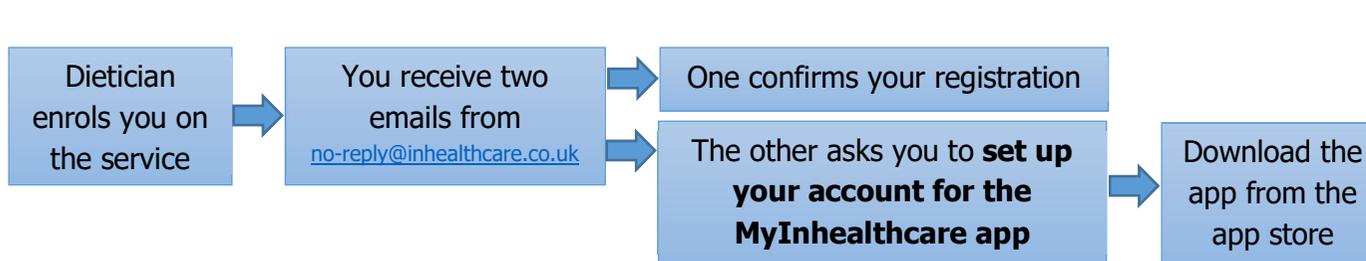
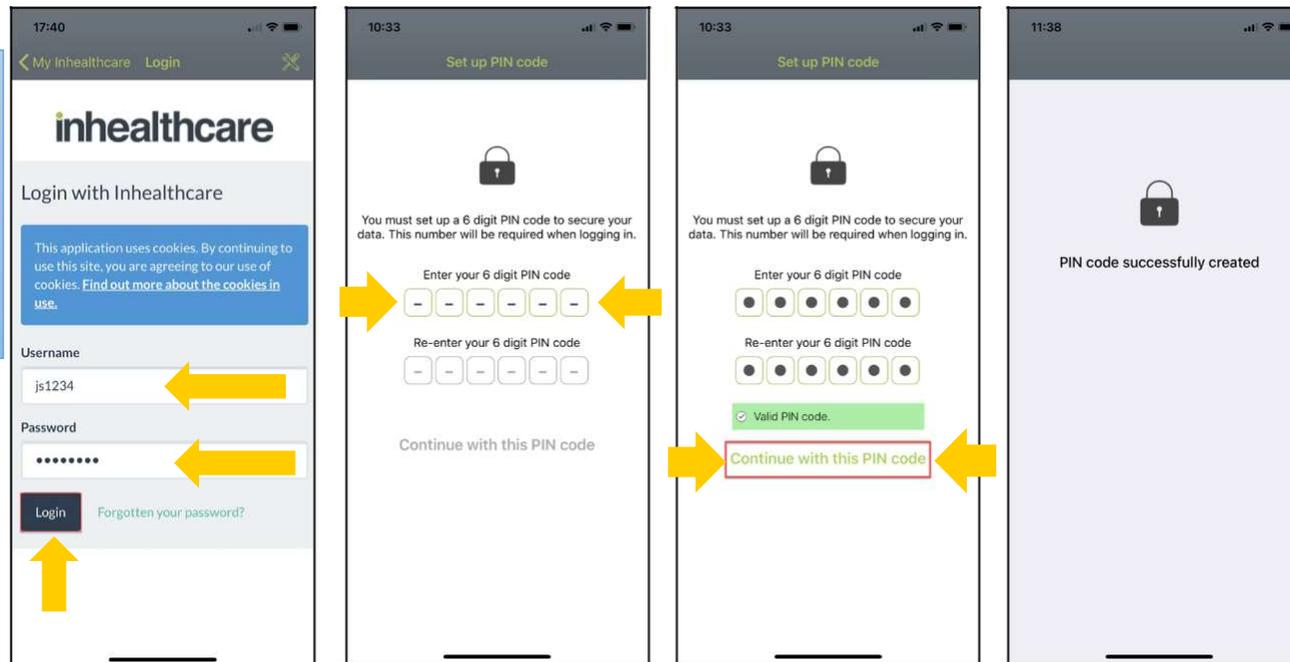
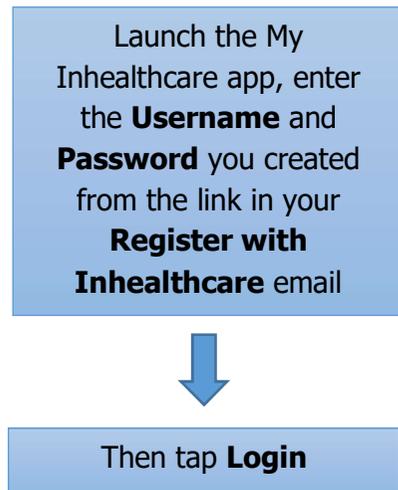


