

A practical guide for searching the NHS website

(formerly known as NHS Choices)



<http://www.nhs.uk>

Quality evidence-based information designed and supported by the NHS for members of the public. Developed and maintained by NHS Digital on behalf of NHS England.

The NHS website contains:

1. Information about health and social care.
2. Health and social care services, including interactions such as booking appointments.
3. Guidance about major health events.
4. Help with changing behaviour to improve health or care.
5. Decision support.
6. Facilities feedback.
7. Guidance to specialist information, advice and support from other sources.
8. Rights and how to complain.
9. Factual explanations of topical or newsworthy health issues.

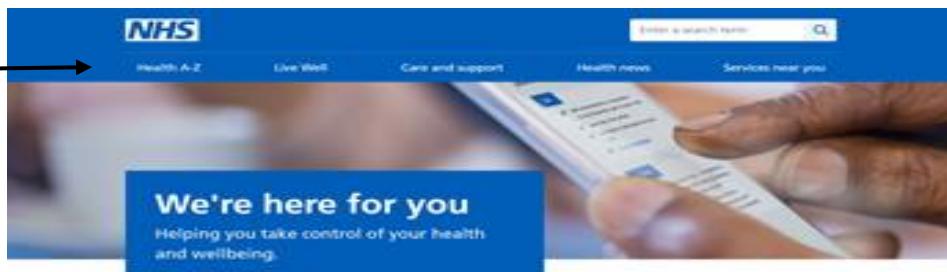
Exploring the NHS website

There are five drop-down menus on the main banner. Think about specific information that might be of interest to you.

If you can't find what you're after, try the search box at the top right of the page – it covers everything on the NHS website, including information on conditions and treatments, and advice to help you live a healthier lifestyle or boost your mental wellbeing.

Main banner

See p. 4 below for details



Health A-Z

A-Z search for conditions – includes symptoms and guidance

Health A-Z

your complete guide to conditions, symptoms and treatments, including what to do and when to get help.

[Go to the Health A-Z](#)

Medicines A-Z

Find out how your medicine works, how and when to take it, possible side effects and answers to your common questions.

[Go to the Medicines A-Z](#)

Medicines A-Z

A-Z search for medicines – includes how they work, when to take them and possible side effects

Find local services

Search for local GP, urgent care, hospital or dentist plus many other services

NHS services

Find the service you need and book appointments online.

- [Find a pharmacy](#)
- [Find a dentist](#)
- [Find a GP](#)

- [Find your nearest A&E](#)
- [Find other urgent care services](#)

[Find other NHS services](#)

If you need help now, but it's not an emergency:

[Go to 111.nhs.uk or call 111](#)

If you need help but not an emergency

Focus on

Looks at topical subjects giving further information – includes diabetes, cancer, care and support, pregnancy and mental health

Online GP appointments and prescriptions

All GP practices now offer online services to:

- book or cancel appointments
- order repeat prescriptions
- see parts of your medical record

Every month, over 1 million appointments are booked online and over 2 million prescriptions are ordered without needing to visit a GP.

[Find out how to sign up for GP online services](#)

Focus on...

- [Diabetes](#)
- [Cancer](#)
- [Care and support](#)
- [Pregnancy](#)
- [Mental health](#)



Online applications and bookings

Online forms to fill for specific services. GP booking (will need to register)

European Health Insurance Card (EHIC)

An EHIC can help you get free or reduced-cost healthcare while visiting many countries in Europe.

[Apply for or renew your EHIC](#)

European Health Insurance Card

Help for free or reduced healthcare in Europe

Healthy living

Advice, tips and tools on making choices about your health – includes lose weight, eat well, manage stress and exercise

Healthy living

Advice, tips and tools to help you make the best choices about your health and wellbeing.

- Low weight
- Eat well
- Help with stress, anxiety and depression
- Exercise

[Go to healthy living](#)



Quit smoking with Stoptober

Quitting is easier with the right support! Stop smoking for 28 days and you're 5 times more likely to quit for good. Get started with your free Personal Quit Plan.

Topical campaigns

Health apps

Digital tools to help manage and improve your health – includes link to NHS apps library

Health apps

From exercise apps to managing diabetes, find digital tools to help you manage and improve your health.

Recently added apps



[Go to the NHS apps library](#)

Latest from the NHS

News, events, information and advice.

Prescription changes

The NHS is reducing prescriptions for medicines you can buy in a pharmacy. Find out what this means for you.

The NHS turns 70

The National Health Service turns 70 in 2018. Join the celebrations and explore the Aims of the past and future.

Breast cancer

Breast cancer affects around 50,000 women a year. Early detection can make treatment more effective.

