
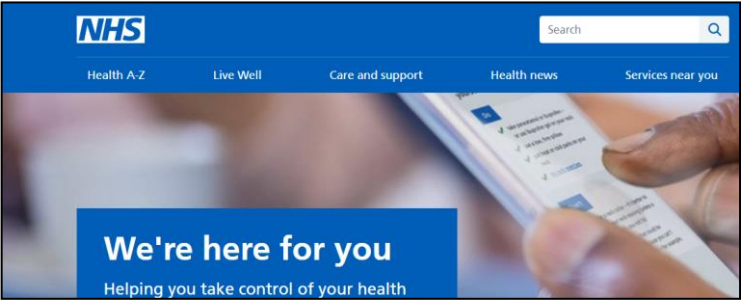
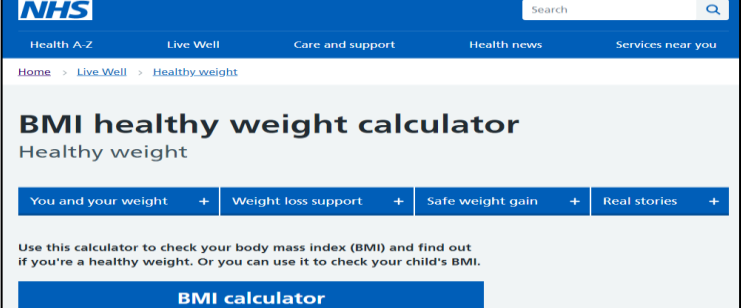
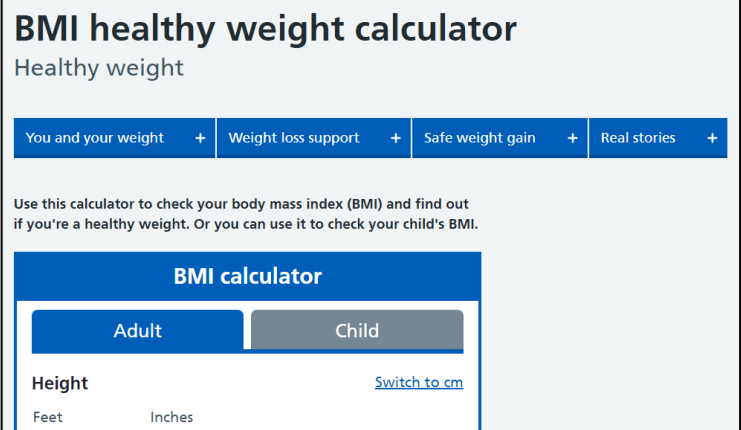


The NHS website

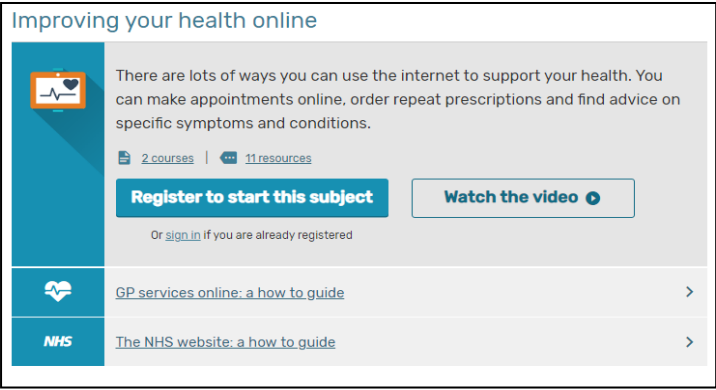
1	<p>To access the NHS website we first need to go on the internet via an internet browser. Once opened, we need to type 'www.nhs.uk' into the address bar along the top of the page and press enter.</p>	
2	<p>The NHS webpage should appear and look something like this. The first thing we are going to use the NHS website for is the BMI (Body Mass Index) calculator.</p> <p>Use the search function in the top right-hand corner and search for BMI Calculator.</p>	
3	<p>The BMI healthy weight calculator webpage looks like this.</p>	
4	<p>Once you've clicked BMI healthy weight calculator, the page should change and look like the one to the right.</p>	

<p>5</p> <p>After you've clicked start, the page should change and allow you to enter your details. The details needed are:</p> <ul style="list-style-type: none"> • Adult or Child • Height • Weight • Age • Sex • Ethnic Group • Activity Level <p>Once you've filled in this information then click 'Calculate'.</p>	
<p>6</p> <p>After clicking get results a bar should appear measuring your body mass index. This bar will tell you where your BMI measures on the scale and how you can act upon it to increase or decrease your overall BMI. There is even a section that informs you how BMI is calculated.</p> <p>We used made-up information to generate the BMI in the image. If you don't want to do your BMI, put different information in the boxes so you have an idea how the calculator works.</p>	

7	<p>Once you've clicked get more information the page should change and offer you relevant information tailored to your results including:</p> <ul style="list-style-type: none"> • Tips on a balanced diet • How to make sure you get 5-a-day whilst on the run • Tips on health and fitness from athletes like Linford Christie • Fitness videos like Couch to 5k 	
8	<p>We're now going to return to the NHS homepage by clicking on the NHS logo in the top left-hand corner.</p>	
9	<p>We're now going to use the A-Z encyclopaedia from the NHS website. This is a heading on the homepage and is highlighted in the picture on the right. By left-clicking this the encyclopaedia should open.</p>	
10	<p>Once you've left-clicked on the Health A-Z link, the page should change to look like the one on the right.</p>	
11	<p>We are going to use the Health A to Z and select the letter S.</p>	

<p>1 2</p>	<p>We then need to select Snoring from the list.</p>	<div style="border: 1px solid black; padding: 5px;"> <p>Smoking (treatments to stop)</p> <p>Snake bites</p> <p>Snoring</p> <p>Social anxiety (social phobia)</p> <p>Social care and support guide</p> <p>Soft tissue sarcomas</p> <p>Soiling (child pooing their pants)</p> <p>Solar keratoses</p> <p>Sore lips</p> <p>Sore or white tongue</p> <p>Sore throat</p> <p>Sperm count (low)</p> </div>
<p>Questions</p>		<p>How is snoring measured? (look in symptoms)</p> <p>List two causes.</p> <p>Are there any clinical trials taking place?</p>

<p>TRY IT YOURSELF</p>		
<p>13</p>	<p>Returning to the homepage and then the BMI calculator, work out whether a Male born on the 1st October 1969 who is 6ft 1 inches tall and weighs 14 stone measures on the scale. Take this measurement as accurate on the day of your search. Record their BMI number in the right and what category they come under.</p>	<p>BMI –</p> <p>Category -</p>

14	Return to NHS homepage and then search the Health A-Z for the foot condition Athletes Foot and list a symptom, a cause and a cure for it.	Symptom- Cause- Cure-
15	For more information on what the NHS website can offer you both on a computer or on a mobile device, visit www.learnmyway.com , create an account and complete the NHS course.	 <p>The screenshot shows a course page titled "Improving your health online". It includes a description: "There are lots of ways you can use the internet to support your health. You can make appointments online, order repeat prescriptions and find advice on specific symptoms and conditions." Below this, it lists "2 courses" and "11 resources". There are two main buttons: "Register to start this subject" and "Watch the video". A link to "sign in" is provided for already registered users. At the bottom, there are two links with right-pointing chevrons: "GP services online: a how to guide" and "The NHS website: a how to guide".</p>

Notes: