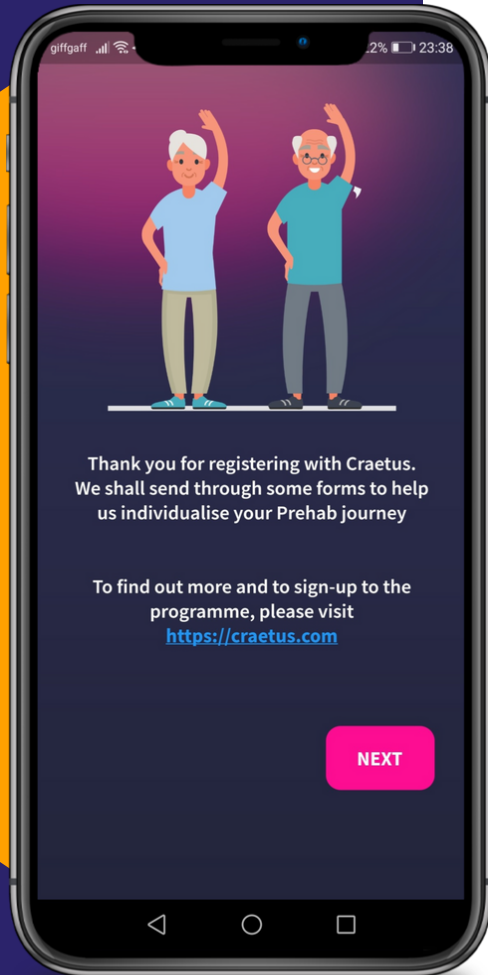


24h - 7 days a week access

Flexible

Integrated

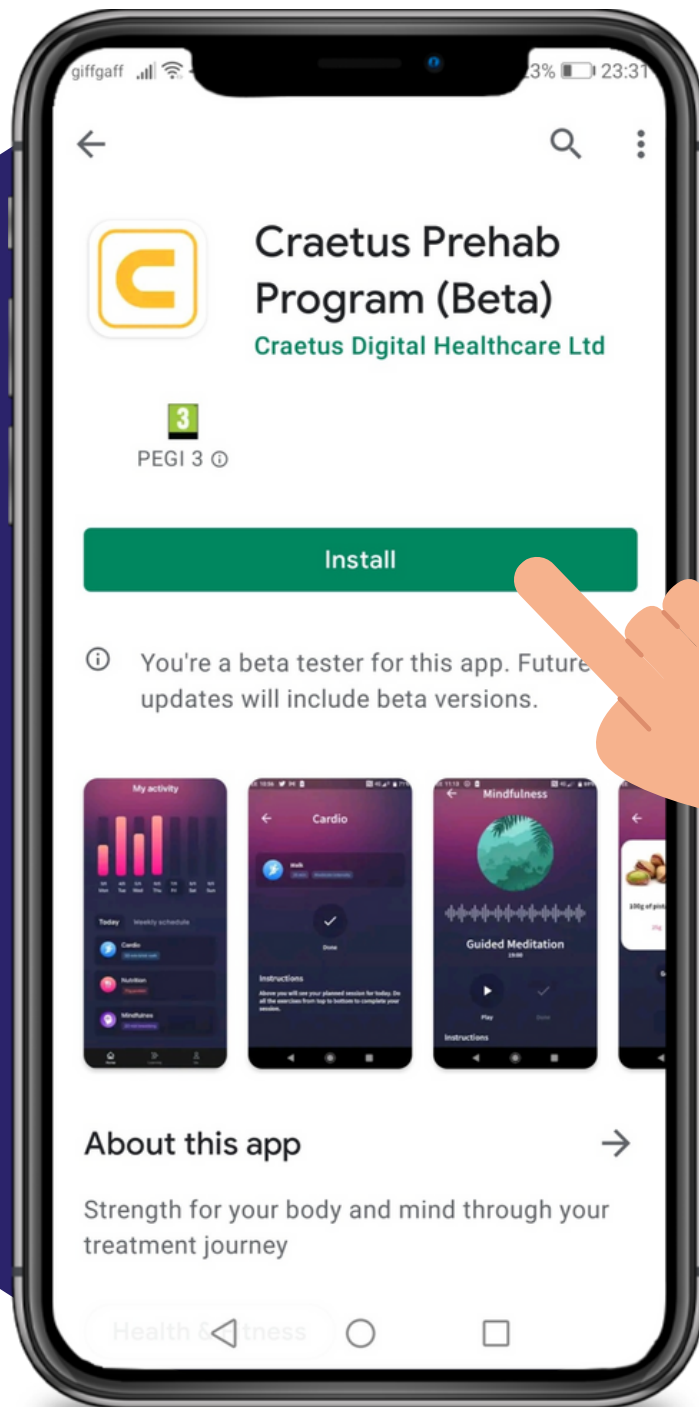
Tailored



How to sign up and use
Craetus

the app to help your
preparation for your