## Setting up your account



## Logging in to the app



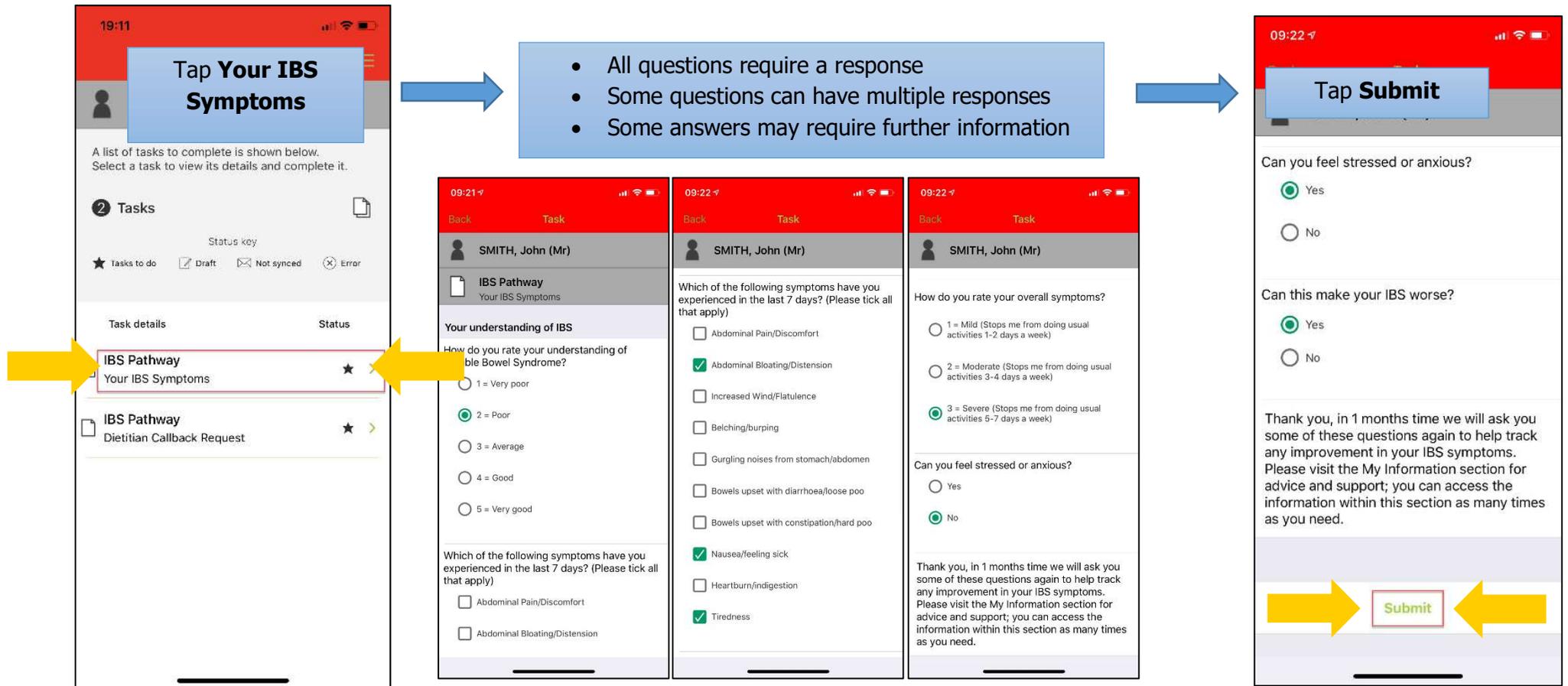
A success message is displayed and **then you will be asked to log in by using your username and password**



## Filling out the questionnaire

It is important to complete the Your IBS Symptoms questionnaire **when you first access the app.**

- All questions require a response
- Some questions can have multiple responses
- Some answers may require further information



