

Registering with the NHS Ayrshire and Arran Remote Monitoring Service can help you manage your health and symptoms and help your GP Practice to know if you need any help or support.

## How do I register?

### Step 1

You will receive an introductory text from a short code 85025 explaining how to register for the service by answering the text 'START1' to take part or 'START2' to decline, this text is free.

If you don't reply, we will send you a reminder after 14 days. If you don't answer the reminder text, we will assume you don't want to take part and you will receive no more text messages.

### Step 2

Over a course of 14 days you will receive text messages with information and web links that will help you to understand and self-manage your condition.



## What will I need?

In order to use the COPD service, you will need access to:

- A mobile telephone that can receive text messages, this doesn't need to be a smartphone.



Some of the texts you receive will contain web links to online resources.

You don't have to access these straight away as they will stay on your phone.

You can also access these web links by copying and pasting into a browser on a tablet or computer.

## What information will the service provide?

- An explanation of what Chronic Obstructive Pulmonary Disease (COPD) is.
- Information about Pulmonary Rehab
- Information about Community Groups
- Information about inhalers and inhaler techniques
- Information on what Self-Management is
- Emphasis on how important it is to look after your health by getting your flu jab when it is due.



## What happens next?

- We hope by giving you information about your newly diagnosed condition, it will help you to manage it in a way that will cut down on the number of times you become unwell.
- You will be offered an annual check-up by your GP Practice to make sure you are not having problems with managing your condition. If you feel your symptoms are getting worse you may be referred to a Respiratory Specialist Nurse or a Respiratory Consultant.

## Please Note

- The monitoring service is not an emergency service.
- Your readings may not be viewed by a clinician straight away.
- If you need medical assistance, you should phone your family doctor (GP) or call NHS 24 on 111.
- In case of an emergency, dial 999.