



Do you have a **joint** or **muscle** problem?

Please use the **FREE getUBetter app** designed and written with your local clinicians in North East London.

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

The app covers back, neck, shoulder, elbow, hip, leg, knee, and ankle pain.

SCAN ME



BHR

Self-care at **home,** **work,** and **on the move.**



Why is self-care important?

Most **musculoskeletal (MSK) injuries and conditions can be treated** at home, and get better **without the need for a specialist appointment**.

getUBetter gives you the knowledge, skills, and confidence to improve your MSK health and lifestyle.

Who is getUBetter for?

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

What will I get?

- ✓ **Instant** and **24/7 access** to a personalised programme
- ✓ Easy-to-follow **self-progression exercises**
- ✓ Daily **tips** and **local guidance** from day one
- ✓ **Advice** on where **to seek help** when needed
- ✓ Access to **local treatments** and **services**

What are the next steps?

- **Scan the QR code** to access your local health service. Select your area, GP practice, and condition. Enter your email.
- **Download the getUBetter app** and sign up using the same email address.
- **Follow the instructions in the app** to access your local support pathway.
- **Log in and follow your programme regularly** to improve your MSK health.

We're here to help

contact@getubetter.com

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get  better