

For Patients and Family:

What is SeamlessMD?

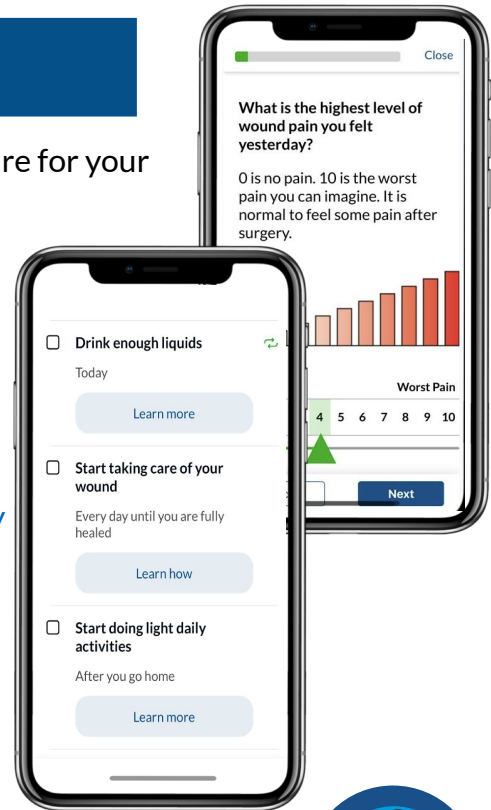
SeamlessMD is a digital, [step-by-step guide](#) to help you prepare for your surgery and recover faster afterwards.

How will it help me?

To keep you on track before and after your surgery, you will get a [library](#), messages, [reminders](#), and a [to-do list](#).

After your surgery (recovery at home), you will also get [Daily Health Checks](#) to give you feedback on your recovery. Someone on your health care team will be monitoring your responses and the program will alert them if you have problems.

Please note that the program is not monitored 24/7. If you have a serious concern, please contact your healthcare team.



What do other patients think of SeamlessMD?



Patients who use SeamlessMD report feeling less anxious, more connected to their care team, and more in control of their recovery.

Patients using SeamlessMD are less likely to be readmitted after surgery.

“The program provided reassurance that help and guidance was always available, even if it wasn't needed. The program kept me on track with my medication and also post surgery well being during my recovery. It was truly like having your personal medical team checking in on you daily. That was a good feeling.” – Ortho Patient at Oak Valley Health

Where can I learn more about SeamlessMD?

To learn more about SeamlessMD, scan the QR code to watch this video from Dr. McMahon, the Chief of Surgery at Oak Valley Health.

If you have any [technical](#) questions, please email: support@seamless.md.

All medical questions should be directed to your healthcare team.



How do I sign up for SeamlessMD?

You and/or a caregiver can use the program on any **smartphone, tablet and/or computer** using the mobile app or a web browser.

To sign up:

1. Have your healthcare team enroll you onto the program.
2. Ensure your device is connected to Wi-Fi.
3. Check your email or phone texts for a message 'Welcome to SeamlessMD'.
4. Open the email/text message and click on the **blue** button 'Click here to start'.
5. Create your password and click 'Sign up'.

For ongoing use (**and if you are already signed up**) you can access SeamlessMD in any of these ways:

- **Laptop or computer:** Through your web browser at <https://oakvalleyhealth.seamless.md/>
- **Smartphone or tablet:** Scan the QR code to download the 'SeamlessMD' app from the Google Play or Apple App store.
- Your username is your email address



Remember to log in to SeamlessMD when you go home!

**Note: SeamlessMD is not monitored 24/7 by your healthcare team. if you have a serious concern, please contact your healthcare team/surgeon's office.*

If you have any **technical** questions, please email: support@seamless.md.
All medical questions should be directed to your healthcare team.

