safeguarding Against Coronary Issues
- **Stroke Signals**: Recognising, Reacting, Recovering

Patient record access

View **your personalised health dashboard** with all the essential information. Check out your latest blood pressure and other heart related biometrics, cholesterol test results, and appointments. There are also opportunities to set your own personal goals and track progress.

Email campaigns

Account holders can sign up to a series of helpful email campaigns tailored to their personal needs and desires, covering topics such as **weight management, healthy eating, and well-being**.