

# IBS 2<sup>nd</sup> line Remote Health Pathway

## Supporting your Low FODMAP Journey


My CHI No:

Registering with the NHS Scotland Inhealthcare remote monitoring service can help to support you on your Low FODMAP journey. The service will automatically contact you at set intervals to ask about your IBS symptoms and Low FODMAP progress. This is a **FREE** service using a mobile app.

### STEP 1

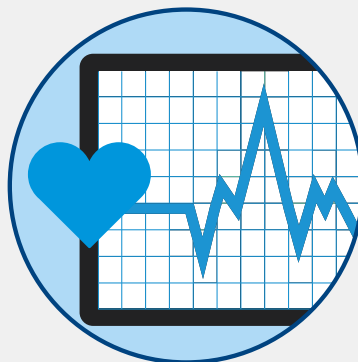


#### Mobile app

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 set intervals to ask a set of simple questions about your health and clinical measurements.

### STEP 3



#### What happens next?

Your answers will be recorded in the Inhealthcare system and you will be given access to support or information to help manage your symptoms.

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

Even when you are feeling well, you are advised to continue until your remote health pathway ends or you are advised to stop.

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

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

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

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).