

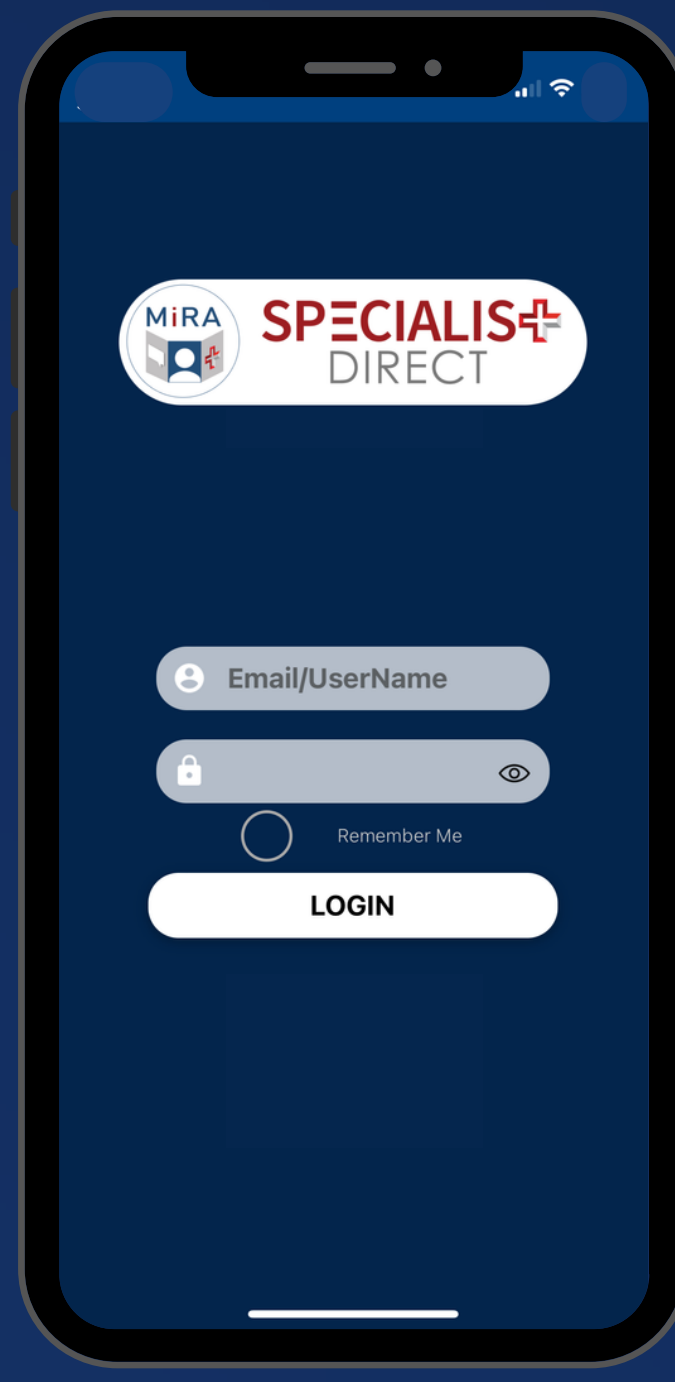
Welcome to MiRA

Empowering athletes through their recovery journey

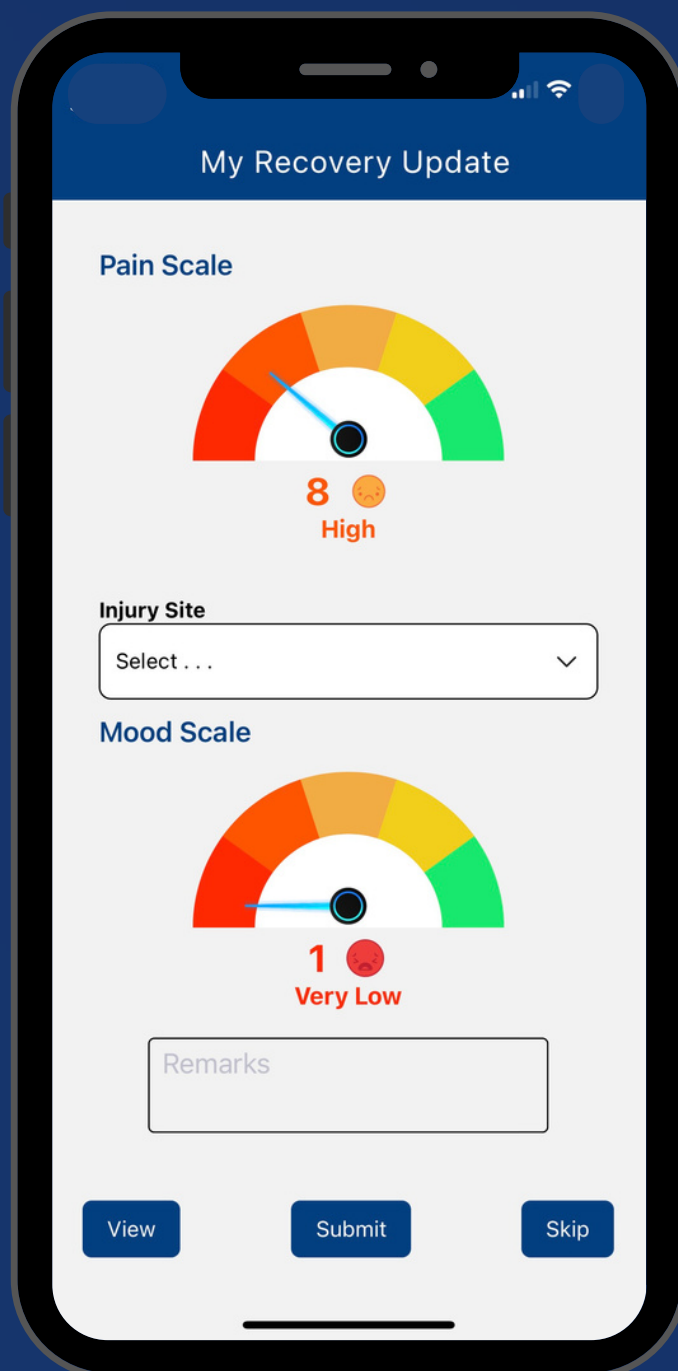


1.- Getting Set Up

- 1.- Check your email to find a Welcome email from MiRA by SD to see your login details.
- 2.- Click the iOS or Android download link to go to the App Store or Play Store (or search MiRA by SD).
- 3.- Download the app
- 4.- Log in using the username and password provided. This will generate a code (OTP) sent to your email and registered mobile number.
- 5.- Enter the code into the app.
- 6.- Read through (scroll down) and accept the user terms of use.



2.- Recovery Update



- 1.- The first time you log in you will be prompted to put in your pain and mood status. You will also be prompted each day if you have a current injury or illness.
- 2.- Click the triple-line menu icon on the top left corner.
- 3.- Click "Profile" and change your password, set your time zone and your notification preference.

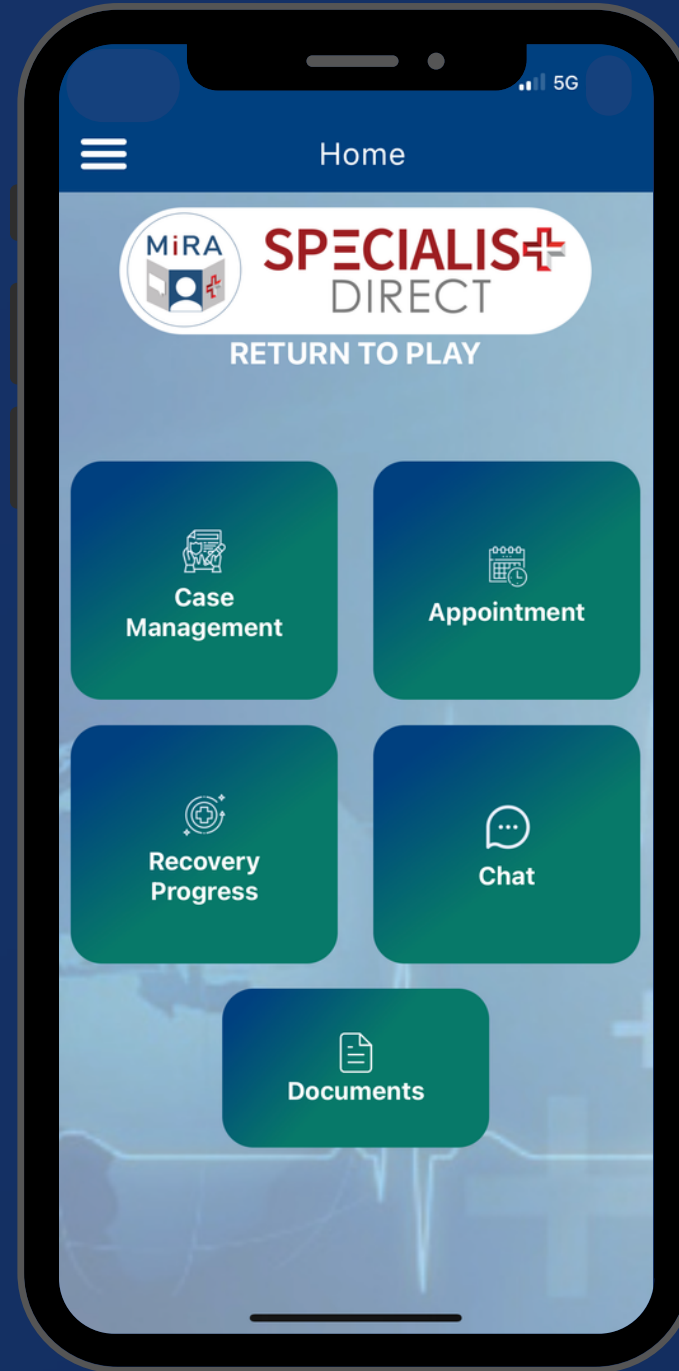
3.- Around the App

CASE MANAGEMENT

Access your case (your club rehab professional/club associate will need to set up the case when you are injured or unwell).

RECOVERY PROGRESS

View your recovery progress graph.



APPOINTMENTS

Make an Appointment with your rehab professional/coach or team manager to discuss your progress.

CHAT

Chat with your rehab professional/coach to share updates with your case manager or others involved in your recovery journey.

DOCUMENT UPLOADS

The document feature allows you to upload any documents relevant to your injury and any documents that you feel may assist you with your training or recovery. File types must be JPEG, PNG, or PDF formats.

4.- Reporting an Injury



You can report an injury by reaching out to your club's case admins through the chat function.

Start a chat with them and tell them about the injury. They can then proceed to open a case for you.

Once the case has been created, you will be able to see this under the Case Management menu.

Trouble Logging In?

- Send a short email to support@specialist.direct and we will resend your invitation and generate a new password.
- Click "remember me" so that you don't need to retype it in the future.
- Click the triple-line menu icon on the top left corner.

You are all set | Thank you