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Digital Unite

Health and Fitness

The internet is a great tool to help you manage your health and well-being, these guides will help you get started.

Where to find reliable health information online (England, Wales, Scotland)

A short guide with links to the most trusted online health sites.

Go to guide

Getting started with the NHS app

>> Go to guide (This guide from Sussex ICS (NHS) will open in a new window)

This link will take you to information on a different website. Digital Unite have selected this information for inclusion because it is up-to-date, relevant and easy-to-understand.

Tips for keeping your NHS online patient data safe

Our short guide of tips to keeping your NHS online data safe

Go to guide

Registering for NHS Online services

A concise guide on how to register for NHS Online services.

Go to guide

[Best....apps for managing your medication](#)

Our review of some of the best apps to download to help you manage your medication.

Go to guide

How to buy medicines online safely

This guide from Get Safe Online will help you to confidently buy medicines through online sites.

[>> Go to guide (This guide from Get Safe Online will open in a new window)](#)

This link will take you to information on a different website. Digital Unite have selected this information for inclusion because it is up-to-date, relevant and easy-to-understand.

[Best... mental health and wellbeing podcasts](#)

Our guide to some top mental health and wellbeing podcasts

Go to guide

[Top ten apps for mental health and wellbeing](#)

In our guide we recommend the best apps for people who would like an app to help with their mental health and overall wellbeing.

Go to guide

[Best... home workout websites](#)

Some of our favourite home workout websites, so you can exercise in the comfort of your own home!

Go to guide

[Best ... healthy living and fitness apps](#)

Use your smartphone or tablet to help you kick start a healthy lifestyle.

Go to guide

[Best... healthy eating apps](#)

If you're looking to eat a healthy, balanced diet there are various apps that can help you set and track your healthy eating goals

Go to guide

How to start your search for health information online

[>> Go to guide (This guide from Health Education England will open in a new win...](#)

This link will take you to information on a different website. Digital Unite have selected this information for inclusion because it is up-to-date, relevant and easy-to-understand.

Guide to online health scams

An introduction to common health scams and how to report them

[>> Go to guide (This guide from Action Fraud will open in a new window)](#)

This link will take you to information on a different website. Digital Unite have selected this information for inclusion because it is up-to-date, relevant and easy-to-understand.

How computers can help manage stress

[>> Go to guide (This guide from AbilityNet will open in a new window)](#)

This link will take you to information on a different website. Digital Unite have selected this information for inclusion because it is up-to-date, relevant and easy-to-understand.

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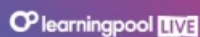
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