

## Top tips for staying healthy

- ✓ Be a healthy weight
- ✓ Drink less alcohol
- ✓ Eat less salt
- ✓ Eat fewer fatty foods
- ✓ Eat more fruit and vegetables
- ✓ Exercise regularly
- ✓ Stop smoking
- ✓ Get enough good quality sleep
- ✓ Do you have any unusual lumps?  
Unexplained weight loss?  
Changes to moles? Get them checked
- ✓ Have your sexual health checked
- ✓ Reduce stress – learn to relax!

**ASK YOUR PHARMACIST about other pharmacy services such as:**

- Healthy living advice
- Weight management
- Stopping smoking
- Medicines Use Reviews

# NIMS

NEW MEDICINE SERVICE

your **appointment**



# NEW MEDICINE SERVICE (NMS)

**A new free NHS service for patients starting on selected new medicines**

Appointment	Date / Time
1) Discuss how you are getting on	
2) Follow up and next steps	

If you are unable to attend, please contact the pharmacy beforehand to make alternative arrangements

*Pharmacy details*

Name of new medicine(s):

Use the space below to make a note of any questions you may wish to ask your pharmacist at the appointment(s)