

Self Care Portal

What is the Self care Portal?

The Roxton selfcare portal gives you the ability to recognise and manage your own health. It contains lots of helpful videos and information on various health conditions along with frequently Asked Questions. You can also use the Roxton Self-care Portal to complete a planned health review rather than having to come to the surgery for a routine appointment.

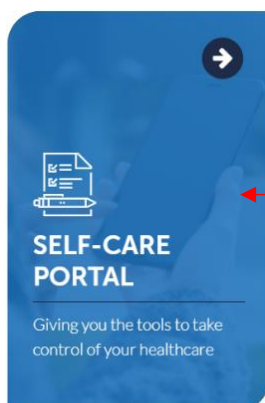
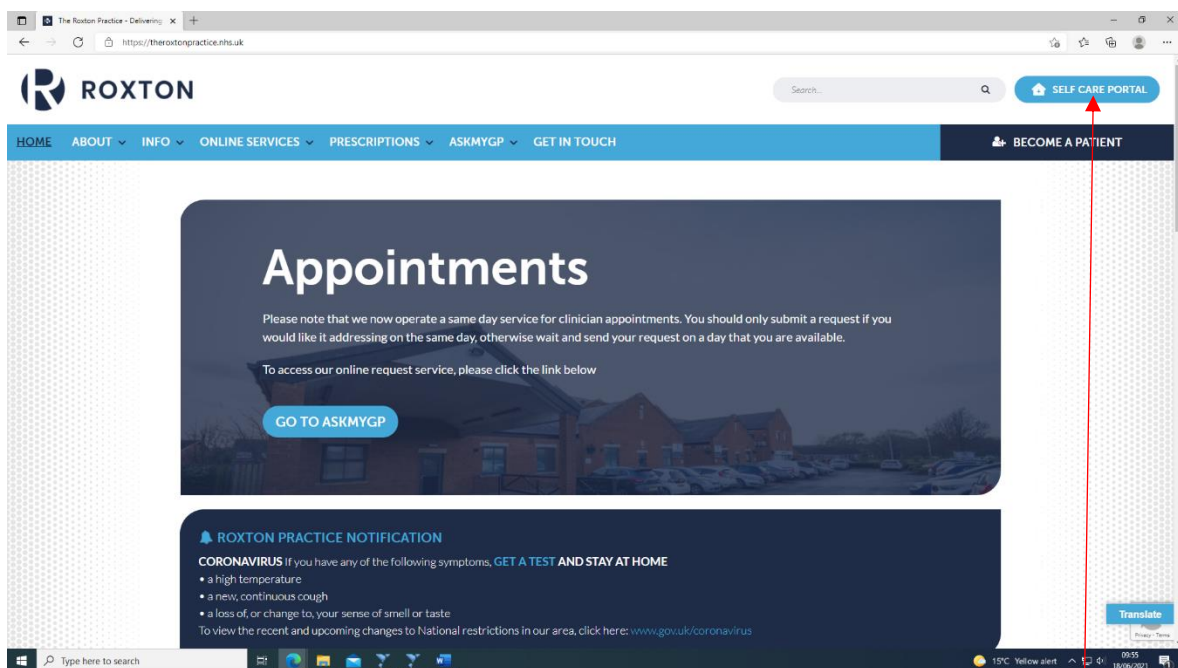
You must be a patient registered at the practice to use the self care portal

How to access the self care Portal:

First Visit our website by following this link or typing it into your search bar:

