
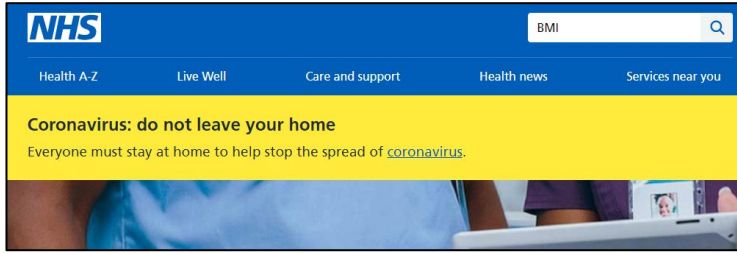

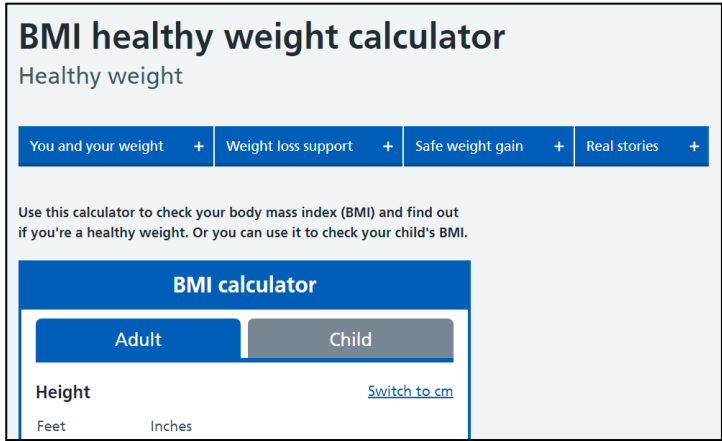
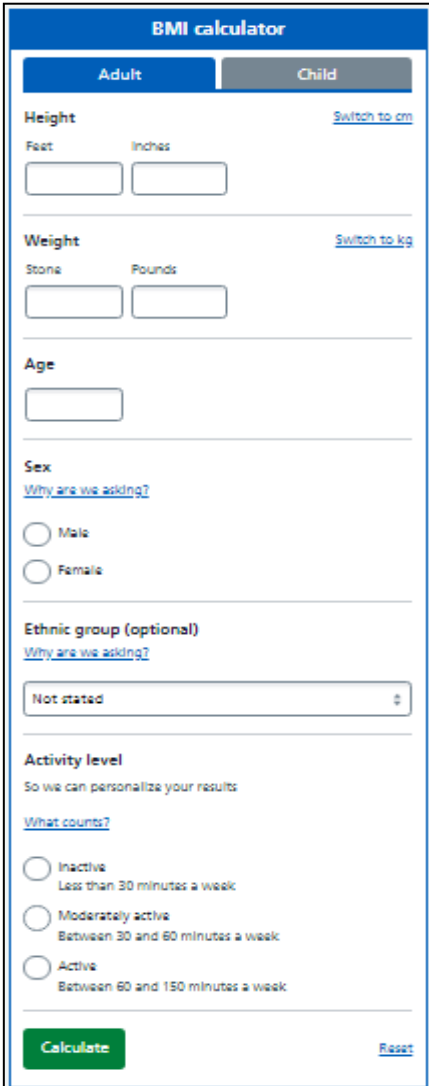
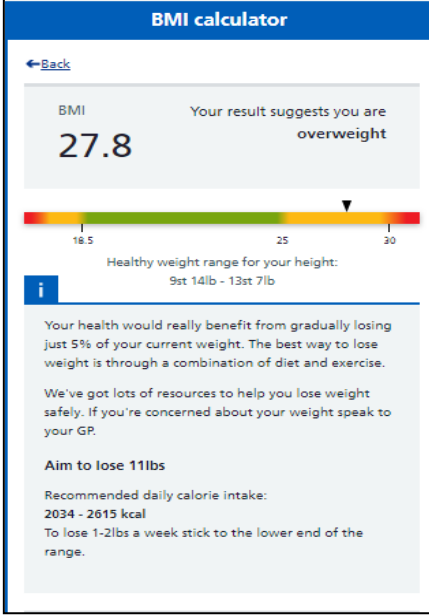


