**Media release: Manage your health from your mobile 24/7**

Londoners in XXX INSERT CCG/BOROUGH can now manage their health online in the same way they manage other areas of their life such as banking and shopping.

GP online services is a quick, easy and secure way to make and cancel GP appointments, order repeat prescriptions and view parts of your GP health record, including information about medication, allergies, vaccinations, previous illnesses and test results.

1.7 million Londoners have registered for online services with 89% of those surveyed saying registering is easy to do.

Evidence shows that patients who are involved in their health and care have less admissions to hospital and have better health outcomes overall.

PLEASE INSERT YOUR OWN QUOTES IF PREFERED XXX

Dr Murray Ellender, London GP, The Hurley Group Practice

 “Just as we manage other aspects of our lives, we can now manage our health online in the same way. GP online services are making a huge difference in our practices. It has benefits for everyone; our practice staff feels more in control of their workloads, patients find it easier and feel more involved in their health and our missed appointments have reduced by 35%.

“I can’t emphasisenough how much Londoner’s can benefit from this fantastic service and I encourage more patients and GP surgeries to get involved.”

GP online services is great for those who lead busy lives and also for those with long term medical conditions such as diabetes and asthma.

XXX PLEASE INSERT YOUR OWN QUOTES IF PREFERRED Bipin Dattani, a patient and Chairman of the Patient Association at ERMC in Harrow Weald, uses GP online services to book his appointments, view his health records and order prescriptions.

He says: “I love the flexibility and convenience of GP online services. It’s sometimes difficult to fit booking an appointment or ordering a repeat prescription into my day, especially when I’m busy and it doesn’t suit me to ring the GP surgery at specific times.

I can now manage my health from my mobile phone which gives me more time to get on with the things I love.  I’m a big advocate of GP online services and actively champion this with other patients at my practice.”

XXX INSERT CCG/BOROUGH working with all London CCGs as part of Healthy London Partnership is supporting the London launch of GP online services. We want to encourage as many people as possible to sign up to this fantastic service and start taking control of their health. For more information please visit [GP online services](http://www.nhs.uk/NHSEngland/AboutNHSservices/doctors/Pages/gp-online-services.aspx).

**Notes to editors**

* Everyone who is registered with a GP can get access to their practice's GP online services. For more details, see [GP online services](http://www.nhs.uk/NHSEngland/AboutNHSservices/doctors/Pages/gp-online-services.aspx)
* Signing up is quick and easy. People simply need to tell their GP surgery that they would like to register. Patients will then receive their unique username and password and can start using the online services straight away
* The services available depend on the online system your GP practice uses. Ask your practice what services they offer when you sign up and in some instances patients are able to book their first appointment online
* For further information about GP online service please contact XXX INSERT COMMS TEAM DETAILS