Latest from the NHS

News, events, information and advice

Links to organ and blood registrations

Specific registrations for donation



Save a life, give blood

Please register today. Donating blood is easy, and saves lives.



Become a donor

Give someone the gift of life, register as an NHS Organ Donor today.



Noticed blood in your pee?

If you notice blood in your pee, even if it's just the once, tell your doctor.

Be clear on cancer

Information on specific health problems

Links to information about NHS in general and the NHS website

Links to policy information, NHS sites, other language sites (Accessibility) and contact details

Searching the five drop down menus on main banner

Health A-Z

Contains information on conditions, treatment options, vaccinations (jabs) and answers to common health questions.

Health A-Z

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

A

AAA

AAA screening

Abdominal aortic aneurysm

Abdominal aortic aneurysm screening

Abortion

Live Well

A wealth of information that includes Couch to 5K, Alcohol support, NHS weight loss guide and moodzone - includes videos, tips, guidance and on-line support.

Live Well

Advice, tips and tools to help you make the best choices about your health and wellbeing



Eat well

All you need to know



Healthy weight

Check your BMI using our



Exercise

Programmes, workouts and

Social care and support

If you or someone you know needs help with day-to-day living because of illness or disability, this explains your options and where you can get support.

Social care and support guide

If you or someone you know needs help with day-to-day living because of illness or disability, this website explains your options and where you can get support.

[Introduction to care and support](#)

A quick guide for people who have care and support needs and their carers.

[Help from social services and charities](#)

Includes helplines, needs assessments, advocacy and reporting abuse.

[Care services, equipment and care homes](#)

Includes home adaptations, home help, staying safe and housing.

[Money, work and benefits](#)

Money, work and benefits and allowances

[Care after a hospital stay](#)

Care after a hospital stay and allowances

[Support and benefits for carers](#)

Support and benefits for carers and allowances

Health News

The research behind the headline news. Studies and reports explained in plain language. Includes categories and headline searching.

Behind the Headlines

Your guide to the science that makes the news

Categories

- [Cancer](#)
- [Genetics and stem cells](#)
- [Food and diet](#)
- [Obesity](#)
- [Neurology](#)
- [Lifestyle and exercise](#)
- [Older people](#)
- [Heart and lungs](#)
- [Mental health](#)

[Women 'should leave at least a year between pregnancies'](#)

Tuesday October 30 2018

[Blood pressure drug linked to possible small increased risk of lung cancer](#)

Thursday October 25 2018

[Lavender scent may help with anxiety in mice](#)

Wednesday October 24 2018

[Eating organic food linked with lower cancer risk](#)

Services near you

What the NHS offers e.g. hip replacement, the services explained and choosing the right one for you. You are able to compare services such as consultants and GPs.

Find services

You can search all of our service directories from here. Try searching by service name, service type, condition or surgical procedure.

Find	<input type="text" value="e.g. GP, dentist, diabetes, or hip replacement"/>	Location	<input type="text" value="e.g. postcode or town"/>	<input type="button" value="Search"/>
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or browse the Services A-Z

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Need urgent care?
Use our service finder to locate your nearest urgent care health services

Open data for better services
See the data used to monitor and shape services >



Frequently Ask Questions

- **How do I search for information on a health issue e.g.: hair loss?**

On the NHS website home page you can click the option for "**Go to the Health A-Z**". From there you can search for any health issue, based on the first few letters.

- **How do I find out about healthy living and how I can get help to exercise?**

On the NHS website home page you can click the option for "**Live Well**". From there, choose "Exercise" There is information and links on a range of exercise options

- **Are there interactive tools and apps to help me look after my own health?**

Yes. Scroll down the NHS website home page to the section "**Health apps**" where you can find recently added apps. There is a link to the NHS apps library, where you can search for apps.

- **How do I find information about social care services and benefits?**

On the NHS website home page click on "**Care and support**". This will take you to the Care and support home page where you can then navigate to separate topics on social care services and benefits.

- **How do I find a local GP service? What other local services can I find?**

On the NHS website home page click on "**Services near you**". From there you can choose GP in "Find" and add your "Location". You can also browse A-Z for services

- **How do I compare hospital and surgeon performance to see which I should try to go to?**

Search for either hospitals or consultant by choosing the best option from "**Services near you**". You will then see information about the hospital or consultant and be able to compare one service with another.

- **I have read a newspaper article about a health issue and I want to find more information about that topic?**

On the home page main banner click "Health news". This will take you to "Behind the headlines" which gives you the science behind many news articles. You can search by subject or recent headlines.

- **How do I book an appointment?**

To use online appointment booking, the first step is to set up online booking with your GP. There is information on how to do this in the section "**Find out how to sign up for GP online services**".