How to start using the app
Your 10-minute guide to being set up!

AMPERSAND ⊕ / MYARTHRITIS

1 Download

The first step is simple - download the My Arthritis app by searching for 'My Arthritis' in the App Store or Google Play Store.

Download on the App Store

GET IT ON Google Play

2 Register and Add Your Hospital

After downloading the app, click on 'Register by Hospital Request' and set up your account. It's important to add your hospital so that your team can monitor your health and communicate with you through the app! If you click on the regular 'Register' button, make sure to add your hospital after you have set up your account by clicking on 'Profile' > 'Hospital' > Search for your hospital and add it to your app.

3 Set-up your Health Record/Profile

Next, on your Profile, click on 'My Health Record'. Input your condition details and any relevant blood test results.

4 Add your Appointments

Under your Profile, click on 'My Appointments' and add any upcoming appointments that you may have. This is an important step to take, as we will then be able to send you a reminder beforehand so that you don't miss any appointments!

5 Add Your Medications

While under your Profile, click on 'My Medications' and input the details of any medications you are currently taking, including the name, dosage, frequency and approximate date of starting the medication. You can also set reminders to take your medication on this page!

6 Complete the Symptoms Questionnaire

On your bottom navigation, click on the blue plus sign and complete your first symptoms questionnaire! You should click on the blue plus sign regularly to complete this questionnaire as it will help your clinical team track how you are doing, so that they can intervene or reach out to you if need be.

Have a question? Contact us at info@ampersandhealth.co.uk

NHS
University Hospitals Dorset
NHS Foundation Trust