



## MyHealth London

**New NHS digital platform for people in North West London who are living with a heart or circulation condition, or have some factors that could lead to cardiovascular issues.**

**Whether you're interested in learning more about your long-term health or discovering how to improve your blood pressure, energy levels or sleep, our range of support features can help.**

**Scan this QR code with your phone to activate your free account now:**





## Do you have high blood pressure?

Reduce your risk of cardiovascular disease and sign up to the new **NHS MyHealth London** platform.

Whether you're interested in learning more about your long-term health or discovering how to improve your blood pressure, energy levels or sleep, our range of support features can help.

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your phone to activate  
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