

Digital self-management of all
common **musculoskeletal**
conditions across an
Integrated Care
System

entire ICS
pathways

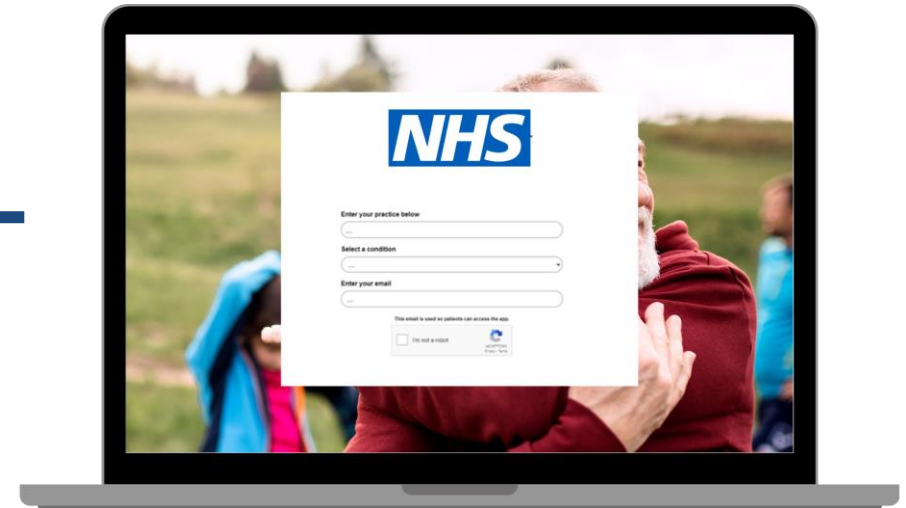
locally
configured

standardised

digitally
enabled



Together, we're supporting GP practices across **an area** by **connecting patients to their local MSK care pathways**



Musculoskeletal (MSK) conditions in the UK

- **14 -18%** of all GP appointments
- **50%** of days off work
- **£5 billion**
- **20%** is potentially over treatment
- Patients **unsupported** on waiting lists

Absolute need to provide digital solutions to **enable MSK support** and **safety netting**

Increase capacity, reduce costs, enable MSK support whilst waiting and promote self-management.



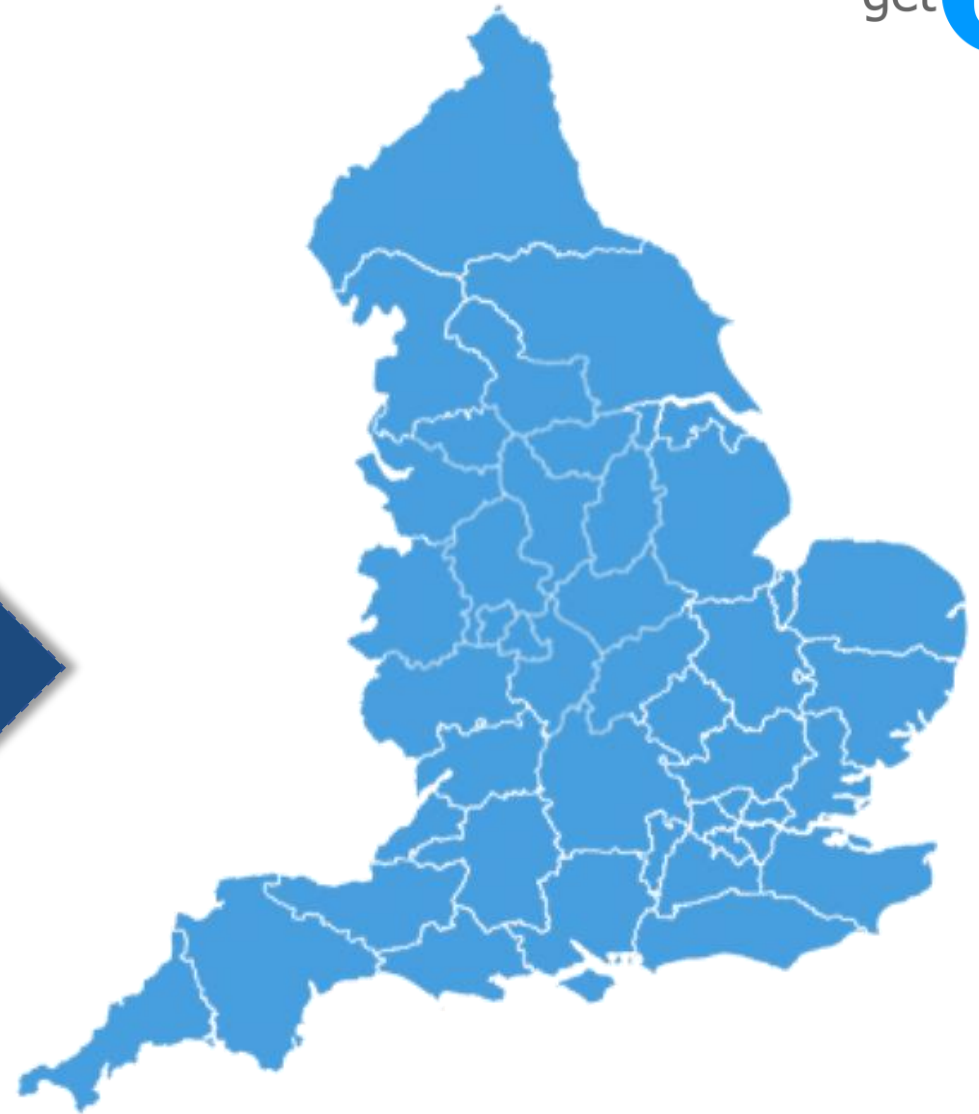
Free service standardised to **your area**

