

SWL Digital Self-Management app

NHS South West London

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Patients can self-refer to the app with ease of access via QR codes, GP Website, or from the GP directly via SMS messaging

This is a **FREE** SWL digital health service providing **instant, 24/7 support** to LTCs patients to better self-manage and/or while they wait for an appointment. The app is available **across all patient touch points.**

