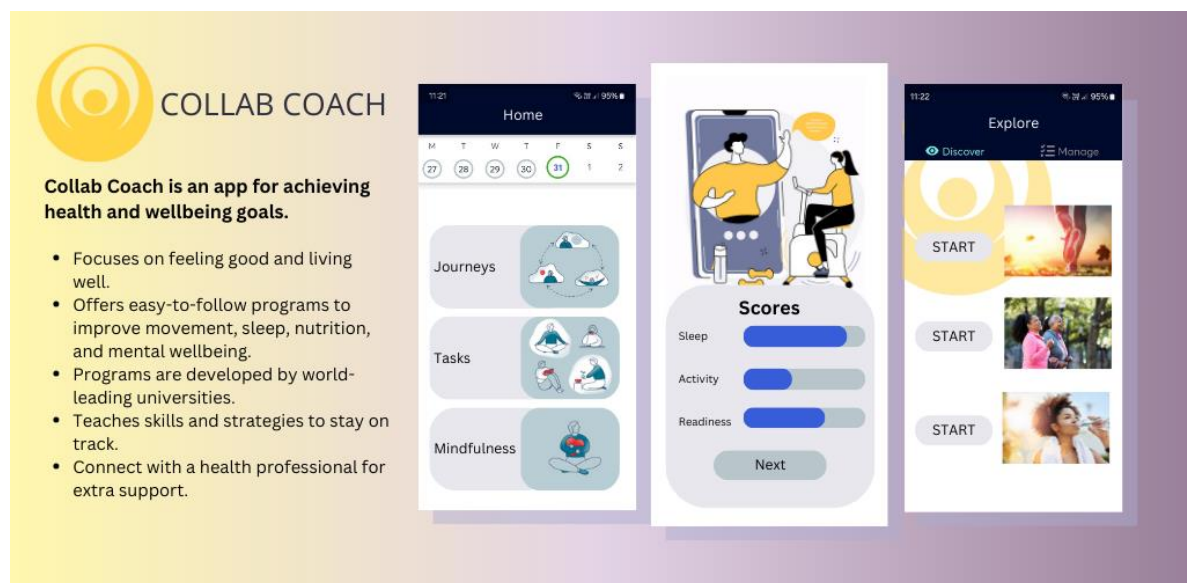


Collab Coach – Helping You Take Charge of Your Health



What is Collab Coach?

Collab Coach is an easy-to-use app that helps you build healthy habits and take small steps towards feeling better. It's designed to support your self-care and improve your overall wellbeing from home.

How Does It Work?

The app provides bite-sized daily guidance to help you stay on track. It's based on simple steps to:

- ✓ Keep you motivated
- ✓ Support your goals in real-time
- ✓ Help you build long-term healthy habits

Collab Coach is made for people who want to take charge of their health, especially those managing long-term conditions (LTCs). You'll need a smartphone to use it.

What's Included?

Your personalised program is tailored to your needs and may include:

- Walking plans to keep you moving
- Exercises assigned by a physiotherapist
- Helpful skills for daily life
- Tips for a positive mindset

How Do I Get Started?

Your health professional will set up your program. Once you're signed up, you can follow the steps in the app at your own pace.

Can I Use the App Offline?

Yes! You can use Collab Coach without internet, and it will update when you reconnect.

Collab Coach makes it easier to stay on track with your health—one small step at a time.

How to Download Collab Coach



For Android Users

- Open the **Google Play Store** on your phone.
- In the search bar, type **Collab Coach** and tap **Search**.
- Find the app and tap **Install**.
- Once installed, open the app and **follow the sign-up steps** provided by your health professional.

For iPhone Users

- Open the **App Store** on your iPhone.
- Tap the **Search** icon and type **Collab Coach**.
- Select the app and tap **Get** (you may need to enter your Apple ID password or use Face ID).
- Once installed, open the app and **follow the sign-up steps** provided by your health professional.