Locally configured MSK pathways

Signed off by your clinical leads and regularly updated

Multiple layers of safety netting

Not replacing the health service, but
complementing it, ensuring **24/7**
patient support



The whole condition journey

Personalised and targeted

Responsive to patient recovery

Access to; healthcare, social care, public health services



LOCAL SELF-MANAGEMENT ACROSS THE ENTIRE MSK CARE PATHWAY

SAFETY NETTING

RECOVERY

REFERRAL

REHABILITATION

WAIT LIST PIFU

PREVENTION

We are **helping patients to trust their recovery**, have the confidence to self-manage **and get better while using less healthcare resource**

The getUBetter platform can provide the following pathways:

Back

Back and leg

Neck

Shoulder

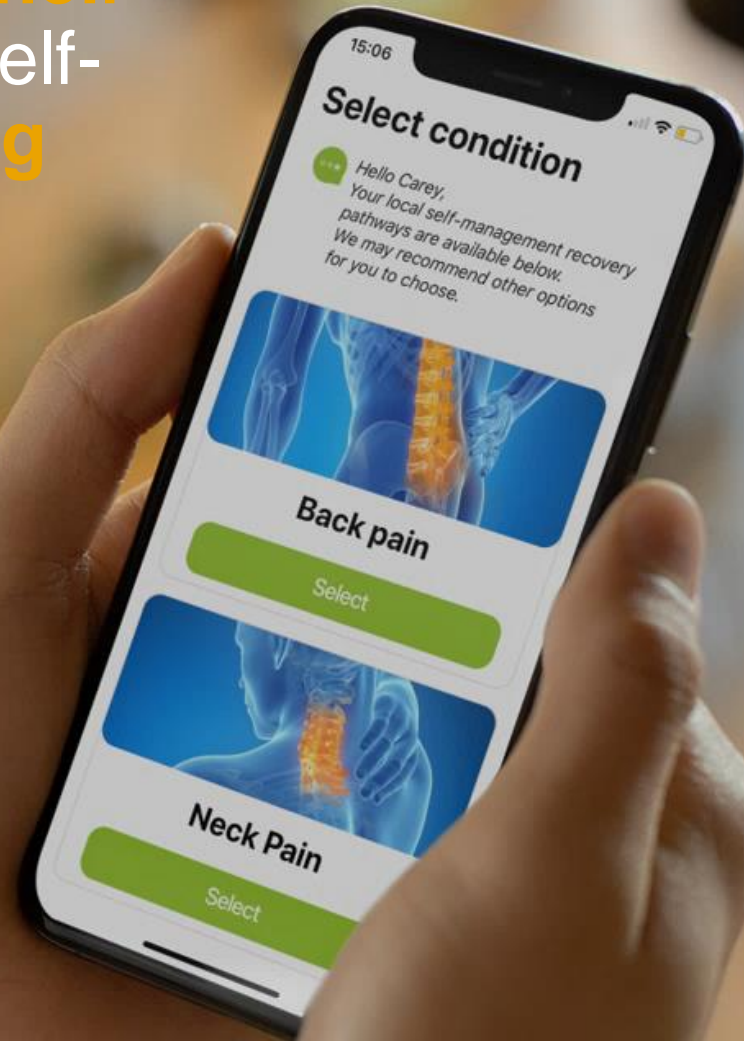
Hip

Knee

Ankle

Lower limb: soft tissue injury

Women's pelvic health



Who the app is for:

- ✓ People with **new, recurrent, or long-term MSK conditions**
- ✓ Those who require self-management support
- ✓ Adults **aged 18** years and over



Benefits to your GP practice:

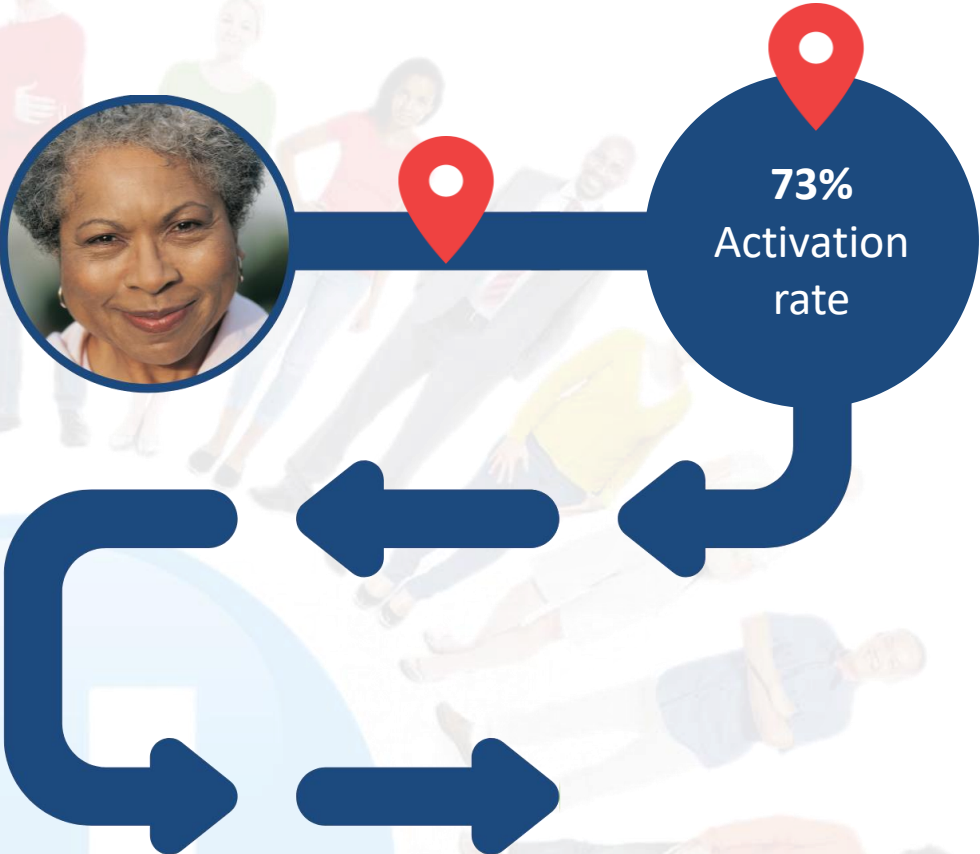
- **Safety netting** throughout the patient journey
- **13%** Reduction in unnecessary GP visits
- **20%** Reduction in unnecessary physio appointments
- **50%** Reduction in unnecessary prescribed medication
- **66%** Reduction in unnecessary ED visits
- **Reduced** inter-practice referral