treatment

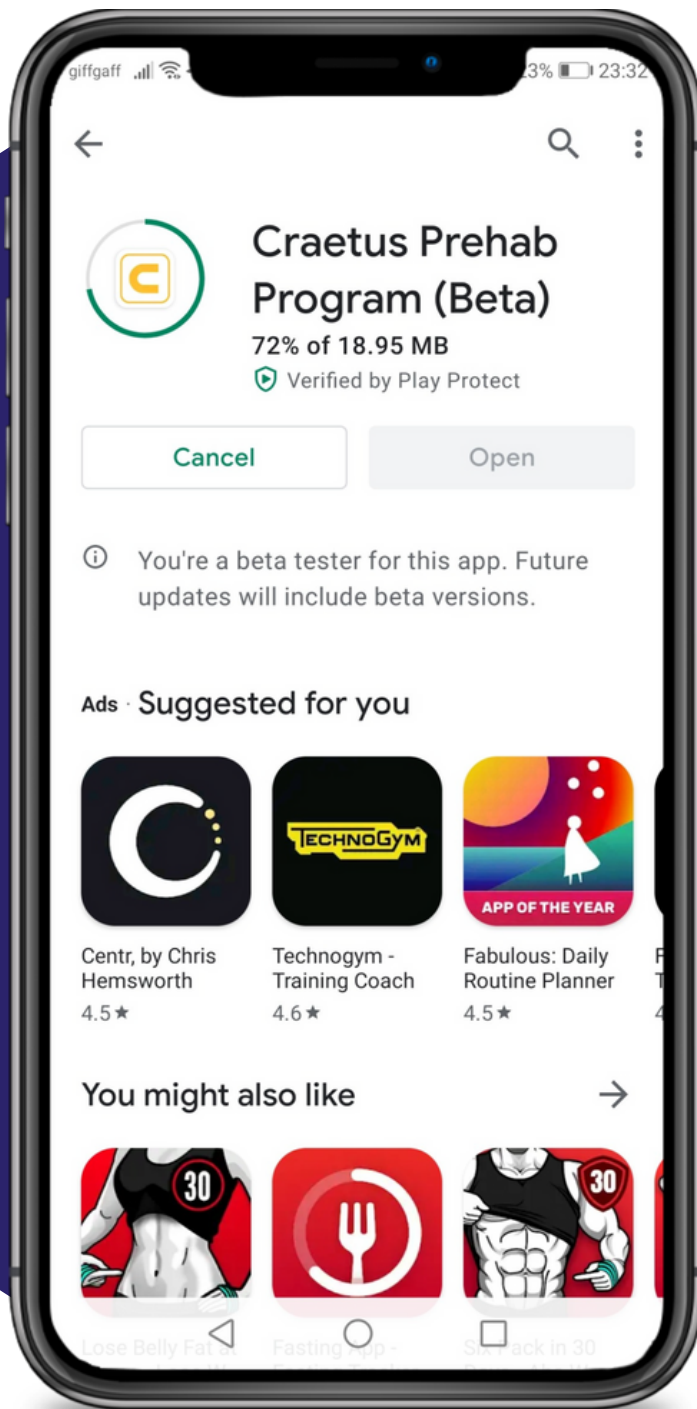
Kent & Medway Prehab™



We are fortunate to offer an app specifically developed for Prehab as part of our Service to promote adherence amongst our patients.

