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Being a partner in my care

What's inside?

This app enables you to work with your healthcare team to agree the best care for you and ways to keep well

How will Realistic Medicine help me?

Find out why working together with your healthcare team is good for your health

All about me

A place to talk about what you need and what you like

Questions to help you make good choices

Good questions to help you make the right choices about your health

Guides for you and your healthcare team to facilitate decision-making