



## Your care team

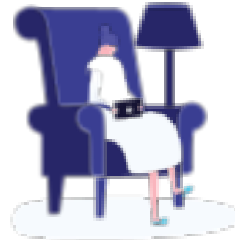
has created a companion app to help **support**, **inform** and **empower** you through each stage of the management of your condition.

## Need help registering?

Scan the QR code below for more information on how to create an account



[msk.ai/register-nhs](https://msk.ai/register-nhs)



[support@myrecovery.ai](mailto:support@myrecovery.ai)

**NHS**  
The Robert Jones  
and Agnes Hunt  
Orthopaedic Hospital  
NHS Foundation Trust

# myrecovery

Helping you through your MSK or musculoskeletal (muscle, bone, joint, nerve) issues



myrecovery app and web portal



[support@myrecovery.ai](mailto:support@myrecovery.ai)

# KEY FEATURES

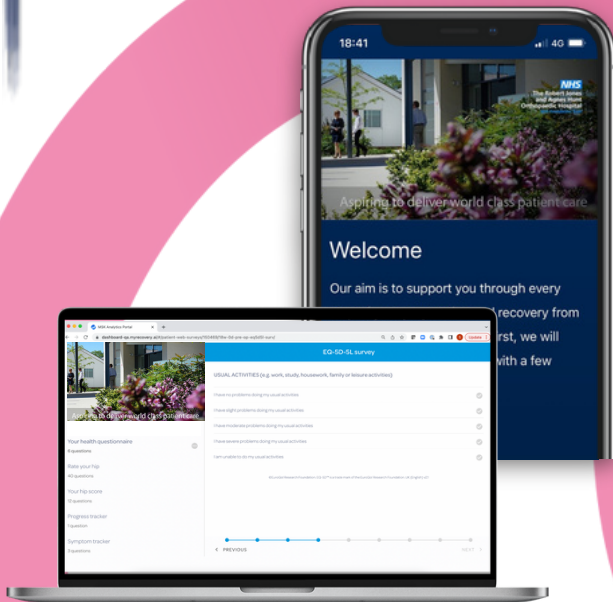
myrecovery consists of an app and web portal. The app contains articles, videos, information pages and exercise videos designed to support you through your treatment journey. You can complete surveys and questionnaires on the app or the web portal.

## Made by your care team

Specific information about your treatment at the RJAH

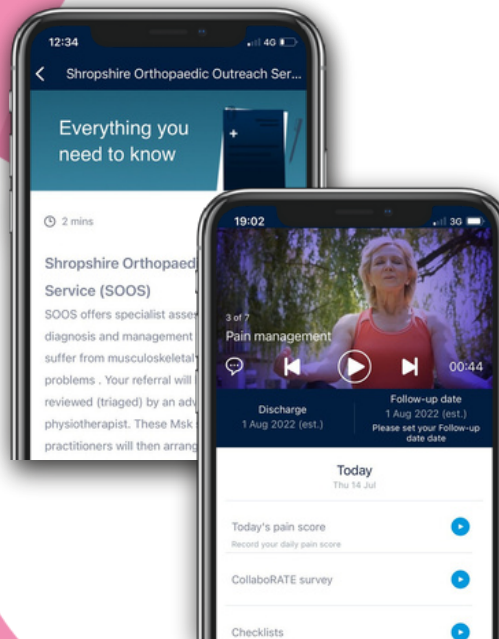
## Information Articles

Automatically updated and available to read at any time



## Surveys & questionnaires

Completed by you, in your own time, to inform your team of how you are and to provide important feedback about your care with us



## Videos

Guiding you through your journey and helping you understand what to expect

# HOW TO REGISTER

If we have your mobile number or email address, you will receive a message with a link to the registration page.

1. Click the link in the text message or email or use your camera to scan this QR code:



Alternatively type <https://nhs.auth.msk.ai/> in to your preferred web browser

2. Complete the online registration form to create an account
3. Download the myrecovery app from your app store



4. Open the app and tap 'I've already created my account online'
5. Enter your username and password that you created
6. Use the app to learn more about your condition and answer your clinical surveys. You can also complete surveys on the web portal.