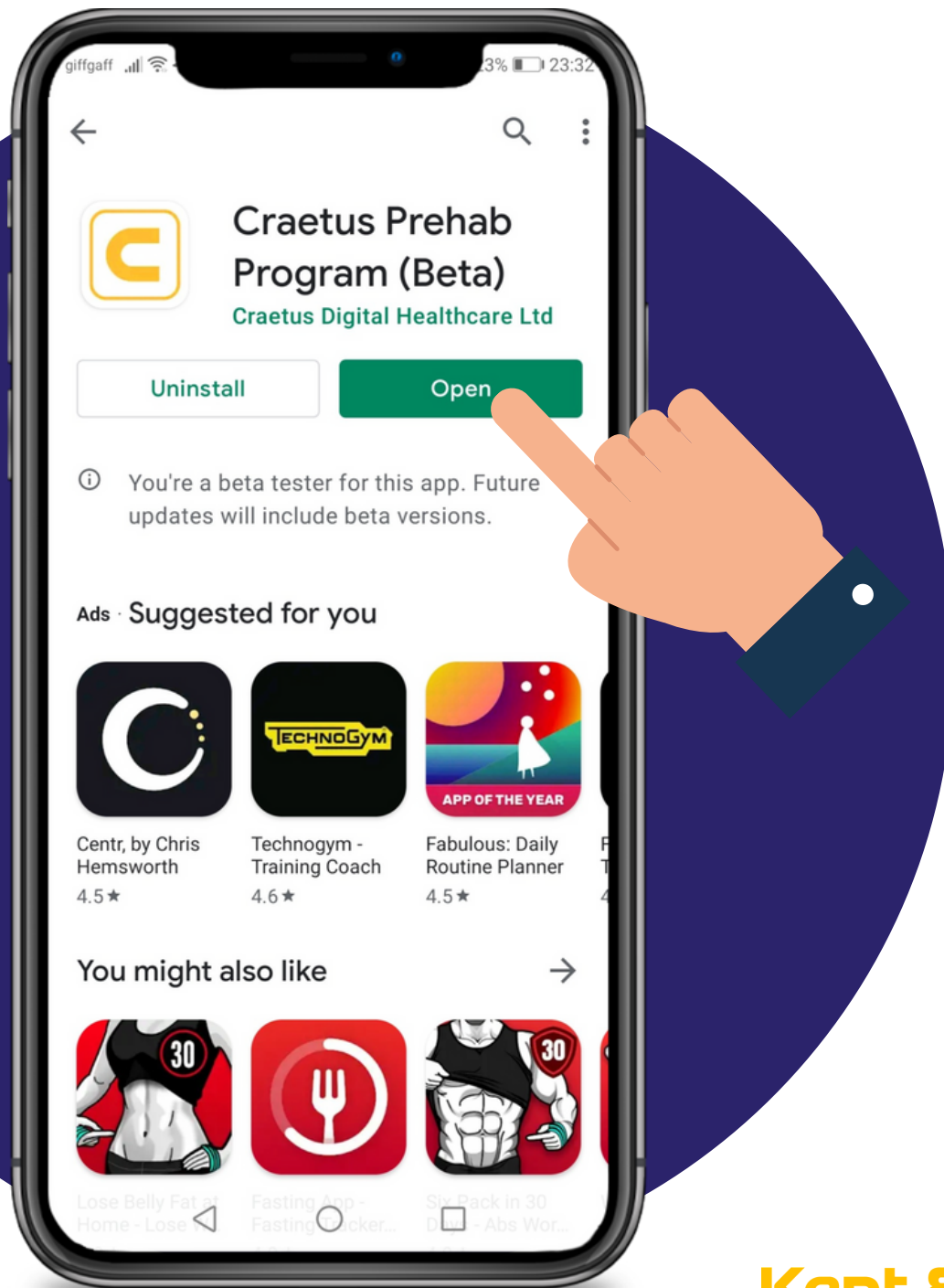
Go to your App store and look for *Craetus Prehab Program*. Install the app on your phone.

Kent & Medway Prehab™



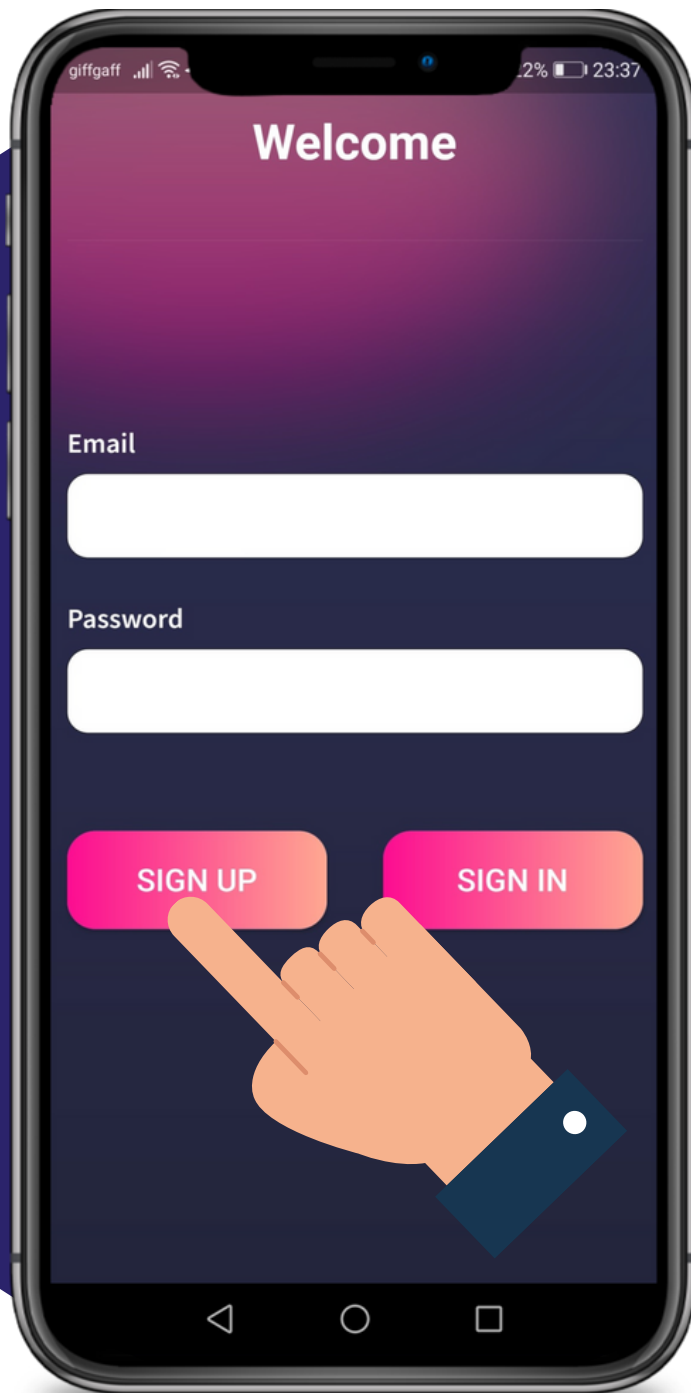
The app will take a few seconds (or minutes depending on your connection) to install.

