

IBS 1st line Remote Monitoring Service

Managing your symptoms at home


My CHI No:

Registering with the NHS Scotland Inhealthcare remote monitoring service can help you manage your health and symptoms at home. The service will automatically contact you at agreed intervals to ask about your health. This is a **FREE** service used via mobile app and - for some services - by secure website, text message or telephone call.

STEP 1



Mobile app

On initial enrollment, you will receive an email explaining how to register with My Inhealthcare .

A second email will introduce you to the service and how to download the app.

STEP 2



The service will contact you at regular intervals to ask a set of simple questions about your health and clinical measurements.

The times and frequency of monitoring will be agreed with your clinician.

STEP 3



What happens next?

Your answers will be recorded in the Inhealthcare system and you may be given advice, based on your answers, which will help you manage your symptoms.

- **What happens if my condition improves?**

Even when you are feeling well, you are advised to continue until your monitoring service ends or you are advised to stop.

- **What happens if my condition worsens?**

If your condition deteriorates between monitoring reviews follow your management plan and seek medical advice if required.

- **What if I want to stop the service?**

You are advised to continue monitoring even if you feel better. If you wish to stop the service you can use the opt out task on the app.

- **What happens with my health information?**

Find out how NHS Scotland handles personal health information at [NHS Inform](https://www.nhs.uk/inform).