

18 April 2026 (#9)

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:

Total registrations of pathways for your services is **117** (equalling 102 users in total) with 6 registration pathways in March (50% increase on last month)

18% of your users are utilising more than one condition pathway in the app showing they are adopting digital technology for multiple injuries/conditions

6 users have been active in the last 30 days.

The highest usage in the app is at **2** sessions, with 5 - 10 sessions just behind, showing users are going back into the app and utilising the content and exercise videos.

Thank you.

CP BSOL - Contractor Information

For contractor guidance, service updates, local resources, and information to support patients, please visit the CP BSOL website.

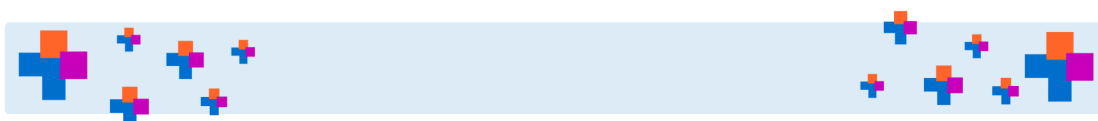
[Visit CP BSOL Website](#)

Community Pharmacy Birmingham & Solihull

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