Kent & Medway Prehab™

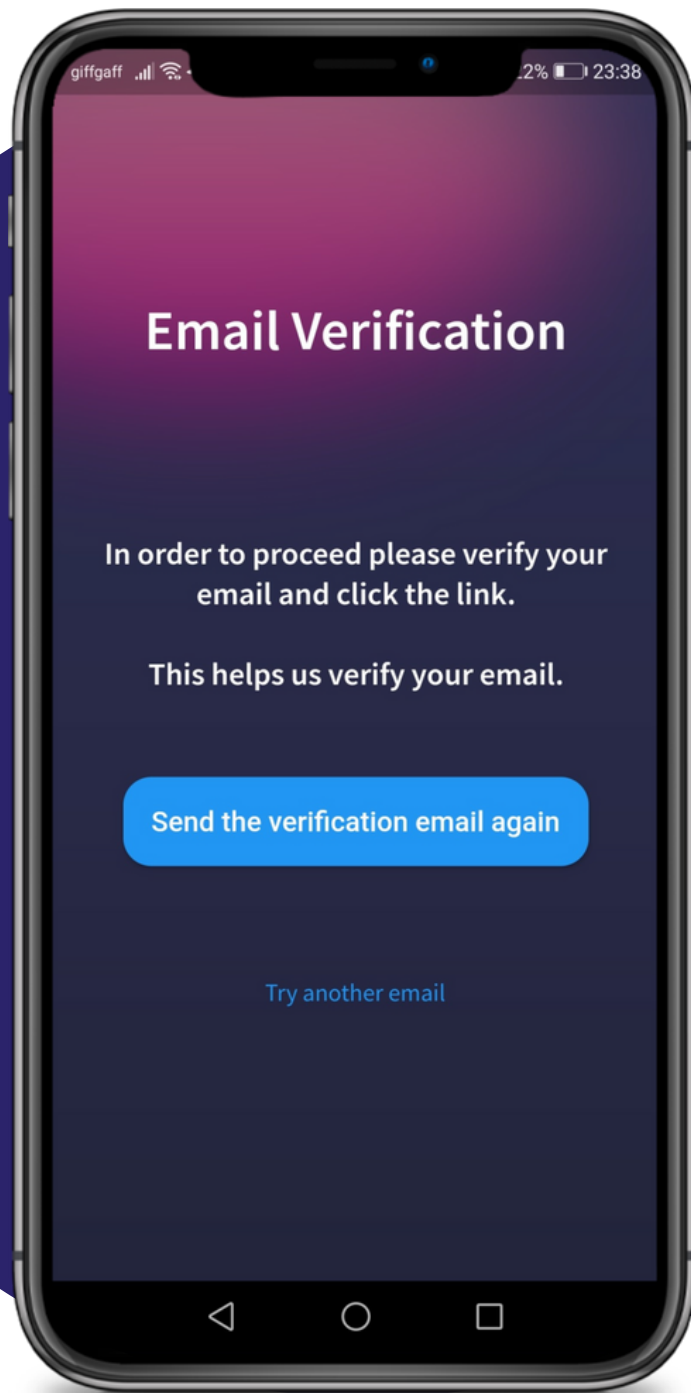


Once installed, open the app tapping on the "Open" button of the app profile.

Subsequently, you'll find the app on the menu of your device, you can set up an access on the desktop as well.



