

14th March 2025 (#13)

## **UPDATE**

### **A free self-management support tool - getUBetter mobile app**



**Many contractors would have received a comms pack last September:**

*Everyday you'll encounter people in your Pharmacy with common musculoskeletal (MSK) injuries and conditions like pain in the low back, neck, shoulder, hip, knee, and ankle. For a lot of these people, self-management support is all that is needed to help them recover safely.*

*getUBetter is a free self-management mobile app that is now available to people in Birmingham and Solihull. For those able to use a mobile app, it is an excellent tool for self-management and recovery. getUBetter provides:*

- ☐ *Instant access to a personalised programme*
- ☐ *Easy-to-follow self-progression exercises*
- ☐ *Daily tips and local guidance from day one*
- ☐ *Advice on where to seek help when needed*
- ☐ *Access to local treatments and services*

#### **Latest update:**

We have had **39 patients** now access getUBetter through community pharmacy.

**Thank you.**

**Exciting News!**  
**Our Brand-New CP BSOL Website is Live!**  
**Take a look!**  
<https://birmingham-solihull.communitypharmacy.org.uk>

### **Keep In Touch**

[Report Generic Medicine Supply Issue](#)

[Report Branded Medicine Supply Issue](#)

[Report Appliance Supply Issue](#)

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CHECK [CPM](#) website for latest news and updates

### **Lets get social**

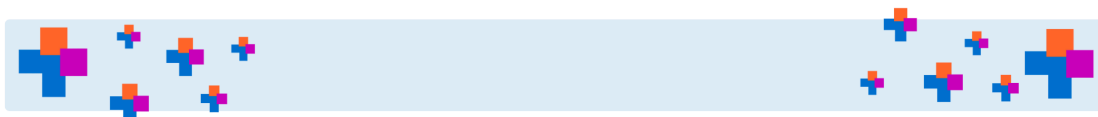
Please encourage your team to **like and share** our pages to maximise exposure.

Posts are supportive of all Birmingham & Solihull pharmacy contractors highlighting activity/services/care that the people of Birmingham & Solihull may not necessarily associate with Community Pharmacies.



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