

BOLINGBROKE MEDICAL CENTRE

getUbetter

Back Pain

Get your FREE

Wandsworth – Lower Back Pain app

This NHS supported app is now available to help people in Wandsworth. It enables you to self-refer into physiotherapy should you need to. Please click on the image below to get your access code.

<https://wandsworth.getubetter.com/getubetterwebapp/registervoucher/?prefix=46>

The app is designed to work with you, alongside your GP practice, to:

- Help you self-manage
- Help you trust your recovery
- Advise you when to seek help
- Provide you with personal and tailored journey
- Connect you to local services and treatment
- Automatically refer to physiotherapy if needed
- Guide your recovery day-by-day