<https://theroxtonpractice.nhs.uk>

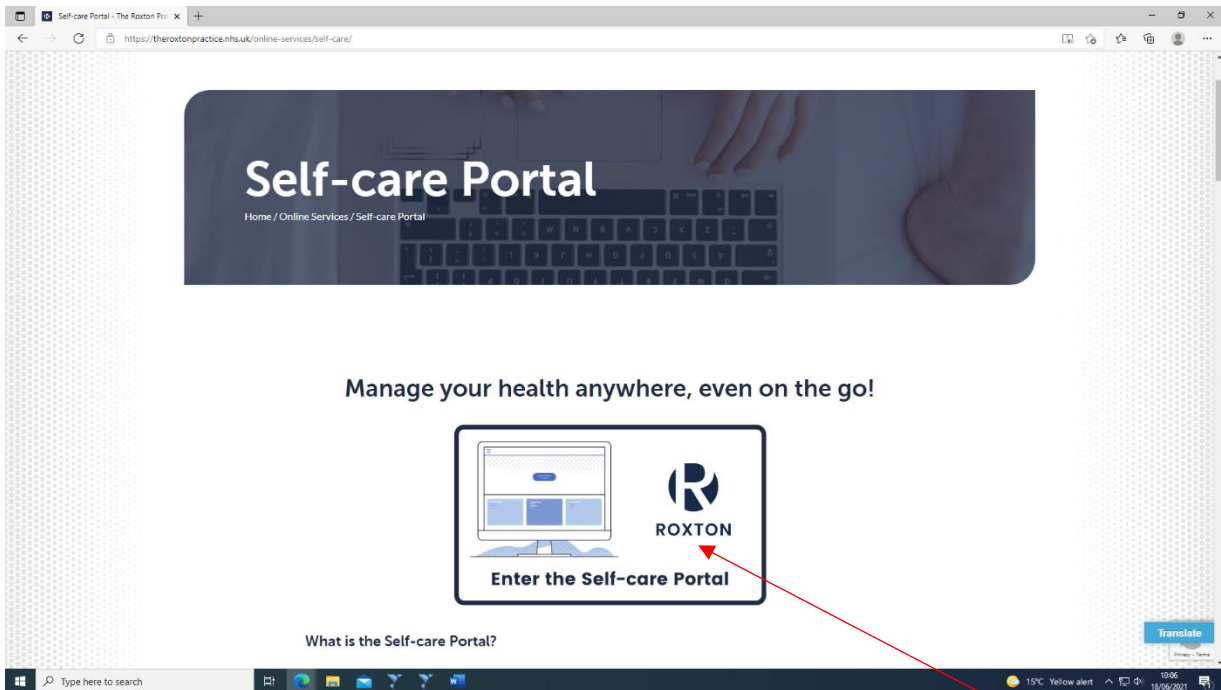
Our website should look like the picture below.



Once you're on our website, to access the Self Care Portal simply click the 'Self Care Portal' button located at the top left of the website.

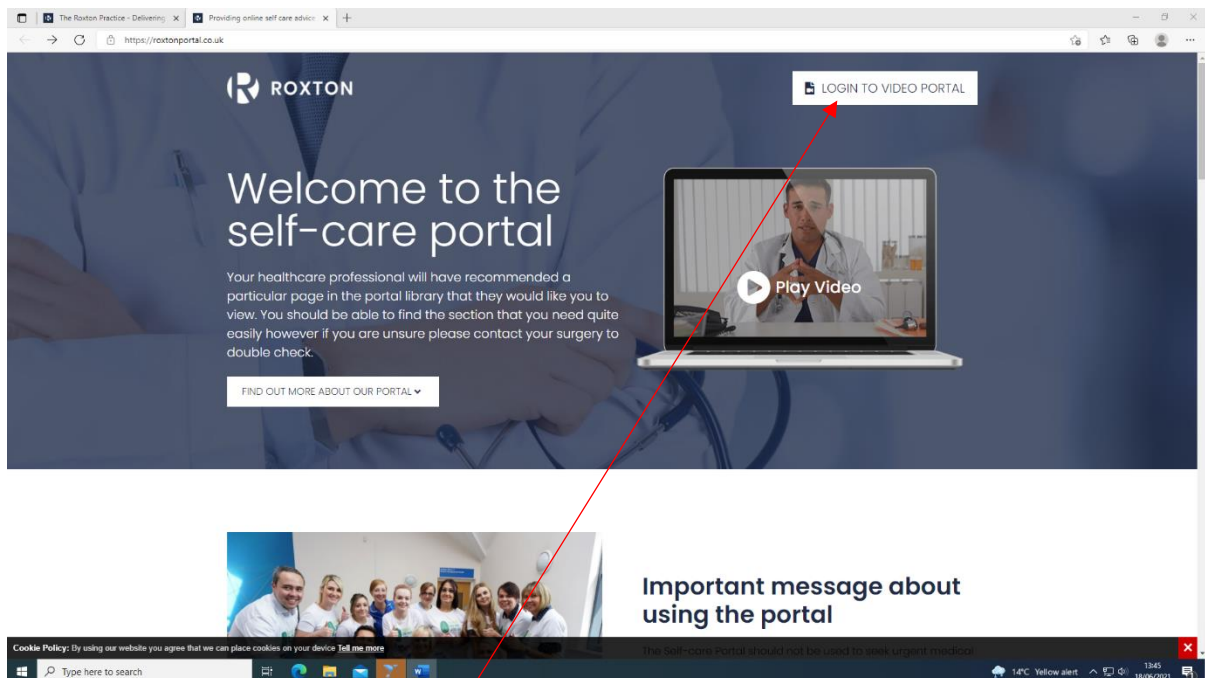
Or scroll down and click this button.

