

## Our Health Partnership

**OHP** A healthy future for patients and practices



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## NEWSLETTER AUTUMN / WINTER 2024

We are pleased to welcome Dr Nagu Penakacherla to our Team.

We append below a paragraph to inform you of his expertise and experience:

*As a Diplomate in the Faculty of Sports and Exercise Medicine, I specialize in diagnosing and treating Musculoskeletal (MSK) conditions, including advanced joint injections and pain management. I hold a postgraduate certificate in Dermatology, enabling me to provide expert care for various skin conditions, along with extensive experience in Diabetes management, supported by certificates from the Cambridge Diabetes Education Programme. With a European Certificate in Essential Palliative Care, I offer holistic solutions for patients with complex health needs. I also hold a master's degree in Health Promotion and Education from the University of Cincinnati (USA), allowing me to provide lifestyle-related medicine to improve overall well-being. Additionally, I have specialized training in Cognitive Behavioral Therapy for Insomnia (CBT-I) from the University of Oxford and Adult ADHD management from UKAAN. As the Birmingham Representative for the West Midlands RCGP faculty, I am committed to enhancing primary care in our community.*

### *NHS App Benefits to you as patients*

The NHS App gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the [Google play](#) or [App store](#). You can also access the same services in a web browser by [logging in through the NHS website](#).

#### **What you can do with the NHS App**

You need to [prove who you are](#) to get full access to the NHS App. With full access you can:

- order repeat prescriptions and nominate a pharmacy where you would like to collect them

- view your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results)
- book and manage COVID-19 vaccinations
- register your organ donation decision
- choose how the NHS uses your data
- use NHS 111 online to answer questions and get instant advice or medical help near you

To get started by clicking on the link below to get help and support with the NHS App:

[NHS App help and support - NHS](#)