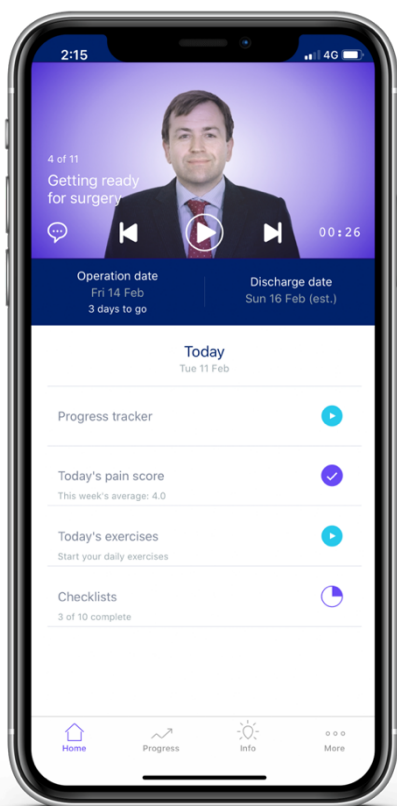


Welcome to Professor Siôn Glyn-Jones' Surgery Preparation & Recovery App

Made for you, by your surgeon

Professor Glyn-Jones has made an app to help you prepare for surgery; support your recovery and track progress towards your goals.

COVID-19 update: More info and surveys have been added to help both you and Prof. Glyn-Jones plan for the procedure and track progress towards your goals. Your participation with the surveys will help both you and the team and is greatly appreciated!



To sign up for your free app, aim your phone or tablet camera at the QR-code above, or use your laptop or PC to visit the online registration form:

www.myrecovery.app/sgj

In your app, you will find:

- Video messages from **Prof. Glyn-Jones**, highlighting key points for each stage
- Checklists and surveys to help you prepare for surgery and track your progress after
- Interactive exercise videos to match the plan from your team
- Useful information, created or chosen by **Prof. Glyn-Jones** and his team
- The ability to connect daily step counts from your phone to help both you and **Prof. Glyn-Jones** to see your progress

For any questions about the app, contact support@myrecovery.ai

We wish you a speedy recovery!