(Both buttons will take you to the same place so click whichever is easiest for you)



Once you have clicked on any of the two buttons in the previous step simply click this button here to continue.

Or you can scroll down to read more about our Self Care portal before you do.



Now just simply click the 'Login to video portal' button to be taken to the login screen.

You can also scroll down to read some useful information about the self care portal.

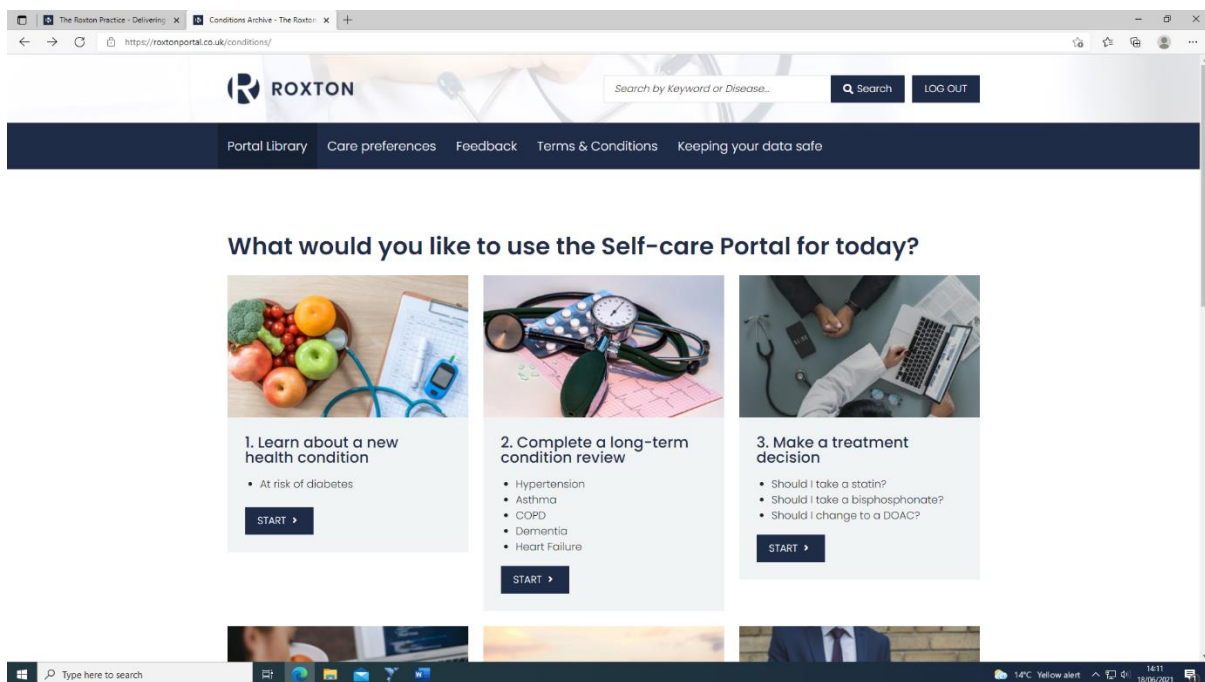


You should see this screen after following the previous step, the password to the portal is: Pelham.

