



You've been invited to enrol

The award-winning physiotherapy app that supports people with their pelvic floor muscle exercise programmes.

You should receive an email invitation from notifications@livingwith.health providing instructions on how to enrol. You will need your verification code to complete your enrolment. Please enrol before the code expiry date.

Your verification code:

Use this to confirm your identity when enrolling.

Code expiry date:

Please enrol before this date.

Exercise Plan

Update your setting to align with your physiotherapist's instructions below by going to the Exercise Plan petal in your app.

Daily Exercises		Plan 1	Plan 2
Slow	Repetitions		
	Hold time		
	Rest time		
Quick	Repetitions		

SqueezzyCX connected to your clinic by



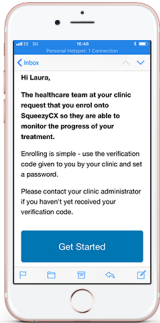
If you need any technical assistance please call 0800 909 8959



A step by step guide to getting started

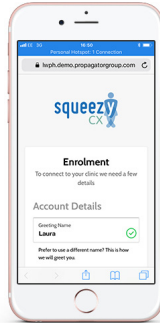
Step 1

Receive email + click 'Get Started'



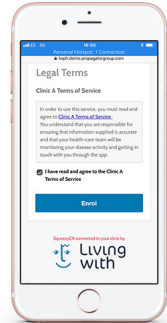
Step 2

Fill in details + verification code



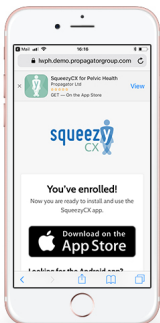
Step 3

Agree to the Terms of Service + click 'Enrol'



Step 4

Click to download app



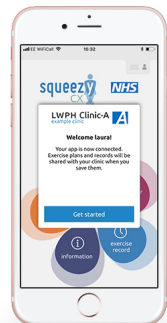
Step 5

Log in using your details from above



Step 6

Start squeezing!



Or you can download the app at a later time from <http://bit.ly/squeezycx>

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