What is SeamlessMD?

Oak Valley Health

SeamlessMD is a digital, **step-by-step guide** to help you prepare for your surgery and recover faster afterwards.

How will it help me?

Patients at Oak Valley Health using SeamlessMD are less like to be readmitted after surgery.

SeamlessMD will guide you through the stages of your procedure:

1. Before your surgery
You will get a library, messages, reminders, and a to-do list to help keep you on track for your surgery.

2. After your surgery (recovery at home)
You will get a library, messages, reminders, and a to-do list about what to expect and how to heal well at home. You will also get Daily Health Checks to give you feedback on your recovery.

A nurse will be monitoring your responses but please note that the program is not monitored 24/7. If you have a serious concern, please contact your healthcare team.

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

How do I sign up?

To sign up:
1. Your healthcare team will enroll you on to the program when your surgery is scheduled.
2. Make sure your device is connected to Wi-Fi.
3. Check your email for a 'Welcome to SeamlessMD' email. In the email, press on the **blue** button 'Click here to start'.

To log back in:
- For desktop/laptop use, go to https://oakvalleyhealth.seamless.md/
- For mobile use, download the 'SeamlessMD' app from the Google Play Store or Apple App Store.
- Your username is your email address.

For **technical** questions, please email support@seamless.md.
For **medical** questions, please talk to your healthcare team.

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