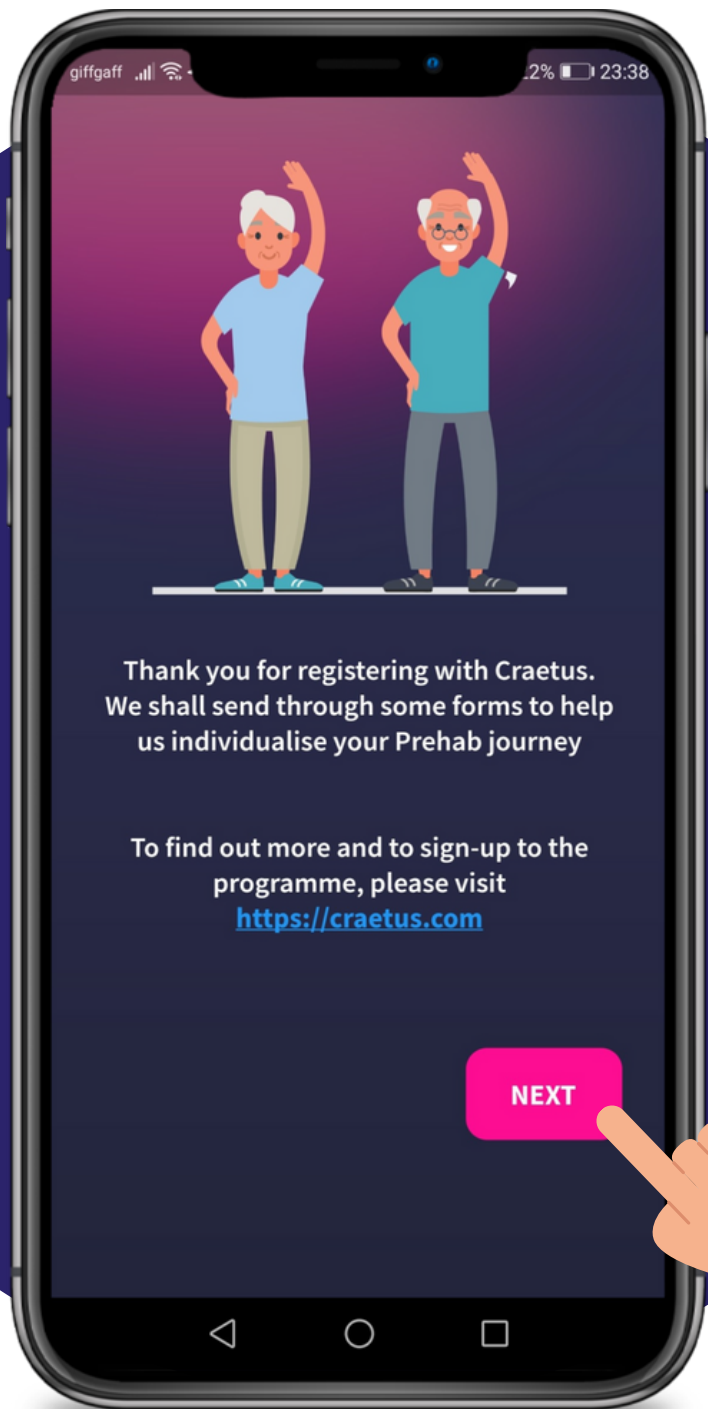
If it is the first time you are using the app, introduce your email address and a password and tap on "Sign up".



You will then receive an email in your inbox.

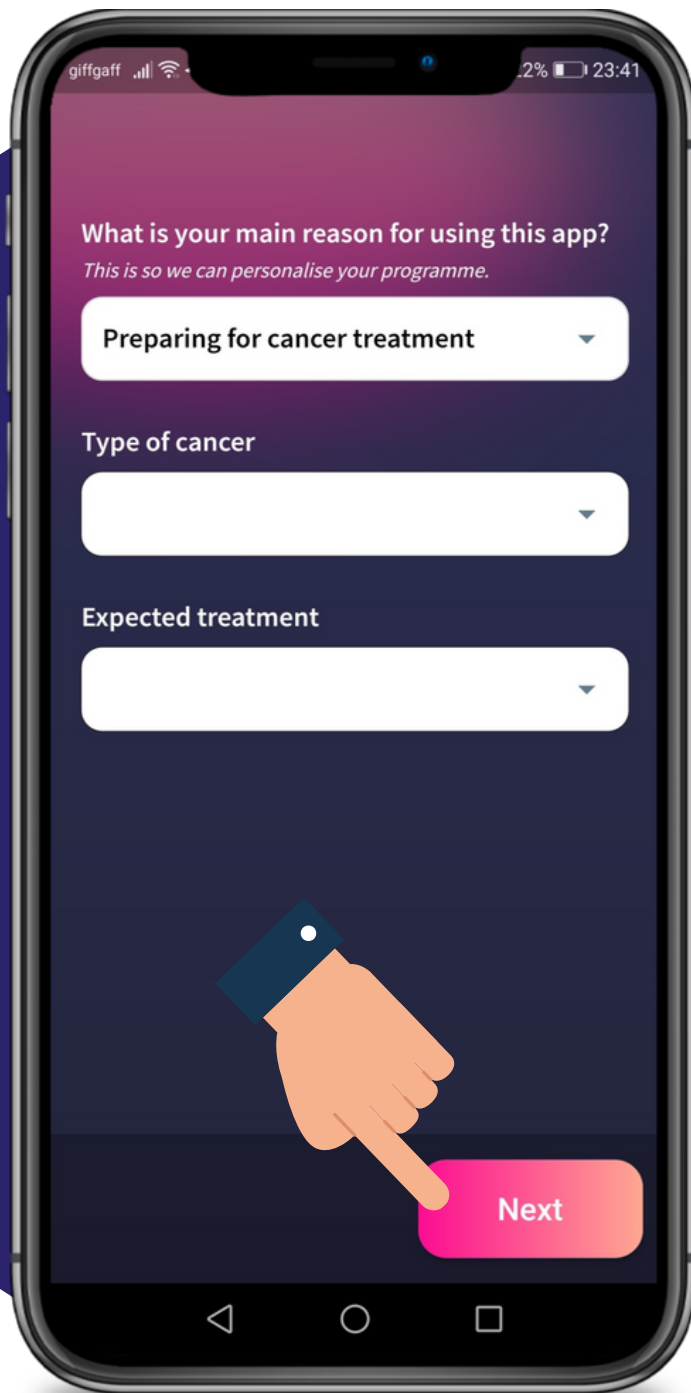
The email will include a verification link.

