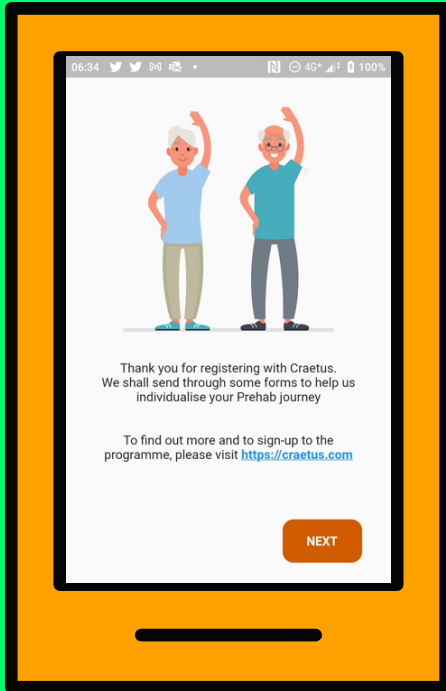


24h - 7 days a week access

Flexible

Integrated

Tailored

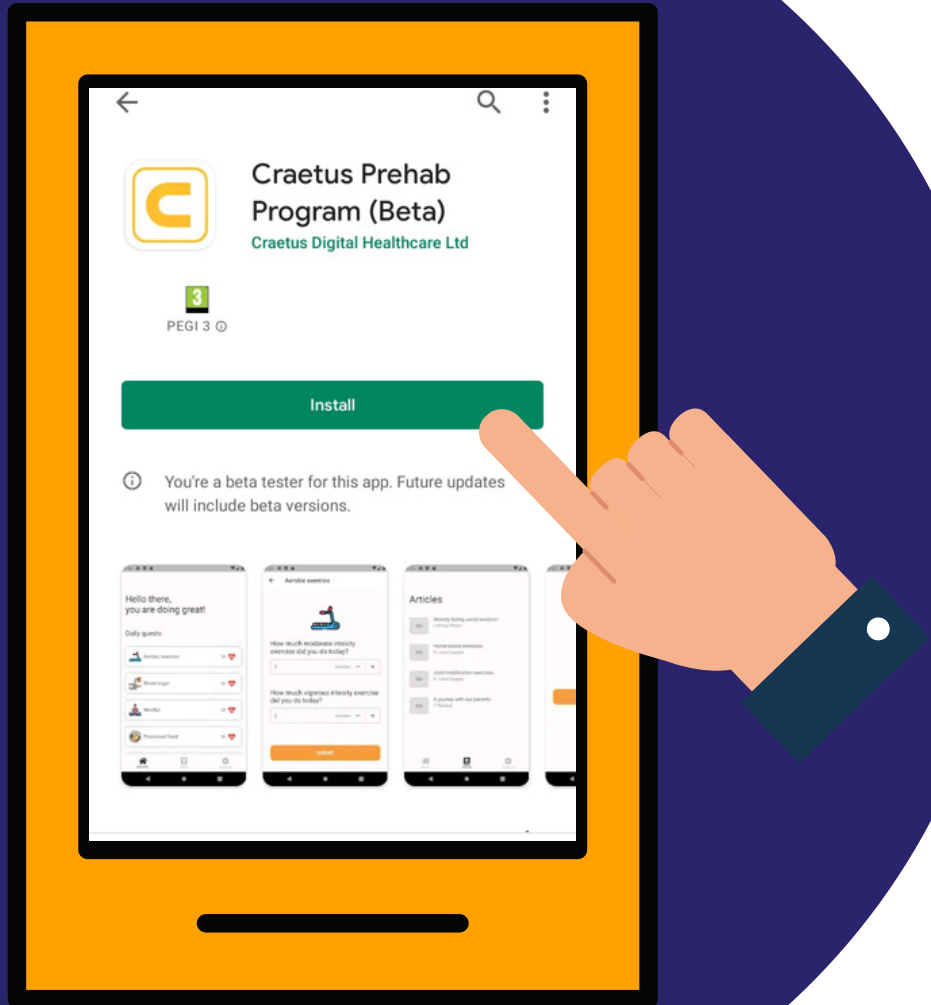