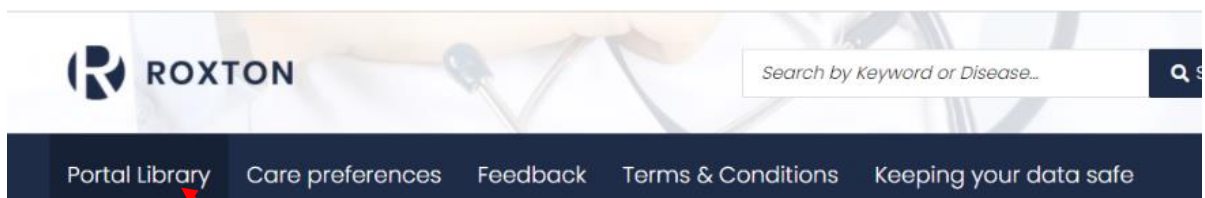
Type the password in the box.

Then click the 'submit' button.

How to use the self care Portal:



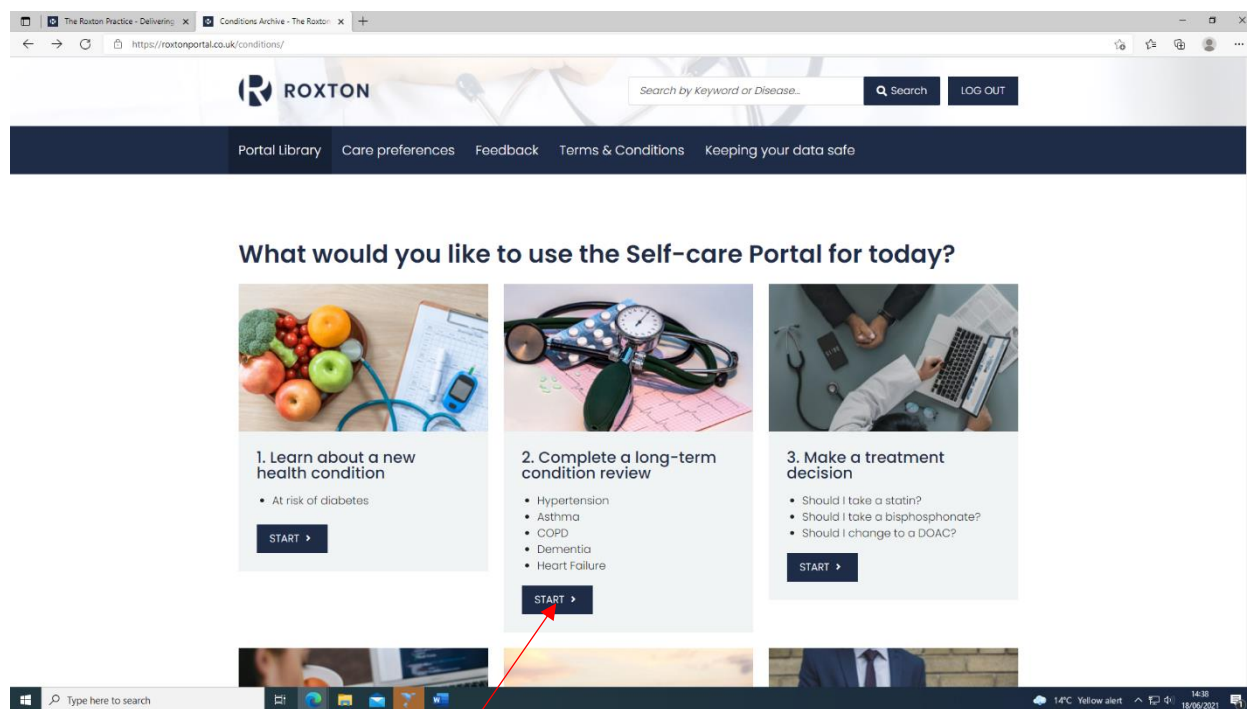
This is the Roxton self care portal home screen once you have logged on. From here you can access Condition reviews, remote testing, tutorials along with helpful information and informative videos.



