

# 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. You can also use your phone or tablet camera to scan this QR code:



Alternatively, type [nhs.auth.msk.ai](https://nhs.auth.msk.ai) in to your preferred web browser

2. Complete the online registration form
3. Download the myrecovery app



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.

## Need help registering?

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



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



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

# myrecovery

Helping you through your orthopaedic surgery journey



myrecovery app and web portal



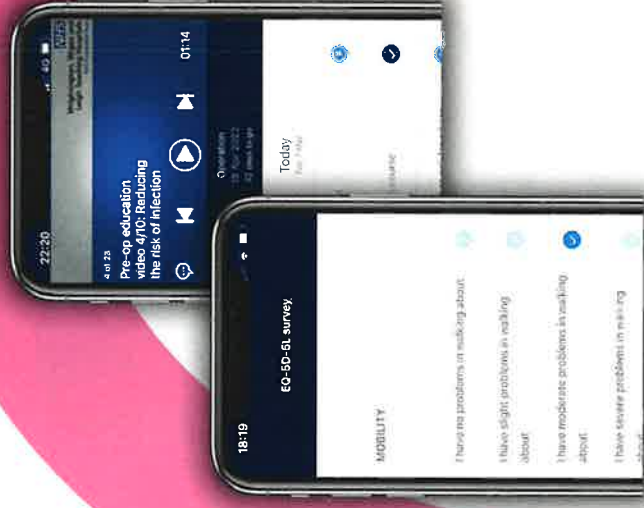
[support@myrecovery.ai](mailto:support@myrecovery.ai)

# KEY FEATURES OF THE APP

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

## Articles & videos

to guide you through your preparation, surgery and recovery



## Surveys & questionnaires

completed by you, to notify your care team of your status and how you are doing throughout your journey

## Interactive exercise videos

to guide you through exercises before and after surgery



## Checklists

to help ensure you have everything prepared ahead of surgery

# WEB PORTAL

You can complete clinical surveys on the web portal even if you have not created an account or downloaded the app.

Visit [nhs.auth.msk.ai](https://nhs.auth.msk.ai) or use your camera to scan this QR code:



## If you have already created an account:

Select 'Email or phone number' and log in with the username and password you created

## If you haven't created an account:

1. Select 'NHS Login'
2. Enter your NHS number and date of birth
3. Create an account or select 'skip'
4. Complete the surveys

