

IMPLEMENTING OUR CLINICAL STRATEGY



Supporting people to keep themselves well

Ensuring Primary & Community Services can support as many people back to good health as possible

Making Secondary Care fast, efficient and effective

Ensure equity of access for our patients who require access to Tertiary Services

Introducing the Phio App

What is Phio?

Phio is a clinically supported, evidence-based musculoskeletal (MSK) app that supports people to manage their own health, improve movement and function, build confidence and access treatment when it suits them best.



85%

of users rated it
very good



Accessible 24/7 via
smartphone, tablet or
computer

2800

people have completed a
digital assessment
through Phio

Why is self management important?

Self management allows people to:

- Start treatment sooner
- Gain confidence in managing symptoms
- Improve movement and function
- Avoid waits for appointments
- Access support at a time that suits each individual best

How can I access Phio?

1

Visit the Phio website or scan the code below

2

Complete the online assessment form

3

Receive personalised support and advice

4

Begin tailored programme

Wilna-Mari Pottage, AHP Service Lead Primary Care



“**PHIO First! Stop a nigggle before it stops you!** At NHS Borders we want to empower people to play an active role in their own recovery. Many common muscle and joint conditions can be safely managed with the right advice, exercises and support.”

SCAN ME