## My information & ongoing support messages

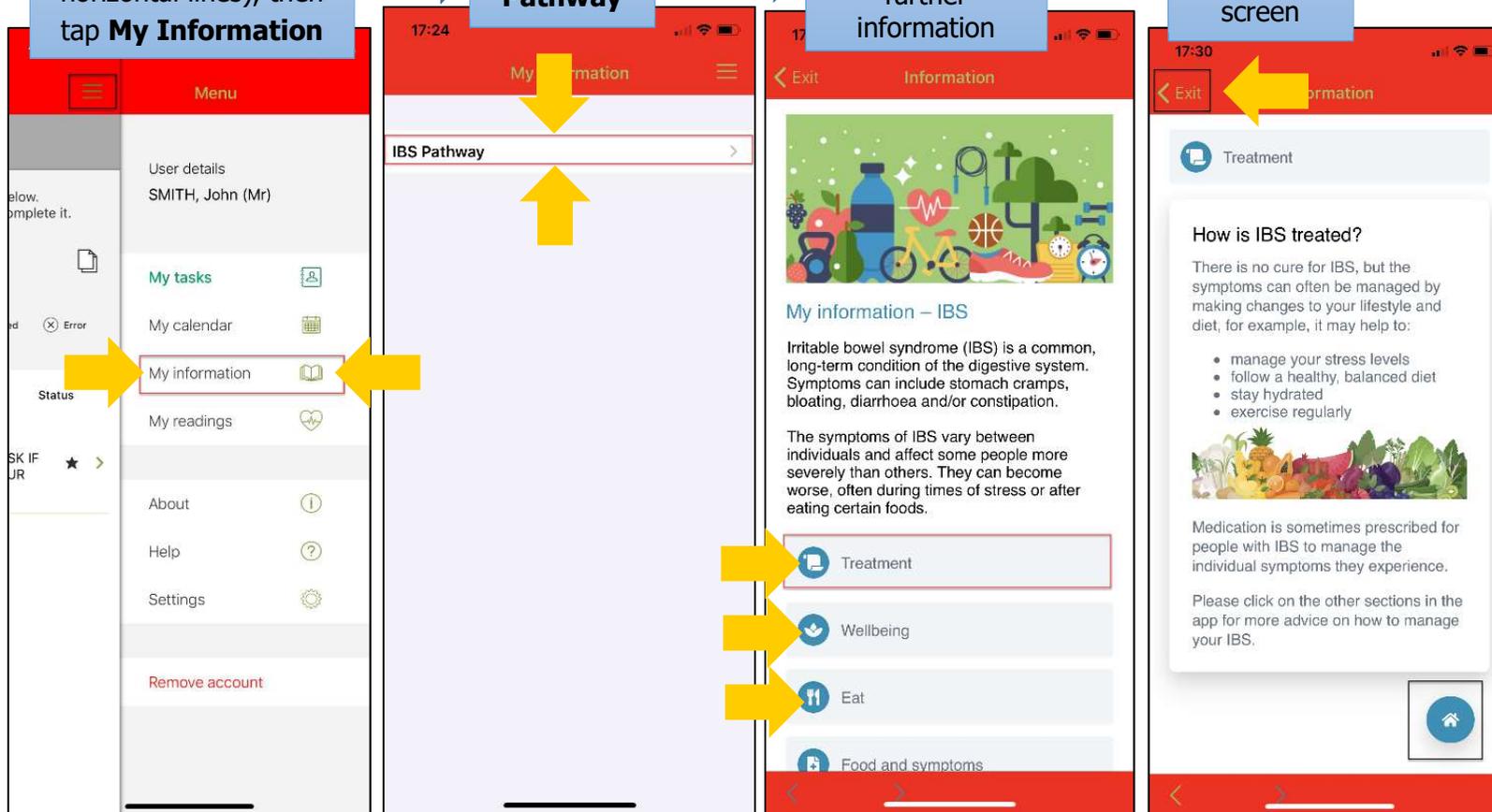
Please access the **My Information** section for lots of helpful advice on how to manage your IBS symptoms.