Open that link and your email will be verified. This will allow you to access the next step.



You are now fully signed up with *Craetus*.
You have information about the service on their website.

Kent & Medway Prehab™



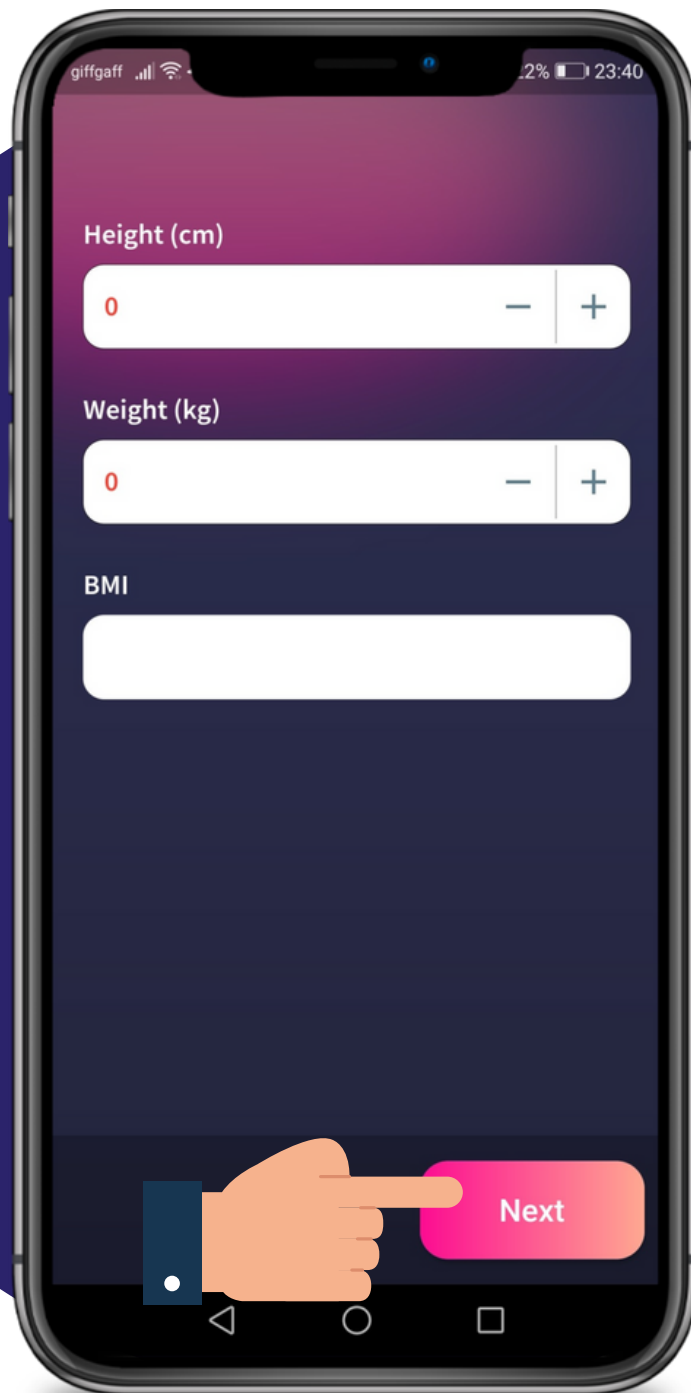
Choose the option
"Preparing for cancer
treatment".

Complete the rest of the
information to the best
of your ability.

The image shows a smartphone screen with a dark blue background. At the top, the status bar shows 'giffgaff', signal strength, Wi-Fi, 2% battery, and the time '23:38'. The main heading is 'Your details' in white, followed by the instruction 'Please enter your details'. There are four input fields: 'Name' (with 'Optional' below it), 'Date of Birth' (with a calendar icon), 'Gender' (with a dropdown arrow), and 'Which country are you based in' (with a dropdown arrow). At the bottom, a hand icon is pointing to a pink 'Next' button. The phone is set against a large dark blue circular backdrop.

