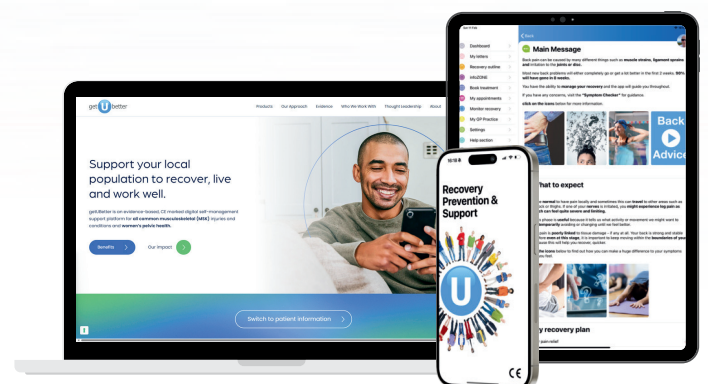


Do you have a joint or muscle problem?

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.

- 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



Available in **multiple languages**

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