



Do you have a joint or muscle problem?

getUBetter is your local support app which is provided alongside NHS care.

It offers local tips, advice, and exercises tailored to you and your stage of recovery.

The app covers all common muscle and joint injuries and conditions.



Southwark



Available in **multiple languages**

24/7 self-care at **home,**
work, and **on the move.**

Why is self-care important?

Most muscle and joint injuries and conditions can be treated at home. They usually get better without the need for a clinical appointment. getUBetter gives you the knowledge, skills, and confidence you need to improve your health and lifestyle.

Who is getUBetter for?

Anyone 18 or over who needs help with a joint or muscle problem.

What will I get?

- 24/7 support approved by your clinicians
- Easy-to-follow exercises
- Supports you to recover, live and work well
- Helps when waiting
- Advice on when to seek help
- Access to local treatments and services

What are the next steps?

Scan the [QR code](#) or download the getUBetter app from the Apple store or Google Play on your device.

[Create your account](#). Enter your postcode, select your GP practice, and enter your details to access your local support pathway.

[Choose your condition](#). Follow your personalised and targeted recovery programme to improve your health.

Do you need support?

contact@getubetter.com

www.getubetter.com/patient

