



NHS inform is Scotland's national health information service, which is available on line and over the phone. The site includes an a-z of health conditions, Common health questions, Health Zones which provide more detailed information on topics like cancer, screening, mental health, bereavement palliative and more.

NHS inform – for everyday questions about health

Finding the right health and care information can make a real difference to how people manage their wellbeing. Making information accessible, quality assured and up to date helps people to make positive choices.

NHS inform (www.nhsinform.scot) is Scotland's dedicated resource offering up-to-date facts on health, services and campaigns. It also has a wealth of information available online, over the telephone or via webchat:

- tests and treatments
- illnesses and conditions
- injuries
- healthy living (including stopping smoking, screening and keeping active)
- care, support and health rights

One of the many great features of the new website is that people can personalise the information that's relevant to them using the 'Info for Me' tool. Of course, there is always the option to talk to the health information team by telephone or using webchat.

Want to try the new service? Visit: www.nhsinform.scot or call: 0800 22 44 88