

## NHS

NHS.UK (previously NHS Choices and NHS Direct) is a website that:

- provides information on health conditions and medicines
- has an online symptom checker
- has a facility for searching for services near you
- has advice and tips in the Live Well section to help you make the best choices about your health and wellbeing
- connects to a range of online communities
- brings the latest health news and awareness campaigns

Please call the direct helpline [NHS 111](tel:111) for health enquiries.

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**Website:** [www.nhs.uk](http://www.nhs.uk)

**Twitter:** <https://twitter.com/NHSuk>

**Facebook:** <https://www.facebook.com/NHSwebsite/>

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## Healthy eating and drinking