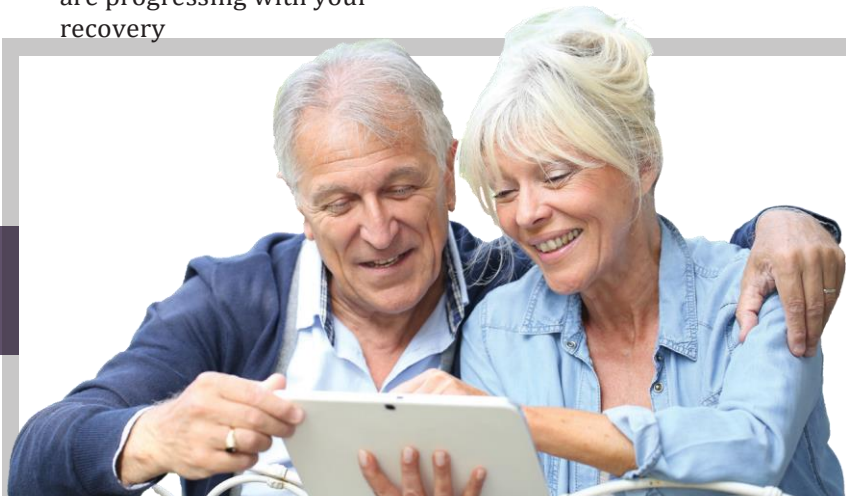


Your decision to schedule surgery can help you get on the road to recovery faster, so you can get back to doing what you love. We are here to help you feel prepared and remain comfortable throughout your surgical journey.

Think of RecoveryCOACH as your personal, interactive online coach, available before, during and after your surgery.

- Receive information at the right time, when you need it most
- Share with family members, so they can support you
- Allow your healthcare provider to keep a virtual eye on you
- Communicate how prepared you are feeling and how you are progressing with your recovery
- Review educational materials prior to surgery, such as how to prepare your home for recovery
- Understand what to expect after surgery and manage your recovery with exercises and self care



What can you expect from RecoveryCOACH?

- Access information to help prepare for surgery
- Stay connected with guidance every step of the way
- Inform your healthcare provider of important information about your home, who is going to support you, how prepared you are feeling, and your recovery progress

How do you access RecoveryCOACH?

Your healthcare provider will automatically enroll you when your surgery is scheduled. Once your enrollment is complete, you will receive an email with your login instructions.

It is easy to access RecoveryCOACH on any computer or smartphone. All you need is an internet connection and an email address to log in. You can also designate a friend or family member to monitor your account for you and provide support.

Surgery does not have to be overwhelming. With the help of RecoveryCOACH, you can be confident we will be there every step of the way.

For technical support or to reset your RecoveryCOACH password, contact the helpdesk 1-833-419-2509 or patientcare@myrecoverycoach.com

Mobile app available for iPhone and Android users. Search RC-COACH to download and login.



The information included in this material is for informational purposes only and should not be construed as a guarantee of future results or a substitution for medical advice from a healthcare provider. Stryker Performance Solutions does not practice medicine; only a physician can answer your questions regarding your symptoms, diagnosis and treatment.

All surgery carries risk. See your orthopaedic surgeon to discuss your potential benefits and risks. Not all patients will have the same post-operative recovery and activity level. Individual results vary.