



DIGITAL HEALTH GUIDE

What is the Digital Health Guide?

The Digital Health Guide is a web based tool providing high quality information about mobile health apps, including what capabilities they have, what conditions they are for, what evidence exists to support their claims, and reviews and ratings from health providers, patients and more.

How do I use the Digital Health Guide?

By searching the Mobile Health Apps and Digital Health Solutions by name, users can quickly find the relevant information and make an assessment about its suitability for a patient or carer.

To help you navigate the Digital Health Guide resources including a short demo video and webinar recording are available on the [Gippsland PHN Digital Health Guide webpage](#).

Why do we need the Guide?

There are currently over 300,000 mobile health apps available, many of which lack evidence for their claims.

The Digital Health Guide supports engaged conversations between health providers and patients. With many health consumers using mobile health apps, the Digital Health Guide empowers health providers with high quality information to drive conversations with patients around the need for evidence, efficacy and value for money.

The Digital Health Guide acts as a quality and safety framework for the prescribing of mobile health apps and other digital health resources. It allows health providers to prescribe based on evidence and keep an audit trail of digital prescriptions. It allows health organisations to optionally restrict digital prescriptions to include only endorsed solutions.

How can I access the Guide?

Gippsland PHN is offering all General Practices, Pharmacists and Allied Health Professionals across Gippsland a complimentary subscription to the Digital Health Guide. Go to the [Gippsland PHN Digital Health Guide webpage](#) for information on how to activate your account, request a demo and more.