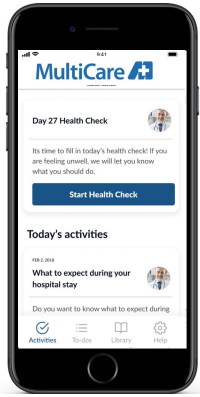




For Patients and Family:



What is SeamlessMD?

SeamlessMD is an interactive, step-by-step guide to help you prepare for your procedure and recover faster afterwards. You and/or a caregiver can access the platform on any smartphone, tablet and/or computer.

SeamlessMD will guide you through two (2) stages of your procedure:

1. Before Procedure:

- Messages to help you manage your procedure preparation
- To-do lists to help you prepare for procedure
- Access to a self-care library with information on different topics

2. At-Home Recovery:

- Messages about what to expect with your recovery
- To-do lists to help you heal well at home
- Daily Health Checks to make sure you are recovering well at home, and to give you feedback on your recovery

SeamlessMD can send you messages and reminders from your doctor through:



Text Message (SMS)



Email



Push Notifications

See reverse





How to get started with SeamlessMD:



SeamlessMD is available on your smartphone, tablet, and/or computer.



How do I sign up for SeamlessMD?

Your care team will speak to you about the program and enroll you.

1. Check your email and/or phone for a message “Welcome to SeamlessMD”.
2. Open the email/text message and click on the blue button “Click here to start”.
3. Click on the green button “Let’s Start”.
4. For mobile use, download the “SeamlessMD” app from the Google Play Store or Apple App Store

SeamlessMD is also available for you and/or your caregiver on your computer, smartphone, and/or tablet at **nbrhc.seamless.md**.

*Note: SeamlessMD is not monitored 24/7 by your healthcare team. If you have a serious concern, please contact your healthcare team/surgeon’s office.