


SWL Digital Self-Management app

Powered by GetUBetter

FREE HELP IS AVAILABLE

SWL Integrated Care Service aims to support the c500k SWL people diagnosed with one or more LTCs by providing them supported digital self-management. We will educate and empower LTCs patients to have the confidence to take charge of their health, so they can spend less time being sick and more time enjoying their lives. **The SWL digital self-management app features:**



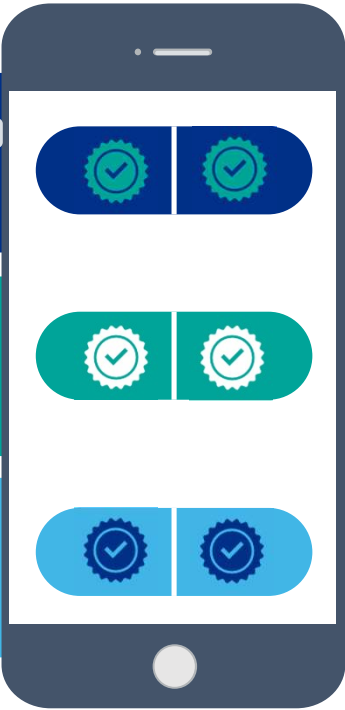
Information hub
General information regarding the condition, including FAQs/myth busters
Physical or dietary advice and or limitations




Red flag alerts
Warning signs of complications and support to prevent further complications
How to access any required professional advice




Signposting
General prevention, health & wellness information, and signposting (e.g., smoking cessation)



Medication guidance
Correct medication usage, side-effects, how certain medications interact with other medications



Escalation points
Support to escalate through the best local pathway when a condition begins to exacerbate, or a patient's health deteriorates (e.g. Pharmacy / GP)



Empowerment
Patient problem-solving skills
Improve self-efficacy
Behavioural change

