

For Maternity Patients What is SeamlessMD?



SeamlessMD is a digital, step-by-step guide to help support you through your pregnancy, delivery, and postpartum journey.

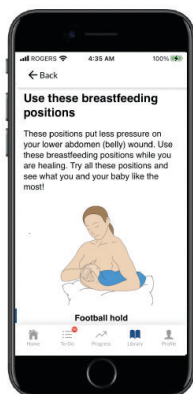
How will it help me?

Patients enrolled on to SeamlessMD report feeling less anxious and more confident throughout their healthcare journey.

As SeamlessMD guides you through your healthcare journey, you will receive:

- Access to a self-care library with information on different topics related to managing symptoms, treatment options and more
- Messages, reminders, and a to-do list to help support you on your journey and to help you manage your health
- Daily Health Checks to identify any questions or concerns you have about your health and symptoms

**Note: SeamlessMD is not monitored by your healthcare team. If you have a serious concern, please contact your healthcare team directly.*



How do I sign up?

To sign up:

1. Your healthcare team will enroll you on to the program.
2. Make sure your device is connected to Wi-Fi.
3. Check your email for a 'Welcome to SeamlessMD' email. In the email, press on the blue button 'Click here to start'.

To log back in:

- For desktop/laptop use, go to: <https://tbrss.seamless.md>
- For mobile use, download the 'SeamlessMD' app from the Google Play Store or Apple App Store.
- Your username is your email address.



To learn more about SeamlessMD, scan the QR code to watch a video about the program.

For technical questions, please email support@seamless.md.

For medical questions, please talk to your healthcare team.



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