



## Useful websites

For lots of useful information and advice, eg stress, sexual health, skin problems, alcohol, anxiety and low mood, eating disorders, mental wellbeing, diet & exercise, travel health and vaccinations, young carers, dealing with a long term medical condition visit [www.nhs.uk](http://www.nhs.uk)  
See our website [www.Langportsurgery.co.uk](http://www.Langportsurgery.co.uk) for more information or follow us on



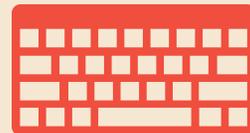
## ARE WE GETTING IT RIGHT? TELL US WHAT YOU THINK

We are always looking for ways to improve our services and the experience of our patients.

What services do you think would benefit young people?  
What would help you to take the best care of yourself?

What advice or information would be useful?

## We would love to hear your ideas



[Langport.surgery@nhs.net](mailto:Langport.surgery@nhs.net)

## You're 16

### What you need to know about your Doctors Surgery



# You're turning 16

As you get older you become responsible for your own healthcare decisions. You can contact a doctor or nurse for advice or see them at the surgery in confidence, this means that your consultation and even the fact that you have visited the surgery will not be discussed with anyone apart from you. The only time that information may be shared without your agreement is when you could be considered a danger to yourself or others.



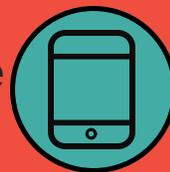
# What should I know?

## Patient Access

From 16, you may be interested in registering for Patient Access, an online service which allows you to book appointments, order repeat medication and view parts of your medical record online.

## SMS Text Messages

You may also decide to sign up for our SMS text reminder service where we will send you an appointment reminder. You can also cancel your appointment via this service instead of having to call the surgery. To protect your confidentiality it is very important that we have your most up to date contact details, so please check that we have the correct home and mobile number for you.



## Prescription charges

You may not be aware that when you turn 16 you will have to start paying for your prescriptions, unless you are in full time education, pregnant or receiving benefits. Many medications such as pain killers, cough and cold remedies, hay fever relief, treatments for non-serious constipation or diarrhoea, skin treatments for minor skin conditions, verruca and wart treatments etc can be purchased from the chemist for less than the cost of a prescription.

visit [www.Langportsurgery.co.uk](http://www.Langportsurgery.co.uk)  
for information on medication &  
self-care, ordering  
prescriptions & registering for  
Patient Access and text  
messaging