How to sign up and use

Craetus

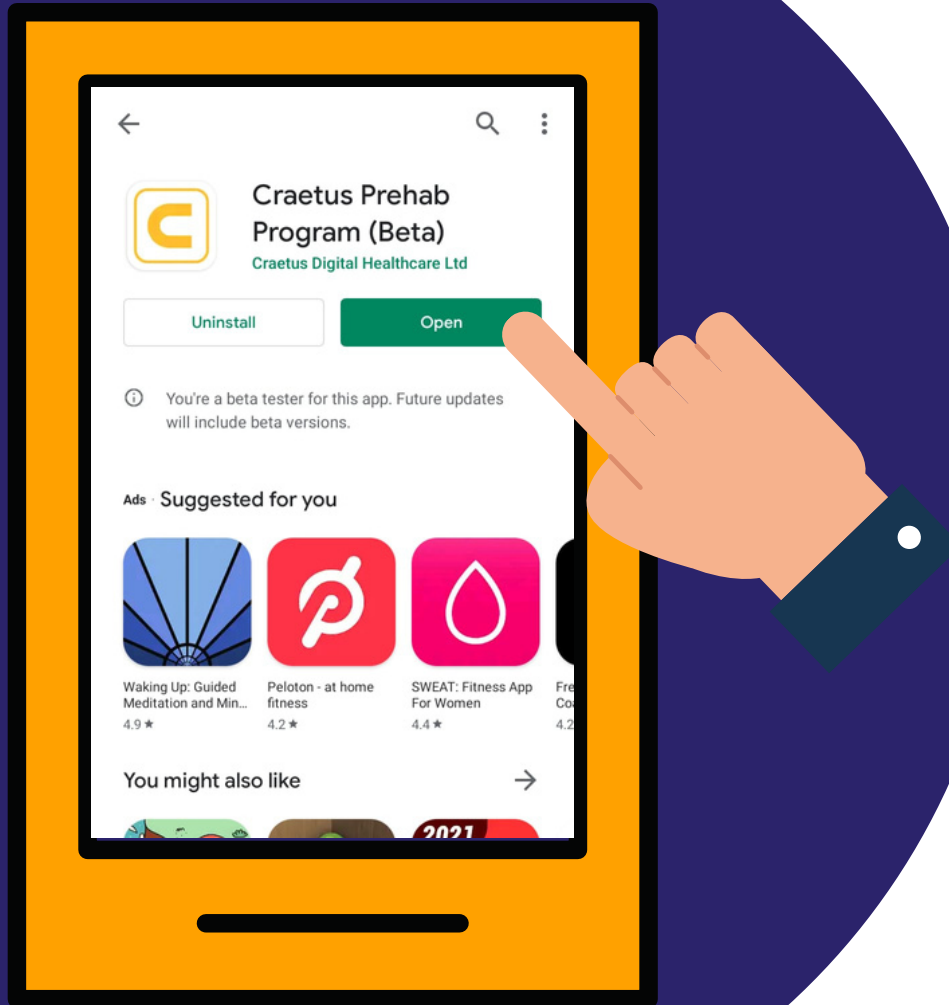
the app to keep track of
your progress through
Prehab

