amity
Here for you

Patient Information Sheet

Amity Personal Health Record (PHR)

What is Amity?

Amity is a free NHS online health and wellbeing tool for people living in Cheshire and Merseyside.

Using Amity you will be able to connect and securely share information with the people in your support circle, as well as access useful healthcare advice, apps and trackers to help you manage your health and wellbeing.

You can also use your NHS login to view your GP health record, and depending on what online services your NHS provider delivers, you may also be able to book and review your GP appointments online and any hospital correspondence, such as outpatient appointment letters.

Amity will benefit those wanting to self-manage and take greater control of their health and wellbeing, as well as health and care professionals by providing them with additional information to help support care delivery and treatment decisions.

Benefits of Amity

■ **Keep track of your health** using a range of trackers for sleep, mood, pain, blood pressure and more.

■ **Use your existing NHS login** to manage your health information, including GP appointments and medications.

■ **Create a virtual support circle** of key contacts who you can choose to share health information and tracker progress with.

■ **Discover useful resources and accredited apps** to help support your health and wellbeing.

Accessing Amity

Amity can be accessed from your computer or mobile device at: https://amitywellness.co.uk