

MyCare.scot is here.

It lets you access your health and social care information whenever you need it - at home or on the go.

It's a safe and secure way to check your personal details, medications, allergies and Covid and flu vaccinations.

You can find health and wellbeing services near you too.

In time, you'll be able to do lots more.

The first step is to sign up to MyCare.scot on the web.

Once you've signed up, you can choose to download the MyCare.scot app or continue to use the service on the web.

To get started, visit MyCare.scot on your smartphone, tablet, or computer.

Select the 'Start now' button to begin.

This will take you to ScotAccount.

ScotAccount lets you access public services online with one email address and password in a secure way.

If you don't have a ScotAccount, you can create one as part of the process.

You may need to verify your identity using valid photo ID, like a passport or driving licence.

You'll also need a device with a camera.

If you don't have photo ID, you can verify your identity by answering additional security questions.

For security reasons, you will be signed out and will need to sign back in at multiple points during the process.

You'll need to share some personal details during the initial sign-up process, like your name, address and date of birth.

This information will remain secure.

Once you've connected your ScotAccount, you can start using MyCare.scot.

You'll sign in to MyCare.scot on the web or the app with your ScotAccount details.

In your health and care record, you can view information such as your allergies, prescriptions and your vaccination history.

Important safety information is shown where needed.

If you have any questions about MyCare.scot, visit the support section or call the National Contact Centre between 9am and 5pm, Monday to Friday, on 0800 030 8014.

British Sign Language users can communicate with the National Contact Centre through Contact Scotland BSL's video relay service.

Visit [contactscotland-bsl.org](https://contactscotland-bsl.org) or download the app.

MyCare.scot - your health and social care, your way.