Kent & Medway Prehab™



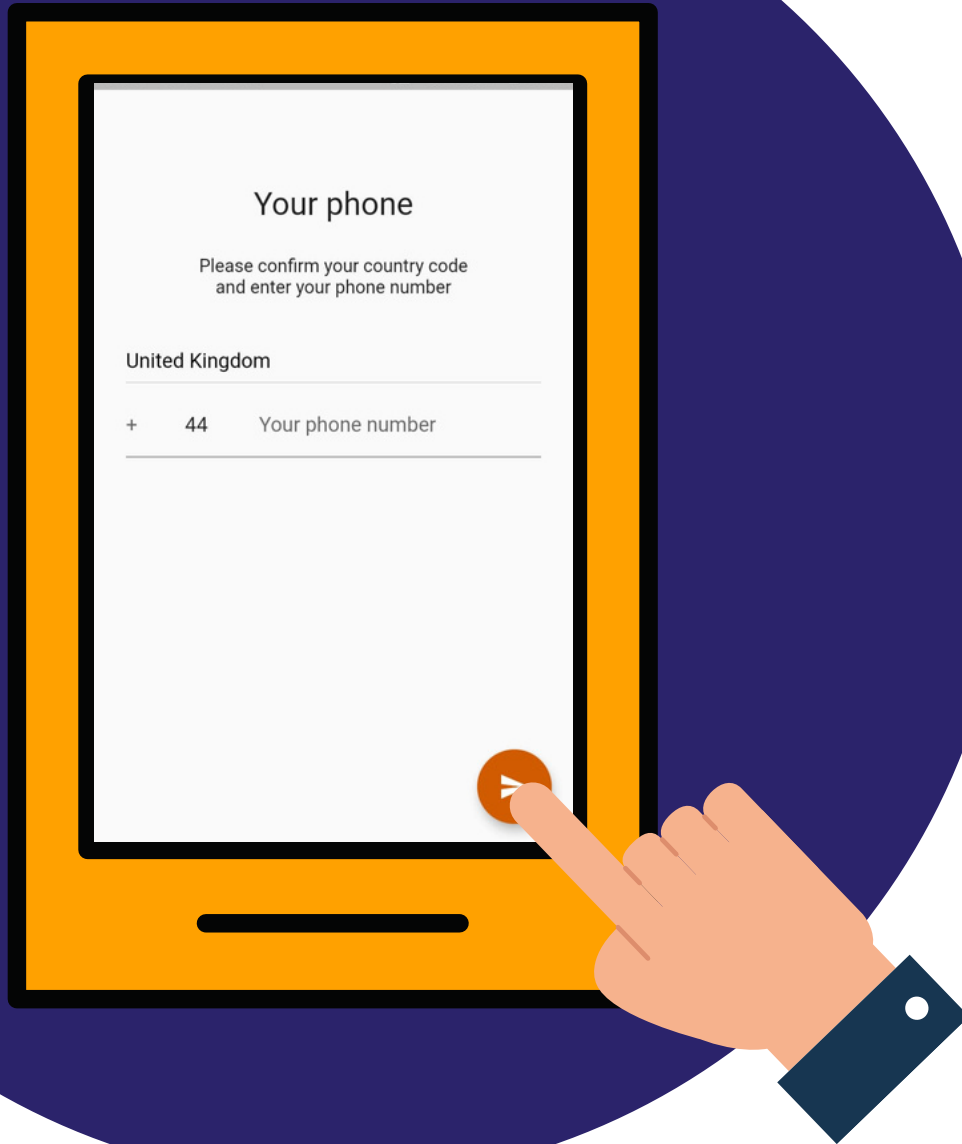
We are fortunate to offer an app specifically developed for Prehab as part of our Service to promote adherence amongst our patients.

