

Need a reminder? For GP practice appointments



Make sure your current mobile number is registered with your GP practice so you can start receiving text reminders

What is My Health Text?

My Health Text is a new service being offered across Wales where all GP practices will be provided with the ability to send text messages to you to remind you about upcoming appointments and invite you to contact them for seasonal flu vaccinations or regular clinical appointments.

Why use My Health Text?

My Health Text is a supported service provided to all GP practices via their GP System Supplier and enable practices to send you important information in a text message.

How will it help me?

It will make life easier and more convenient for you as you will be reminded about your upcoming appointments. You won't have to wait on the telephone to the GP practice to be told about your upcoming appointments.

Your practice may also choose to use My Health Text to invite you to contact the practice to make a future appointment – saving paper and postage.