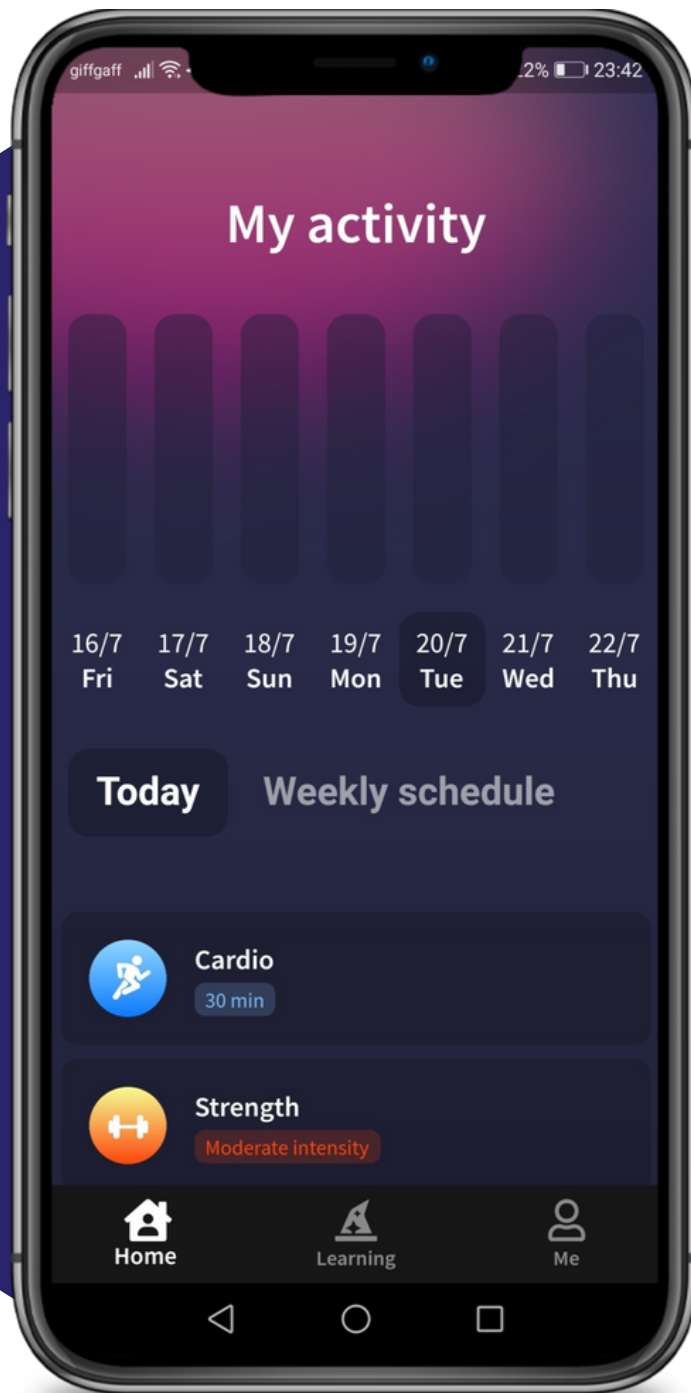
A few more details to allow us to tailor the programme to your specific journey/needs.

You can use these tables to estimate your height and your weight



Height	
Feet & inches	cm
4' 11"	150
4' 12"	152
5' 1"	155
5' 2"	157
5' 3"	160
5' 4"	163
5' 5"	165
5' 6"	168
5' 7"	170
5' 8"	173
5' 9"	175
5' 10"	178
5' 11"	180
5' 12"	183
6' 1"	185
6' 2"	188
6' 3"	191
6' 4"	193
6' 5"	196
6' 6"	198
6' 7"	201

Weight	
Stones	kg
7	44
8	51
9	57
10	64
11	70
12	76
13	83
14	89
15	95
16	102
17	108
18	114
19	121
20	127
21	133
22	140
23	146
24	152
25	159
26	165
27	171



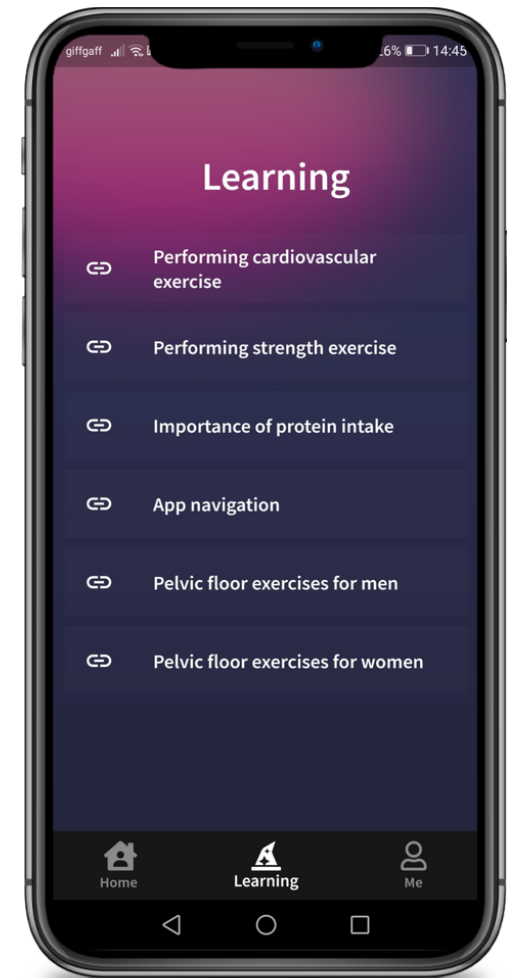
Now you have access to
your Craetus Prehab
Program.

