



Get the best from your NHS

Do you need your GP?

- X** We cannot affect hospital waiting lists
- X** Tests ordered by the hospital will be followed up by the hospital
- X** If you are unwell you do not need a sick note from your doctor for the first seven days
- ✓** Check if the service you want offers self-referral
- ✓** Help us prioritise services for those that need them most!