

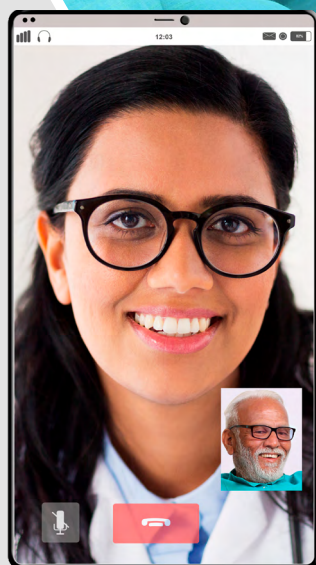
# Adeel loves facetime with his daughter

**Would you like to be able to have video calls with family and friends? You can!**

NHS Digital Health Navigators can help you with your laptop, tablet, smartphone or computer and can help you get online, with **FREE support, in your time at your pace.**

They can help with:

- Loading NHS & Other Apps
- Manage your medical or health appointments
- Self manage your own health and wellbeing
- Making video calls
- Online banking/shopping
- Emails
- Protect against scams



**Video calls can help people of all ages with their health and wellbeing**

**Call us to book your free appointment**

# 0300 303 1234

**or email your contact info to: [helptogetonline@ageuklancs.org.uk](mailto:helptogetonline@ageuklancs.org.uk)**

