

# ANIMA HEALTH – HOW TO / STEP BY STEP

- 1) Anima Health > [Anima \(animahealth.com\)](https://animahealth.com)
- 2) Register/Sign up using email OR sign-up using NHS Login (this will link your NHS APP)
- 3) Enter email and create your own password

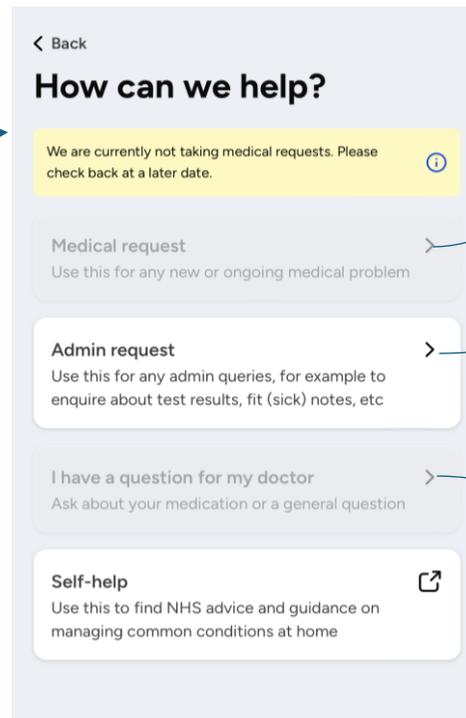
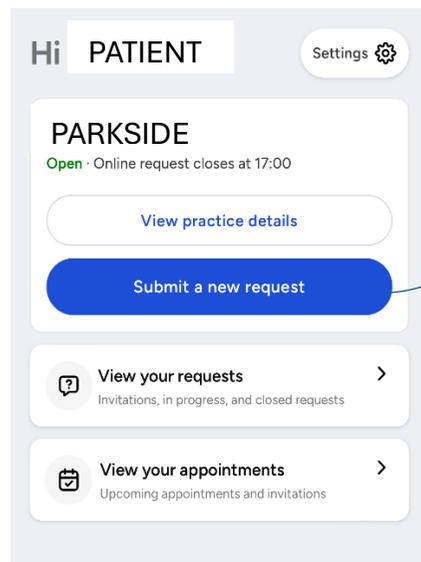
***wait to be verified by the surgery***

“Creating your account”

You will be asked to enter your GP Surgery Address

Enter: **“Parkside Practice (RG6 1JS)”**

What YOU Will See –



**ALL APPOINTMENT REQUEST  
(ROUTINE, NURSES, PHARMACIST,  
BLOOD TESTS ETC)**

**MEDICATION REQUESTS,  
MEDICATION QUERIES, SICK NOTES,  
CONTACT US, PERSONAL DETAILS  
ETC**

**GENERAL ENQUIRES – ASK  
RECEPTION A QUESTION/ASK THE  
PRACTICE A QUESTION**