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



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

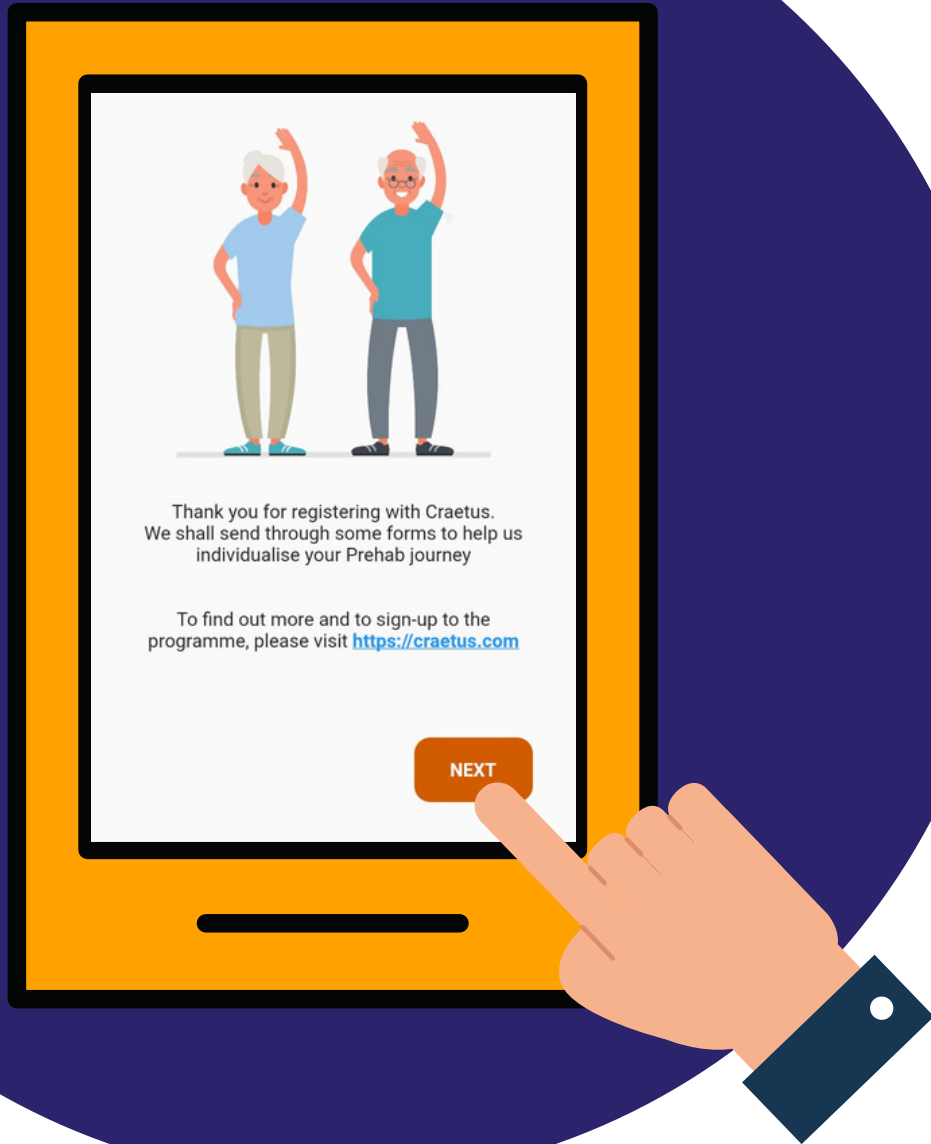
Subsequently, you'll find the app on the menu of your device, you can set up an access on the desktop as well.



