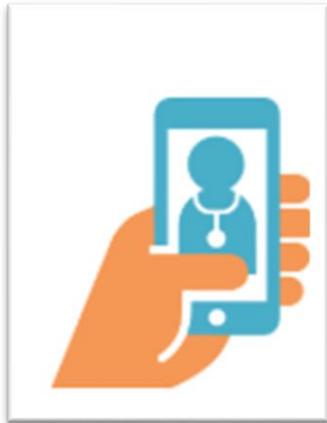


## Ask My GP



Contact your GP without having to visit the surgery.

Not all surgeries use the askmyGP app. If yours does there will be a link on your surgery website.

Look out for this symbol.

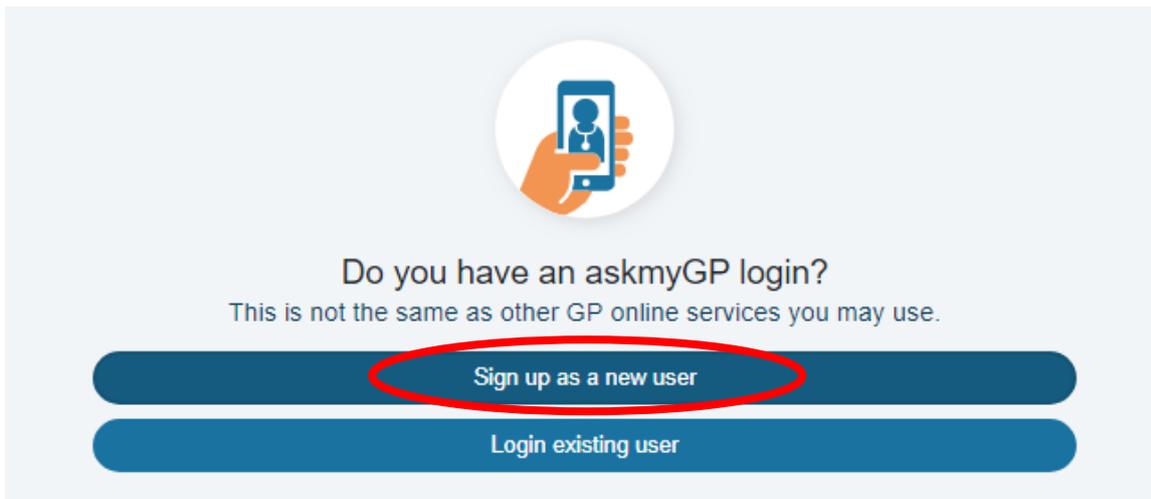
## How to Guide

If your surgery has the Ask My GP on its website you can use it to ask a nurse or doctor about any medical and health issues you're having. A health professional will answer your query in working hours.

