

## Try the new app

### 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.

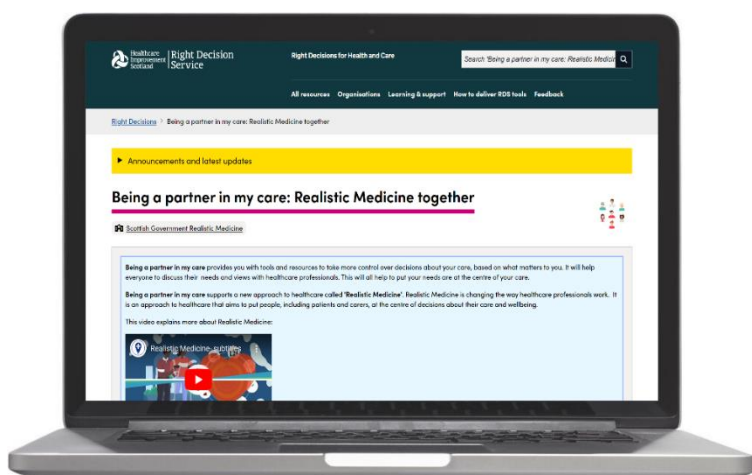
#### The app helps you to engage in Realistic Medicine.

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 your care as a website and as a mobile app.

Access the [website](#) at:

<https://rightdecisions.scot.nhs.uk/being-a-partner-in-my-care-realistic-medicine-together/>



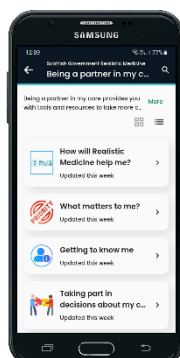
[Website](#)

Access the [mobile app](#). Download the Right Decisions app using the QR codes below.

- Choose the public/patient option when prompted
- Scroll down the list to find the toolkit called “Being a partner in my care”.
- Click on the title then click the green button at the bottom – “Add to my toolkits”. The toolkit will then open.
- When you next open the app you will find this toolkit saved in the My toolkits tab.



[Android](#)



[Apple](#)