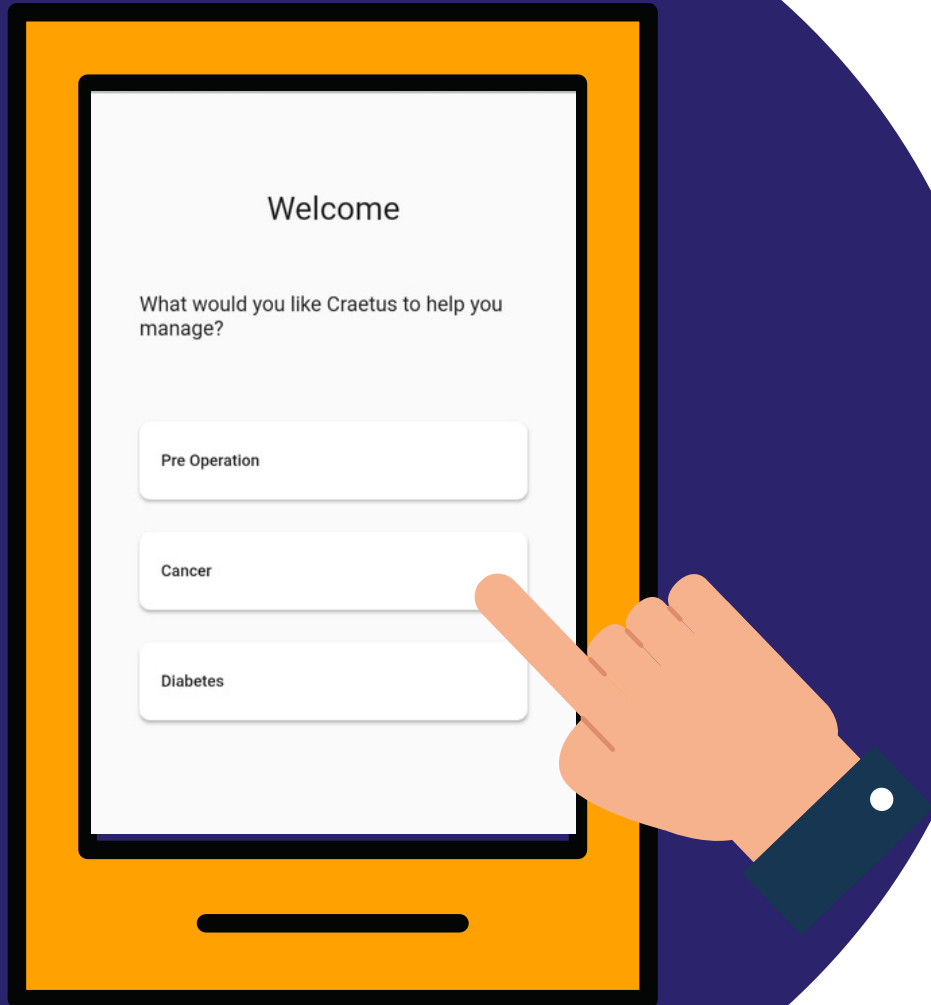
Enter your phone number and country code.
You'll be sent an SMS with a unique code.



Insert the code to start the app, and wait for the app to recognise your number.



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



Select the type of support you would like the app to help you with. Choose the option you would like to prioritize, the support would be customised to your overall situation later on time.

Your details

Please enter your details

First Name

Middle Name

Last Name

Date Of Birth

Complete your details on the next step. Apart from your full name and date of birth, the app allows you to insert details about health and lifestyle.

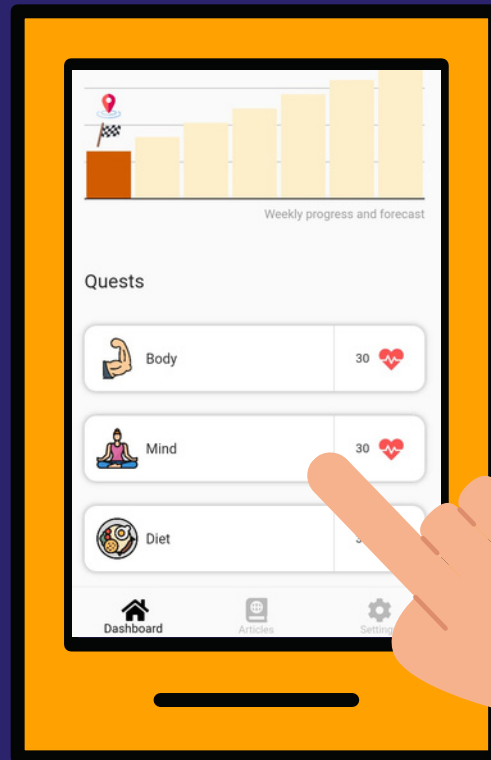
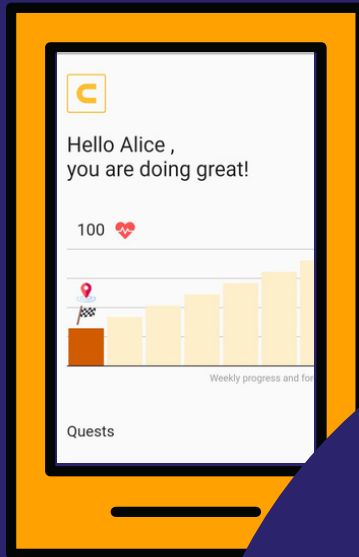
Now you can see your progress, and three different "Quests":
Body, Mind and Diet. Click on each of them to record your progress.