Tap **Menu** (three horizontal lines), then tap **My Information**

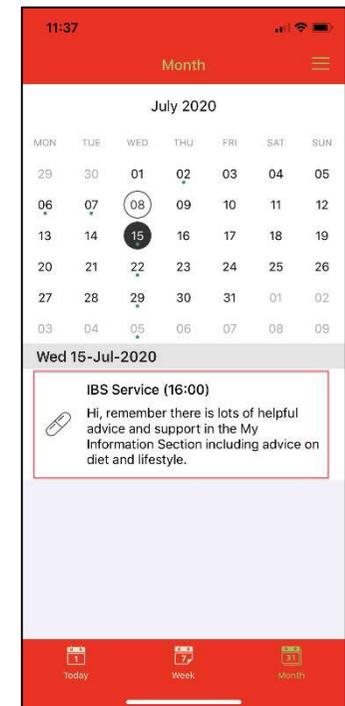
Select **IBS Pathway**

Select any of the options for further information

Use **Exit** to go back a screen



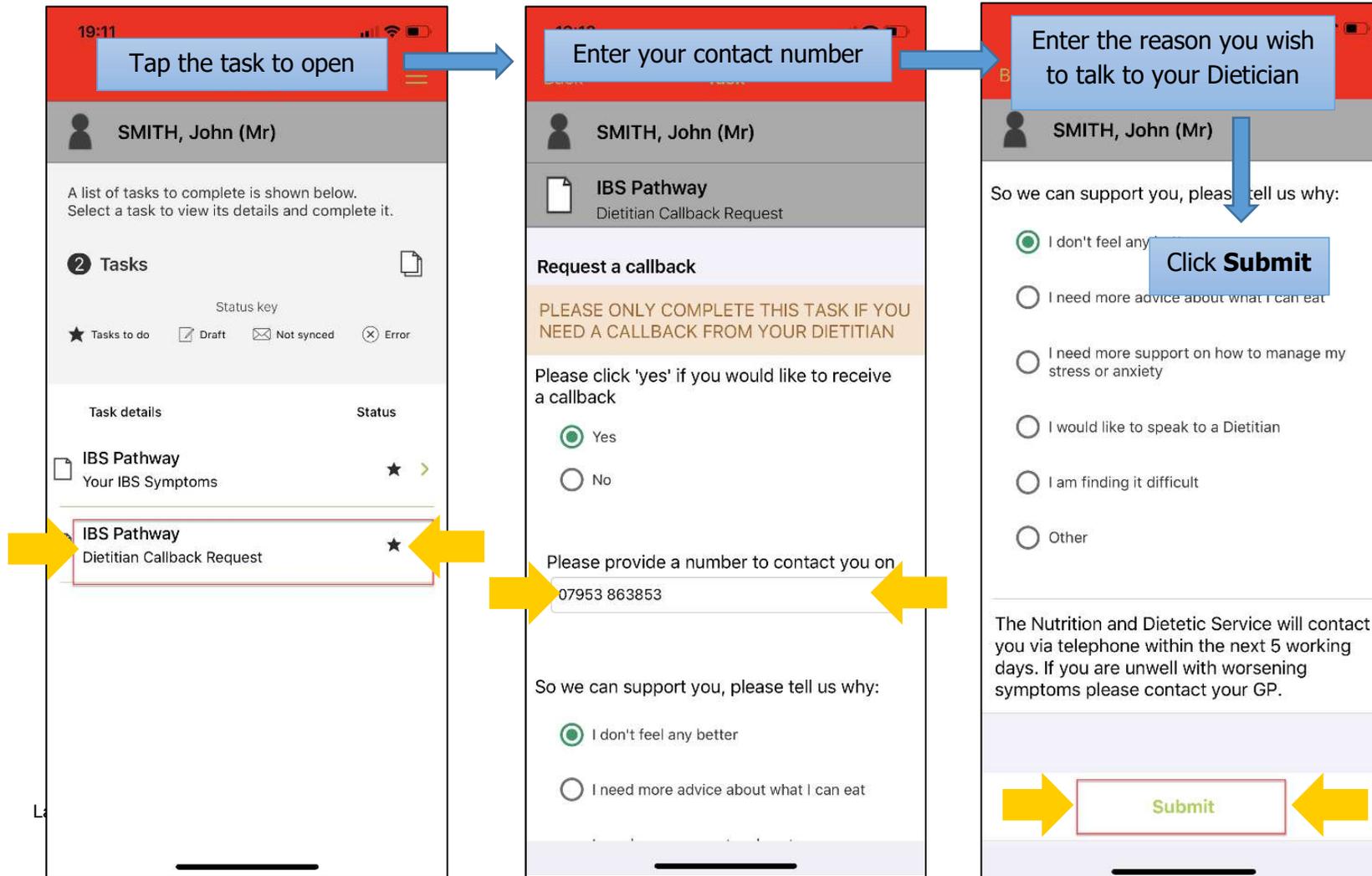
If you have **enabled the calendar and notifications** (see MyInhealthcare guide), you will also receive weekly messages of support.



## Requesting a Call-back from your Dietitian

The call-back task should only be submitted **when you need to speak to your Dietician within the first 4 weeks of using the service.**

For example, if you are finding it difficult to follow the advice.



The Dietetics team will respond within 5 working days from the day you requested a call-back.

## IBS follow-up questionnaire

After 28 days a **follow-up questionnaire** will become available on the app. **To help identify the next step you must complete the questionnaire.** You will also have the opportunity to provide feedback on the app.

When you have submitted your **Follow-up questionnaire**, you will still be able to access the app and **My Information** for a further 3 months. After 3 months the content within the app will become inactive.

