**Did you know?**

* Text messaging has revolutionised how GP practices communicate with patients - The number of text messages sent has increased since the pandemic.
* Each text message costs the NHS money
* There are over 250 practices in North East London and around 2 million patients. A text message to every patient costs the NHS £450,000 every year and these costs continue to rise as more texts are being sent

**Together we can save the NHS money**

**How you can help?**

* Download the NHS APP

Get free alerts, view your medical records, order prescriptions, and find other NHS services. Works best if you **turn** **ON notifications** for the NHS App

* Let us contact you by email

Email is free for the NHS. Ask your GP to use your email address for appointments and updates