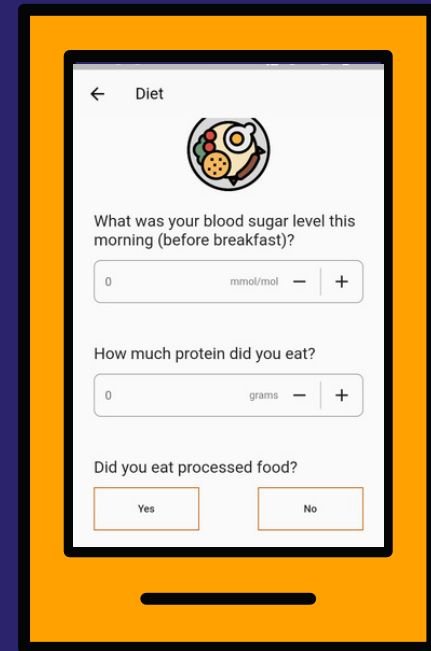
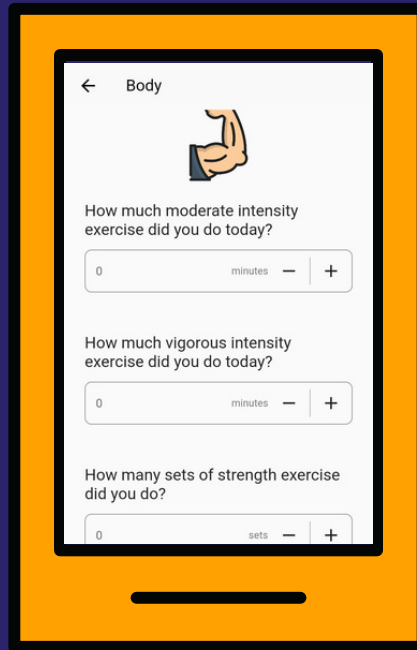
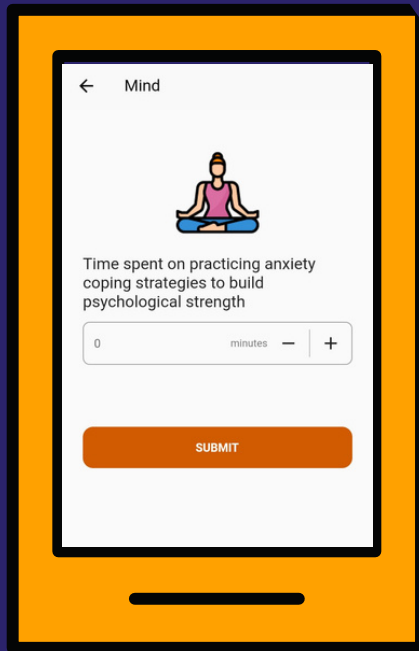
How much time did you meditate today?

What type of exercise and for how long did you practice?

How much protein did you eat?

These and more questions are there for you to keep an accurate record of all the efforts you are making to get fitter.





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