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Your Stories ~

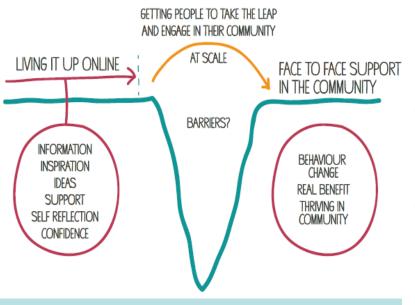
Your Area

Your Condition >

Tools & Services ^



### MORE THAN JUST A WEBSITE?



#### Tools

### Person Held File

Store health information and appointments in one place

#### Falls Assistant

Assess your potential to fall and get prevention tips

#### Community Challenges

Take up a challenge together with your community and start to feel the benefits

#### Activity Log

Use the Activity Log to record all of the activities you undertake.

#### All Tools

#### Services

#### Home Monitoring

Learn ways to keep an eye on your health at home

#### Video Consultation

Hear about health and care consultations over the internet

#### Get Active

Get info on our fitness based activity tracking scheme

#### SmartCare

Learn about SmartCare support for the falls service in the Clyde Valley

#### All Services



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Tools	Services
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All Tools	All Services