

For Patients and Family:

How to get started with SeamlessMD



SeamlessMD is available on your smartphone, tablet, and/or computer.



What is SeamlessMD

SeamlessMD is an interactive, step-by-step guide to help you prepare for your procedure and recover faster afterwards. You and/or a caregiver can access the platform on any smartphone, tablet and/or computer. The program keeps you connected with your surgical team **while at home**.

SeamlessMD can send you messages and reminders through:



Text Message (SMS)



Email



Push Notifications



Caregiver Support

*Note: SeamlessMD is not monitored 24/7 by your healthcare team. **IF** you have a serious concern, please contact your primary care provider or local emergency department.

If you have any technical questions, please email: support@seamless.md or call: 855-605-1483.

SeamlessMD will guide you through two (2) stages of your procedure:

1. Before Procedure:

- Messages to help you manage your procedure preparation
- To-do lists to help you prepare for procedure
- Access to a self-care library with information on different topics

2. At-Home Recovery:

- Messages about what to expect with your recovery
- To-do lists to help you heal well at home
- Daily Health Checks to make sure you are recovering well at home, and to give you feedback on your recovery
- Access to a Nurse Practitioner for support as needed.

How do I sign up for SeamlessMD?

To sign up, you need to:

1. Have your care team enroll you onto the program or call 807-684-7894
2. Ensure your device is connected to Wi-Fi.
3. Check your email for a message "Welcome to SeamlessMD".
4. Open the email and click on the **blue** button "Click here to start".
5. Click on the **green** button "Let's Start".
6. Download the "SeamlessMD" app from the Google Play Store or Apple App Store

SeamlessMD is available for you and/or your caregiver on your computer, smartphone, and/or tablet. For mobile use, download the "SeamlessMD" app from the Google Play Store or Apple App Store.

If you have any technical questions, please email: support@seamless.md or call: 855-605-1483.