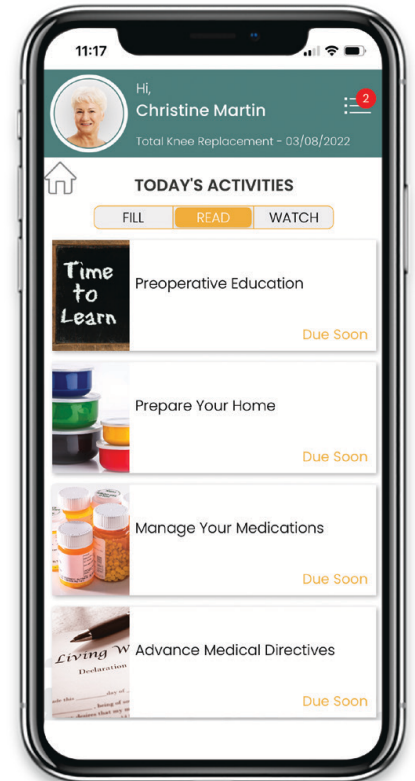


RecoveryCOACH™

stryker

A virtual interactive care plan to help you navigate your joint replacement journey

- Virtually helps prepare you for surgery and recovery, keeping you connected every step of the way
- Receive the right information and education, at the right time, throughout your joint replacement journey
- Understand what to expect after surgery
- Manage your recovery with exercises and self care
- Virtually access RecoveryCOACH at home and on the go
- Share access with a family member so they can help support you
- Communicate to your healthcare provider about how you are feeling and how you are progressing



Ask your healthcare provider how you can enroll and get back to doing what you love, quicker, with the help of RecoveryCOACH.

The Recovery Coach App messaging system is monitored and reviewed during the Orthopedic Clinic office hours of **Monday-Thursday 8 a.m. until 5 p.m. and Fridays 8 a.m. until noon.**

- If you have an urgent need, please call the Ortho Hotline at #405-515-6700.
- If you feel you need to be seen in person, please go to the Ortho STAT Clinic, located at 3400 West Tecumseh Road Suite 101A, Norman OK.
- Messages over Holidays and weekends will be answered at the first business day during Orthopedic Clinic Hours.



If you are unable to download the app, or are having difficulty with the app; please contact customer service at 1-833-419-2509 or Patientcare@myrecoverycoach.com.