



Mid and South Essex
Integrated Care
System



Mid and South Essex

Need help with a new or ongoing muscle, joint or tendon problem?

We now have an **easy, safe, and effective way** to help you self-manage musculoskeletal injuries and conditions. The getUBetter app provides **evidence-based advice** for all common muscle, bone, and joint problems, including back, back and leg, neck, shoulder, hip, knee, ankle pain, and soft tissue injury.

Safe, quick and easy support to help you recover



- ✓ No need to wait for an appointment
- ✓ Supported self-management
- ✓ Instant access to a personalised programme with information, tips and exercises
- ✓ Advice to seek help when necessary
- ✓ Safe and effective



"What a fantastic app! It gave me all the support I needed to recover at home!"

Powered by



Find out how to download now!

Why should I self-manage?

Most muscle and joint problems can be self-managed without any specific or specialist treatment. getUBetter allows you to do so, giving you the means to better understanding your health and trust your recovery. The app does not replace the health service but works alongside it to complement and ensure you get the support you need.

Will getUBetter work for me?

You healthcare team have identified you as someone who could benefit from using a getUBetter self-management app. If you're comfortable using a smartphone, we recommend you register.

Who is getUBetter for?

Anyone over 18 who requires support to self-manage a muscle, bone, or joint injury or condition.

What will I get?

- A personalised recovery tailored to how you are feeling
- Day-by-day and step-by-step guidance
- Exercises based on your stage of recovery
- Symptom checker with advice to seek help when needed
- Referral to your local healthcare providers, treatments, and services (GP practice, physio, or wellbeing services) if needed.

How to download and use?

- 1 Scan the QR code (use the camera on your phone) to access your local health service.
- 2 Using the same email address, create an account on the getUBetter app.
- 3 Follow the instructions on the app to receive your personalised recovery programme.
- 4 Follow your recovery programme and get yourself better!

