



Are you **pregnant** or have **given birth**?

Balancing self-care during this time can be hard, but **focusing on your pelvic health can help** prevent or reduce unwanted symptoms.

At home, work, or on the go, this app gives you the knowledge and skills to **make daily, realistic changes for the better.**

Please scan the QR code to access your **FREE** getUBetter **app for South West London.**

SCAN ME



Helping you as a mother care for yourself.



How can this app help me?

During pregnancy and childbirth, the pelvic floor muscles are put under added pressure. These muscles **support the bladder, bowel, and uterus**, therefore early **self-care is important**.

What's in the app?

The app gives you everything you need to care for your pelvic health, including **advice on symptoms, work, return to activity**, and **pregnancy loss**.

- ✓ **Trusted advice** written by your local clinicians
- ✓ **24/7 access** so you feel supported between appointments
- ✓ Easy-to-follow **pelvic floor exercises you can progress yourself**
- ✓ Access to local **treatments** and **services**
- ✓ **Advice** on where **to seek help when needed**

Is this app suitable for me?

The app supports women during the perinatal period (pregnancy and after birth) who are 18 or older.

What are the next steps?

- **Scan the QR code** to register for your local getUBetter app. Select your area and condition. Enter your email.
- **Download the getUBetter app** and sign up using the same email address.
- **Follow the instructions in the app** to access your local support pathway.
- **Log in and follow your programme regularly** to improve your pelvic health.

We're here to help

contact@getubetter.com

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