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## Annual reviews

The practice is sending out letters reminding patients with diabetes, asthma or COPD to make an appointment for a review. Please take the time to read the letter carefully and contact reception to book an appointment. It is very important to keep up to date with these reviews to ensure that you are receiving the best treatment for your condition.

## New Year, New You

If you have made a resolution to stop smoking or lose weight this year the NHS have free Quit Smoking and Weight Loss Plan apps available on the Apple Store or Google Play.

The Quit Smoking app allows you to track your progress, see how much you are saving and get daily support. If you prefer to speak to someone you can speak to your pharmacist for a referral or contact the Smokefree National Helpline on 0300 123 1044.

The Weight Loss Plan app helps you to keep track of your eating habits, and develop a healthier, more active lifestyle. Alternatively, you can search for help online and find out the options available, which include a 12-week guide to help people to lose weight for good and information on stop smoking aids.

## Digital Consultations

The surgery is now using Anima for digital consultations. If you haven't already created an Anima Health account, please use <https://patients.animahealth.com/blue/signin> for information and help or speak to a receptionist.

## Enhanced Access Clinics

Enhanced Access appointments are available for Colte patients on Saturdays in January as follows:

4<sup>th</sup> – Tiptree Medical Centre

11<sup>th</sup> – Walton Medical Centre

18<sup>th</sup> – Colne Medical Centre

25<sup>th</sup> – Wivenhoe Surgery

Telephone appointments are also available every weekday evening from 6.30-8pm.

Please contact reception to book an appointment in any of these clinics.

Thank you for reading.

*Katie Pirie*

*Practice Manager*