Hovering over 'Portal Library' will display a drop-down menu of all the topics you can find in the self care portal, so you don't need to scroll down the page to find what you are looking for.

Have a look at the various options available to see if the self care portal can help you!

Completing a Health review:



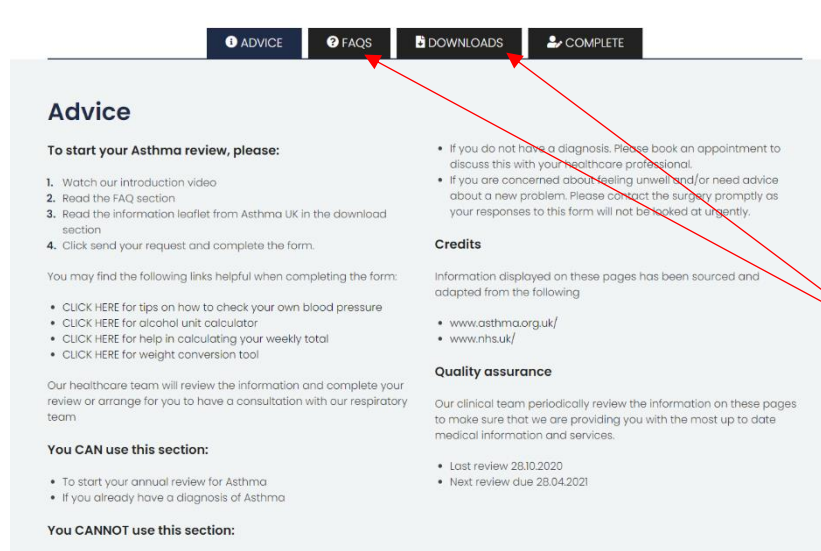
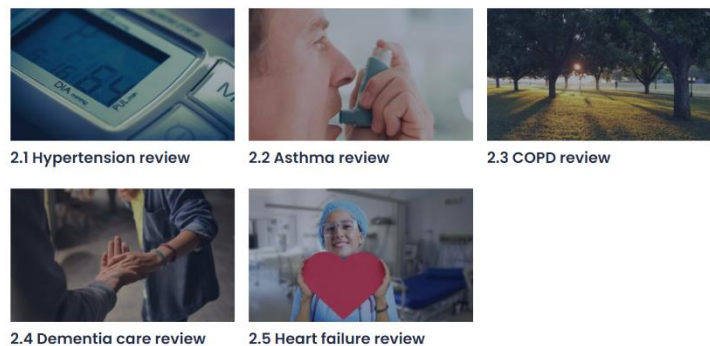
If you are wanting to use the self care portal to complete a review of a long-term condition, then click here

After clicking 'Start' you will be given some options as to what review you'd like, click on the one you need.

(This example will use Asthma Review)


2. Complete a long-term condition review

You can use this section to complete a long-term condition review.



After scrolling past the video you will see a page of advice, It is recommended to read this information before completing you review.


Once you have read the advice you can then click the 'FAQs' button or you 'Downloads' button to read more information.

 COMPLETE

Click this button once you have all the information and readings you need.

 ADVICE

 FAQs

 DOWNLOADS

 COMPLETE

Please complete the following form

Your details

Name *

First

Last

Date of birth *

 DD MM YYYY

About you

Current weight (kg) *

e.g. 80

Height (cm) *

After clicking the 'Complete' button you will be shown a form that you will need to fill out with your information, you will need to scroll down to see more of the form.

Email

Electronic Signature

To protect your data privacy, no confidential information will be stored or saved on this website. This means however that you cannot save your progress and you will have to start the form again if you navigate outside of this section.

I confirm that the information I have provided is true and accurate. *

Yes

Date *

 DD MM YYYY

Training code

If you have a training code please add here. Otherwise leave blank.

If you have completed the form correctly you will get an immediate confirmation message on the screen. If you do not get this please click back on the "complete" section to view any missing bits of information

SEND YOUR INFORMATION >

Once you have filled out the information in the form and double checked that it is all correct then click the 'Send your Information' button.

After clicking the button, your information will be sent to us at the practice, and we will endeavour to respond accordingly as soon as possible.