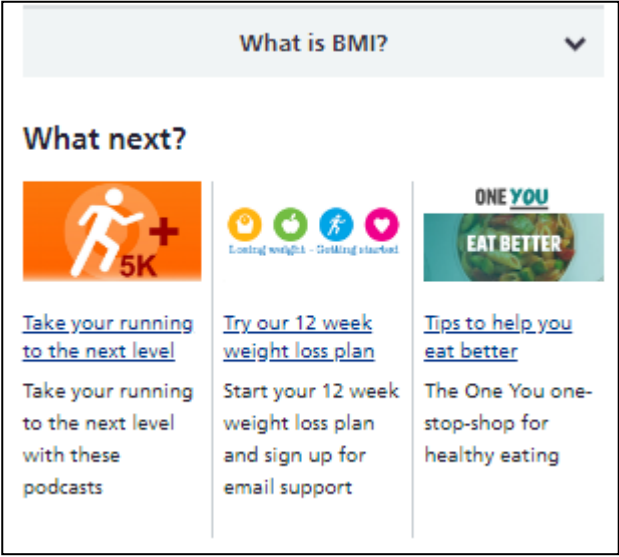


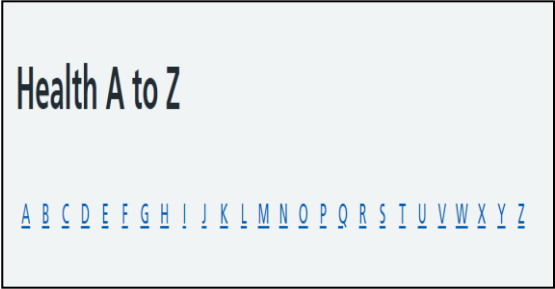

# Stockport Digital Inclusion Movement – The NHS website

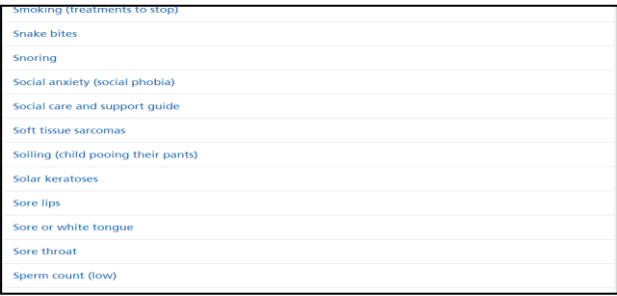
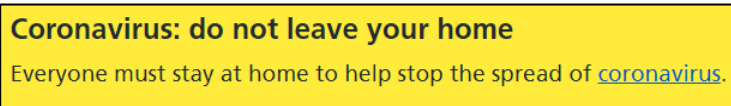

## The NHS website

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"> <li>• Adult or Child</li> <li>• Height</li> <li>• Weight</li> <li>• Age</li> <li>• Sex</li> <li>• Ethnic Group</li> <li>• Activity Level</li> </ul> <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>	

## Stockport Digital Inclusion Movement – The NHS website

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"> <li>• Tips on a balanced diet</li> <li>• How to make sure you get 5-a-day whilst on the run</li> <li>• Tips on health and fitness from athletes like Linford Christie</li> <li>• Fitness videos like Couch to 5k</li> </ul>	
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>	

12	We then need to select Snoring from the list.	 <p>smoking (treatments to stop) Snake bites Snoring Social anxiety (social phobia) Social care and support guide Soft tissue sarcomas Soiling (child pooing their pants) Solar keratoses Sore lips Sore or white tongue Sore throat Sperm count (low)</p>
Questions	<p>How is snoring measured? ( look in symptoms)</p> <p>List two causes.</p> <p>Are there any clinical trials taking place?</p>	
14	Return to NHS homepage and then search the Health A-Z for the foot condtion Athletes Foot and list a symptom, a cause and a cure for it.	<p>Symptom-</p> <p>Cause-</p> <p>Cure-</p>
15	<p>On the NHS website, you can also look for 'Care and support' and locate 'Services near you'.</p> <p>The NHS website also keeps you up-to-date with all the latest health information including what to do during the current Coronavirus crisis.</p>	 <p><b>Coronavirus: do not leave your home</b> Everyone must stay at home to help stop the spread of <a href="#">coronavirus</a>.</p>
16	For more information on what the NHS website can offer you both on a computer or on a mobile device, visit <a href="http://www.learnmyway.com">www.learnmyway.com</a> , create an account and complete the NHS course.	 <p>Improving your health online</p> <p>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.</p> <p>2 courses   11 resources</p> <p><a href="#">Register to start this subject</a> <a href="#">Watch the video</a></p> <p>Or <a href="#">sign in</a> if you are already registered</p> <p><a href="#">GP services online: a how to guide</a></p> <p><a href="#">The NHS website: a how to guide</a></p>

## Stockport Digital Inclusion Movement – The NHS website

--	--	--

Notes: