

Being a partner in my care: Realistic Medicine together

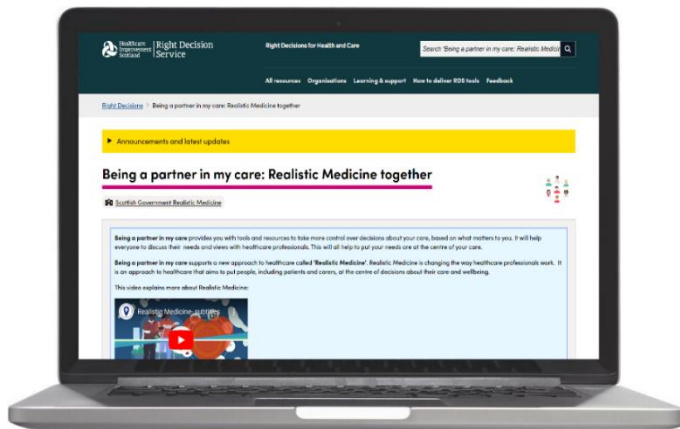
The Being a partner in my care app provides you with tools and resources to take more control over decisions about your care, based on what matters to you.

The app helps you to engage in Realistic Medicine

This is an approach to healthcare that aims to put people at the centre of decisions made about their care.

You can access Being a partner in my care as a website and as a mobile app.

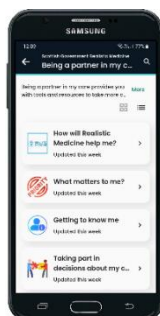
Access the **website** at: <https://rightdecisions.scot.nhs.uk/partnerinmycare>



Website

Access the **mobile app**

- Scan the QR code below with your camera or QR code scanner or use the link <https://rds.app.link/32317>
- If prompted, click on "Install" to install the Right Decisions app.
- Open Right Decisions and you will be taken to your toolkit automatically.
- When you next open the RDS app you will find this toolkit saved in the My



App