SeamlessMD

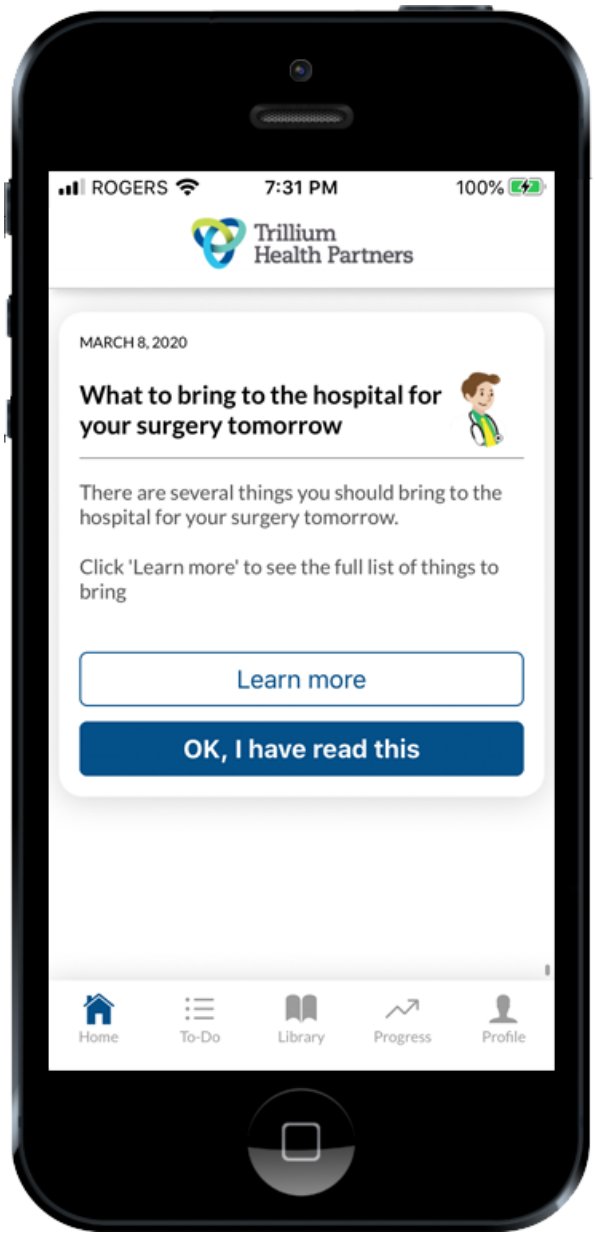
Trillium Health Partners

Information for Patients and Families having Hip or Knee Surgery

What is the SeamlessMD patient education tool?

SeamlessMD is a free, interactive, step-by-step digital patient education tool. It is available as a mobile app on your smartphone, tablet and/or online as a website on your computer.

The SeamlessMD education tool has been customized by THP to provide surgical patients like you with the information you need to prepare for and recover from your surgery at Trillium Health Partners (THP).



On SeamlessMD, you get:

- ✓ Reminders about how to prepare for surgery
- ✓ Education videos
- ✓ Tips for recovery
- ✓ To-do lists
- ✓ Library of useful resources to answer your questions before and after surgery

If you have any questions about your health, please contact your healthcare team.
If you have any questions about how to use the app, please email: support@seamless.md

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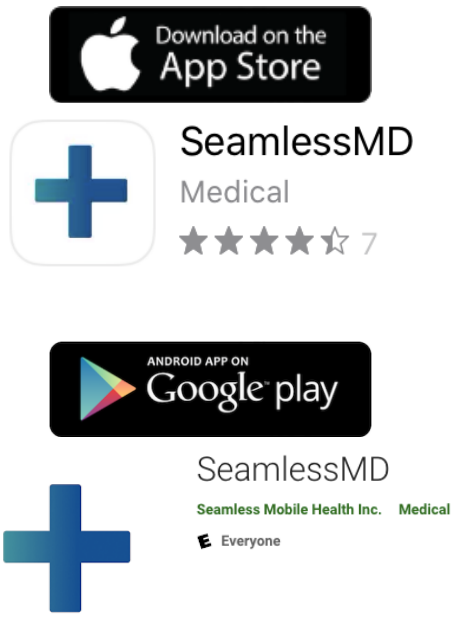
How to Sign Up for SeamlessMD

To get started, you need your surgeon's name, type of surgery you are having and surgery date. No other personal or health information is required or stored in the app.

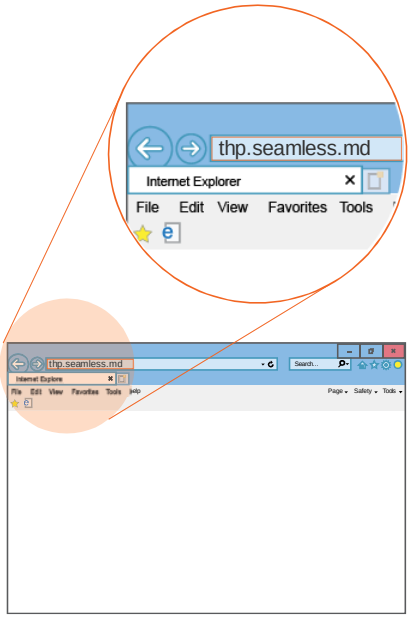
To sign up for the SeamlessMD Apple or Android app:

1. Search for "SeamlessMD" in the Apple App Store or on Google Play.
2. Click "Get" or "Install" to install the app.
3. Open the SeamlessMD app.
4. Click "Create an account".
5. Enter the access key "**thportho**". Click "Get started!"
6. Complete your account details:
   - Pick a username and password
   - Pick the type of surgery you are having
   - Pick your surgeon's name from a list
   - Enter your surgery date
7. Click "Sign up".



To sign up for SeamlessMD using your web browser:

1. In the address line of your web browser, type: **thp.seamless.md**
2. Enter the access key "**thportho**". Click "Sign up".
3. Complete your account details:
   - Create a username and password
   - Pick your surgery type from a list
   - Pick your surgeon's name from a list
   - Enter your surgery date
4. Click "Let's start".



NOTE: Write your password down so you do not forget.
If you forget your password, sign up for a new account.

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