1. Click on the 'Ask My GP' link on your surgery webpage.

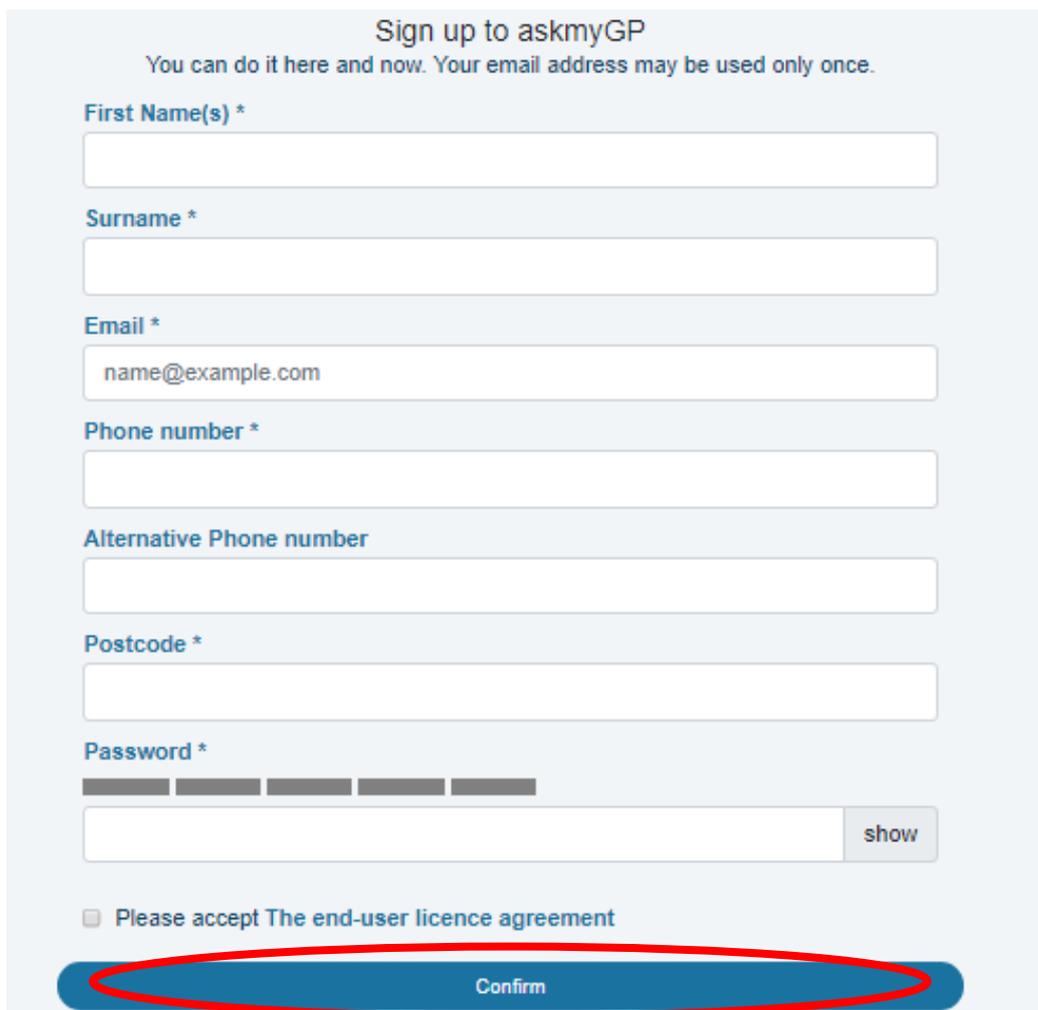


2. If you haven't used Ask My GP before, click on 'Sign up as a new user'



The image shows a login screen for 'askmyGP'. At the top center is a circular icon of a hand holding a smartphone displaying a person's profile. Below the icon, the text reads 'Do you have an askmyGP login?' followed by 'This is not the same as other GP online services you may use.' There are two blue buttons: the top one is labeled 'Sign up as a new user' and is circled in red, and the bottom one is labeled 'Login existing user'.

3. Complete the form. You'll need to remember your password. It will be case sensitive.



The image shows a 'Sign up to askmyGP' form. The title is 'Sign up to askmyGP' with the subtitle 'You can do it here and now. Your email address may be used only once.' The form contains several input fields: 'First Name(s) \*', 'Surname \*', 'Email \*' (with the placeholder 'name@example.com'), 'Phone number \*', 'Alternative Phone number', 'Postcode \*', and 'Password \*'. The password field is currently masked with dots and has a 'show' button to its right. Below the password field is a checkbox labeled 'Please accept The end-user licence agreement'. At the bottom of the form is a large blue button labeled 'Confirm', which is circled in red.

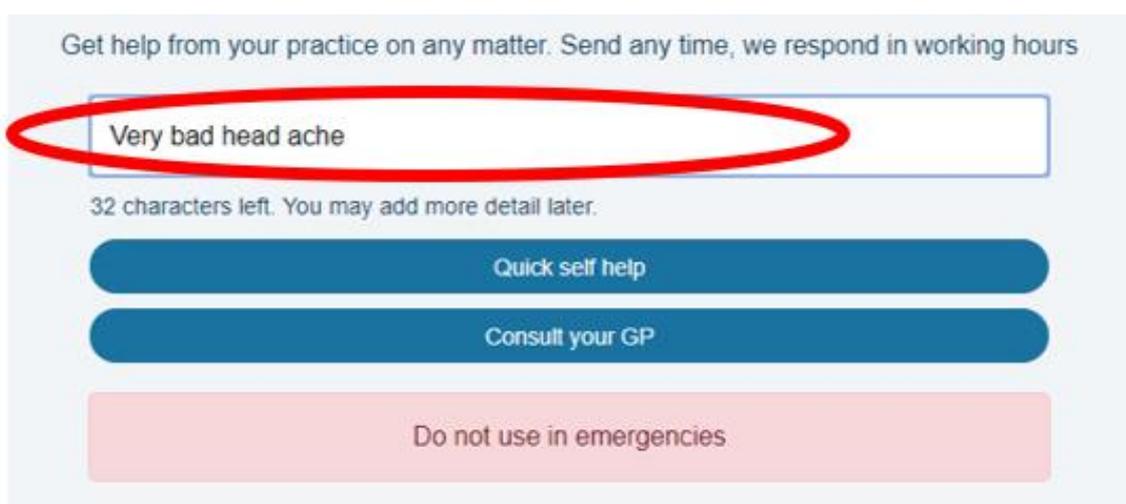
Once completed, press the 'confirm' button.

Pressing 'confirm' will take you to the next screen which will allow you to create a new request (i.e. send a message to your doctor). If you just want to sign up for now (without contacting the surgery), click the 'Home' or 'Logout' button.

4. To make a request e.g. to ask a doctor or nurse something about your health/medical condition. Click on 'New request'



5. Enter a brief description of your issue



6. Click on 'Consult your GP' or 'Quick self help' (this will take you through to related self-help guides on the NHS website).

## **More information**

There's a YouTube guide to using Ask My GP here:

<https://www.youtube.com/watch?v=7rYWK5v1L08>