



Brett Sibley: takes control of his health using HealthSpace

Brett Sibley lives in Dudley in the West Midlands. He is a 31 year old Project Support Officer, who takes regular medication for a health condition.

A few months ago, Brett decided to register for a HealthSpace Account after he saw a poster advertising HealthSpace in his GP surgery. Brett said, "I saw the poster and thought what a good idea – I must find out more about that. I made enquiries with the receptionist who referred me to NHS Dudley, my local Primary Care Trust." NHS Dudley is currently supporting HealthSpace Advanced Account registrations.

HealthSpace is a free, secure online personal health organiser. It can help you to manage your health, store important health information securely, or find out about NHS services near you.

There are a variety of features you can take advantage of and anyone living in England, who is aged 16 or over, with a valid email address can register for a HealthSpace Basic Account.

Brett was guided through the registration process for an Advanced Account by Registration Agents at NHS Dudley, and after showing the necessary forms of identification, promptly received his security card through the post to enable him to log on to his HealthSpace Advanced Account. Brett comments, "I didn't mind waiting a couple of days for the card to arrive, as this made the process feel much more secure. I haven't got any concerns about the security of my personal information on HealthSpace."

"I have found HealthSpace really easy to use and navigate." Brett continued, "I have a reasonable level of IT skills, but I think you would only need basic skills to use HealthSpace. I particularly like the links to find services near me or to find out information on a particular subject.

The medical dictionary is very good, as is the clinical summary, which shows information like my medication, allergies, blood pressure and glucose levels. I can print this out and take it with me when I go and see my GP."

Brett has used his HealthSpace Advanced Account to view his Summary Care Record. You can access your Summary Care Record if it has been created and your Primary Care Trust is participating in HealthSpace. In addition Brett uses the HealthSpace Basic Account features to track his weight. He regularly records his weight and can view the figures on a graph. This personal health record tool has been particularly useful for Brett, who is currently participating in a weight maintenance programme.

Over the past 18 months Brett has lost an impressive 1½ stone (9.5kg) and four inches off his waist. Brett has done this by changing his diet, eating more fruit and vegetables and exercising for 30 minutes, five times a week. Brett says, "I've bought a running machine which I use at home and I also do lots of walking – I reckon I walk about six miles a week. My GP recommended I lose half a stone, but I've exceeded that and I'm really pleased! HealthSpace has helped me to make my weight loss programme a success; it's been a really helpful tool. The only thing is, I've had to go out buy a whole new wardrobe!"

For more information about HealthSpace, go to: www.healthspace.nhs.uk