

Don't take our word for it, here's what patients say about Flo.

"Using **Flo** has helped me sort out my medication and I now have the confidence to start living independently."

Lady with chronic lung disease, aged 65

"Now I can take my blood pressure readings at home I haven't got to fight my way through the rush hour traffic to see my doctor, which used to stress me out and put my blood pressure up."

Patient with high blood pressure – Barry, aged 52

"I found the messages helped me to give up smoking – I didn't feel I was on my own. It was like having a friend with me, encouraging me to keep going."

Smoking cessation patient – Ahmed, aged 30

"To be honest, I was astonished at how Flo changed my medication habits. I was sceptical at first. The time I used to take my medication was a little haphazard and I sometimes forgot but now I find myself prepared at the right time every day."

Patient receiving medication reminders – Jean, aged 58

If you want to set up Flo, get in touch here



NHS

FLO

**improves health care and
changes lives**



**Ask your GP or nurse about FLO - the easy
way to manage your health**

Florence

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What is Flo?

Flo is a simple telehealth text messaging service that helps you take a more active role in your health care and gives you the freedom to get on with your life. Flo can give personalised health tips, provide valuable advice to help you stay on track and send medication reminders - so you'll never need to miss another pill again.

It's quick to set up, and takes less than a minute. It's easy to use and it's right there on your own mobile phone.

How does it work?

Once you have registered you can start to use Flo right away on your mobile phone.

You just simply key in your information and Flo does the rest. Sometimes you will be loaned equipment from your GP practice so that you can take your own readings. Flo sends these to your GP or nurse so that they can monitor your health, leaving you to get on with your life. This means you won't need to visit your doctor or nurse so often, and if you become unwell, this can be picked up before things become more serious.



You can use it to monitor lots of conditions including:-

- **asthma**
- **chronic lung disease**
- **stopping smoking**
- **blood pressure**
- **weight control**
- **and much more –**

just ask your GP or nurse if Flo can help you to manage your health.

Who runs the service?

Flo is provided for you by NHS Stoke on Trent Clinical Commissioning Group and Mediaburst Limited.

Does it cost me anything?

No. When you are in the UK, at home, on holiday or just visiting friends Flo is completely free to use. Flo can also be used from anywhere else in the world, but you will be charged your normal network rate for the messages. If you choose to use Flo to record your bodily signs, equipment such as the blood pressure monitor or thermometer can be lent to you free of charge.

Where can I get Flo?

You can register for Flo at your GP surgery- just ask on your next visit or give them a call and they'll arrange for you to be added to the system if they think Flo is right for you. It really is as simple as that.

