Healthwatch 100 Digital Health

The last few years have seen an increased digitalisation of the NHS and healthcare. More people are being given the option to access health services and information online, and the number of these services is expected to increase.

Therefore, we created a digital health survey to better understand your awareness and usage of technology in supporting your health and wellbeing. 76 people told us...

86% Smart phone What do you use to support your health and wellbeing?

41% Computer 26%
Fitness
Tracker

What are the main health and wellbeing functions and apps you use your smartphone for?





30%
Using
Patient
Access



21%Meditation
support



16% Nutrition recording



Sleeping aid support



13% NHS



84% have not had an online consultation





58% do <u>not</u> use **Patient Access**

Patient Access connects you





to healthcare services and allows you to book GP appointments and order repeat prescriptions. You can find out more at patientaccess.com

82% have used NHS.uk









76% do not have major concerns over the use of technology in supporting their health and wellbeing

Over half of those who did have concerns, explained that they were worried about data protection





Telephone consultations with my GP have been brilliant

Information overload

Help us to understand technology Make sure what is available now is properly utilised

Broadband is costly

Concerned about protecting my personal data

Welcome the opportunity to learn

How can you check my blood pressure or pulse?

Services should be flexible to online and offline patients