



1 in 3

people in the UK live with a joint or muscle problem such as back pain or arthritis.

get  better **NHS**

Do you have a joint or muscle problem?

get  better **NHS**

We can help you manage your symptoms with local tips, advice, and exercises tailored to you and your stage of recovery.

getUBetter is your **FREE local support app** which is provided alongside NHS care.



What you get

- Instant and 24/7 support
- Easy-to-follow exercises
- Supports you to recover, live and work well
- Helps when on a waiting list
- Advice on when to seek help
- Access to local treatments and services

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To access, scan the QR code or speak to one of the practice team.



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