Benefits to your patient:

- **24/7 access** to resources to support understanding of their condition and recovery
- **Confidence** and ability to self-manage
- **Re-assured** on recovery journey
- **Supported** behaviour change
- Will need **less medication**
- **Access** to local treatment and services

How do patients get **access** to their local MSK support app?



Self-referral



Routine Care

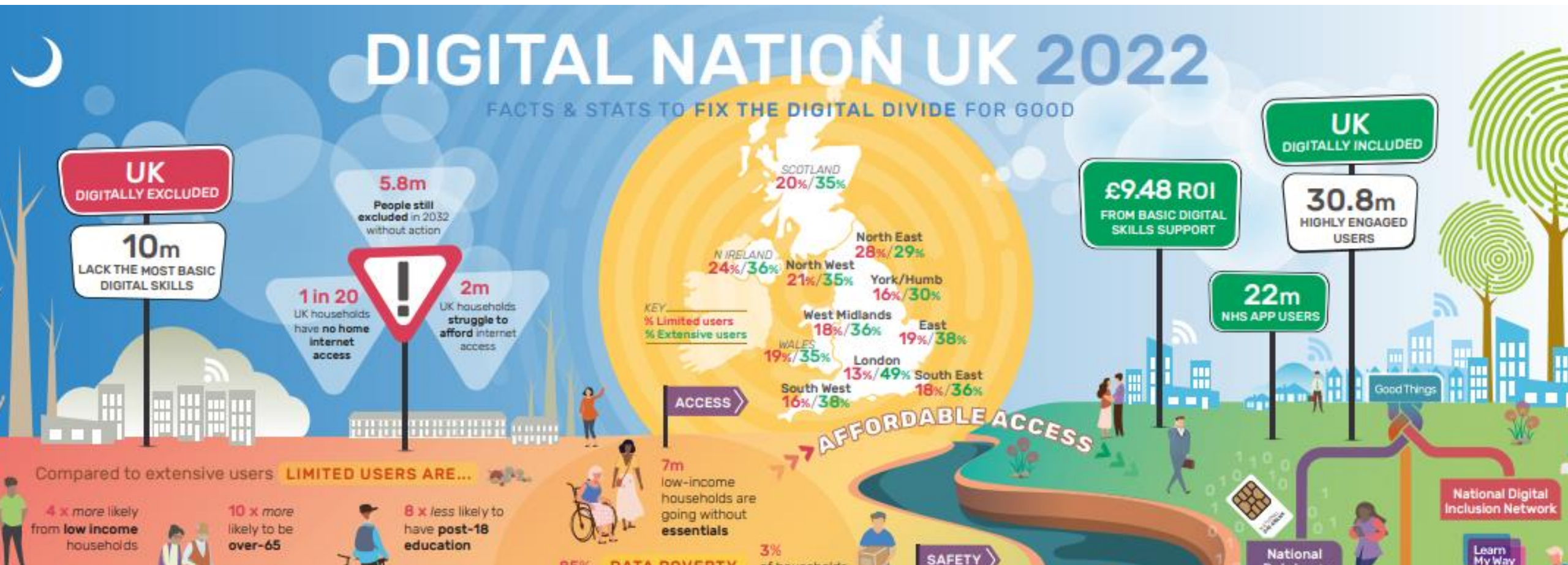




By providing the app to just **1 patient a day**, you can help significantly **reduce GP appointments, prescription costs, and physio referrals.**

Working with ICSs to contribute to

- Digital **diversity** and Digital **inclusion**
- NHS **Green Plan**
- Add **Social value**
- Reduce **Health inequalities**





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women's
pelvic health



safe
waiting



Coming soon

heart
health



respiratory