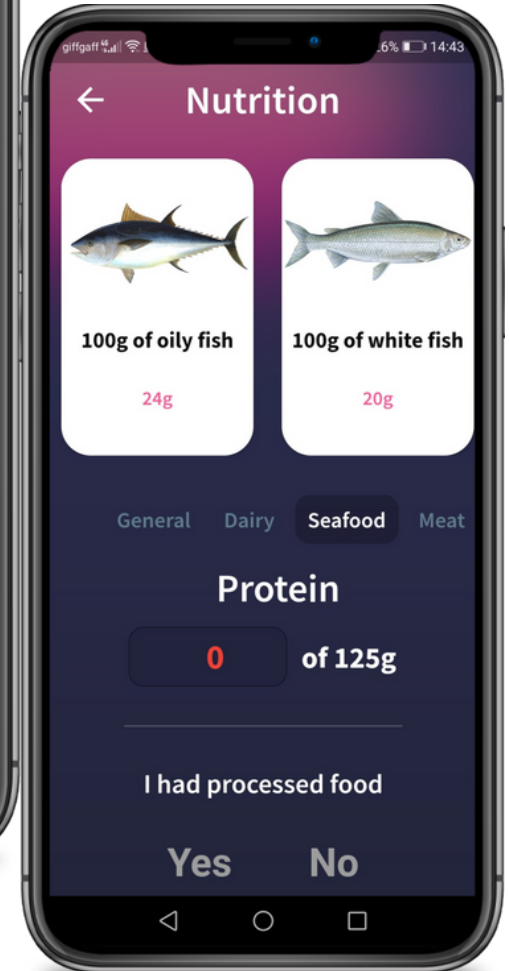
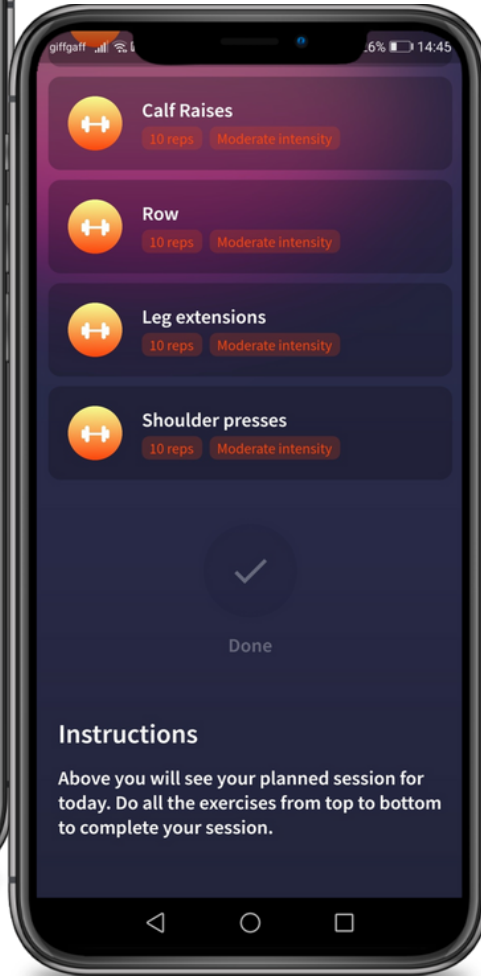
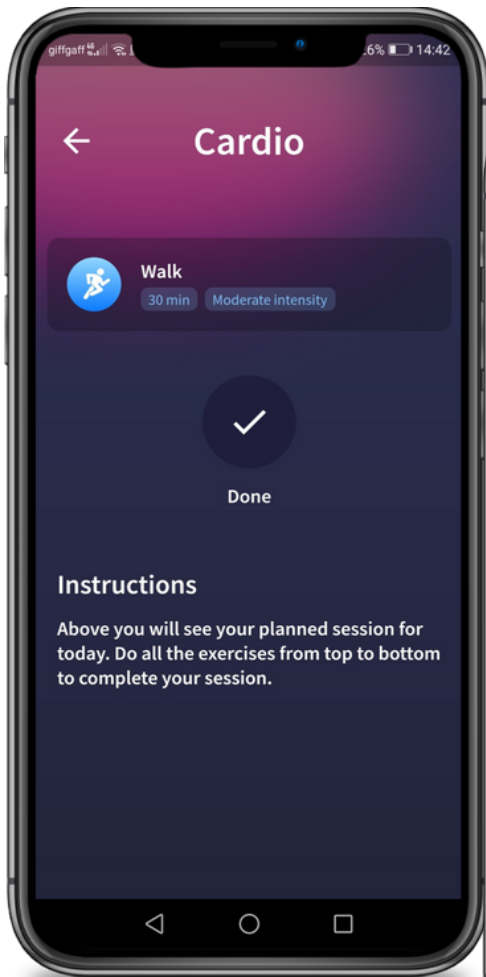
You can see your daily
tasks and your overall
progress through the
program.



Your "Weekly schedule" shows the different activities planned for you during the week.

The "Learning" menu contains various articles about important aspects of your prehab. You will also find help on how to use the app.





We hope you'll find this app to be a great tool to keep track of your wellbeing progress before, during and after your cancer treatment

Kent & Medway Prehab™

Supporting you today and always