

Empower **your health** with long-term condition support

Discover **CONNECTPlus**, a service designed to help you and your immediate family* manage long-term health conditions with ease. This service, provided by HCl digital, is available either by logging into Spark or through the **CONNECTPlus** app.

Conditions covered

Get valuable information and advice for managing:

- Cancer
- Stroke
- Multiple Sclerosis
- Type-2 Diabetes
- Long Covid
- Rheumatoid Arthritis
- Heart Health
- Menopause

General wellbeing

There's a wealth of health and wellbeing tools to help you manage your general wellbeing and / or another condition that's not listed

Simple, straightforward digital support

Developed with NHS clinicians and patients, CONNECTPlus offers a wide range of digital features to provide simple, straightforward support and guidance.

Features include:

- Specific condition and healthy lifestyle information
- Symptom trackers
- Appointment diary
- Medication reminders
- Video explainers and frequently asked questions

Benefits to you

- **Knowledge at your fingertips:** Easy access to clinically approved information to feel more informed about your condition and general health.
- **Efficient support:** Find answers to questions which could reduce unnecessary phone calls and visits to health departments.
- **Track your progress:** Monitor your symptoms by tracking changes and improvements in your health
- **Self-management:** Get support while waiting for appointments, with advice on how to manage your condition.
- **Preparation for work:** Understand how to prepare for returning to work, if appropriate.

*Immediate family includes spouse, partner, registered civil partner, and children aged 16 to 24 in full-time education living in the same household.

