

Managing your IBS symptoms at home using the My Inhealthcare app

Quick Start Guide (for more detailed guidance about how to use the app, please refer to the Patient Guide)

GETTING STARTED



Click on the email link to set up your account, and then download the app from the app store

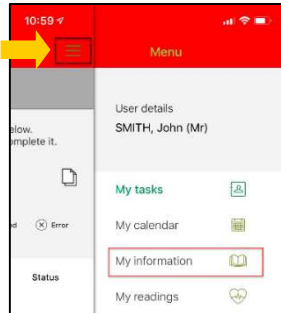


Once logged in, you will be asked to fill out a short questionnaire about your symptoms



It is important to complete the My IBS Symptoms questionnaire **the first time you log in to the app**

MY INFORMATION AND ONGOING SUPPORT MESSAGES



Please access the **My Information** section for lots of helpful advice on how to manage your IBS symptoms



Reading this section will empower you to manage your own symptoms at home



Find information here about treatment, wellbeing, and which foods may be aggravating your symptoms

If you have enabled the calendar and notifications (see My Inhealthcare guide), you will receive weekly messages of support

REQUESTING A CALL-BACK FROM YOUR DIETICIAN

The call-back task should only be submitted **when you need to speak to your Dietician within the first 4 weeks of using the service**



Enter the reason why you need to talk to your dietician, for example, if you are finding it hard to follow the advice



The dietetics team will respond within five working days from the day you requested a call-back



FOLLOW UP QUESTIONNAIRE



After 28 days a **follow-up questionnaire** will become available on the app. **To help identify the next step you must complete the questionnaire.** You will also have the opportunity to provide feedback on the app