

# This is John your Digital Health Navigator

NHS Digital Health Navigators can help you with your laptop, tablet, smartphone or computer and can help you get online, with **FREE support**, in your time at your pace.

They can help with:

- Loading NHS & Other Apps
- Manage your medical or health appointments
- Self manage your own health and wellbeing
- Making video calls
- Online banking/shopping
- Emails
- Protect against scams



Call us to book your free appointment

# 0300 303 1234

or email your contact info to:  
[helptogetonline@ageuklancs.org.uk](mailto:helptogetonline@ageuklancs.org.uk)

**52%**  
of people who were supported feel less lonely or isolated

Scan the QR code with your phone camera here to register your interest

