

# Welcome to Mira

Empowering athletes through their recovery journey



## 1.- Getting Set Up

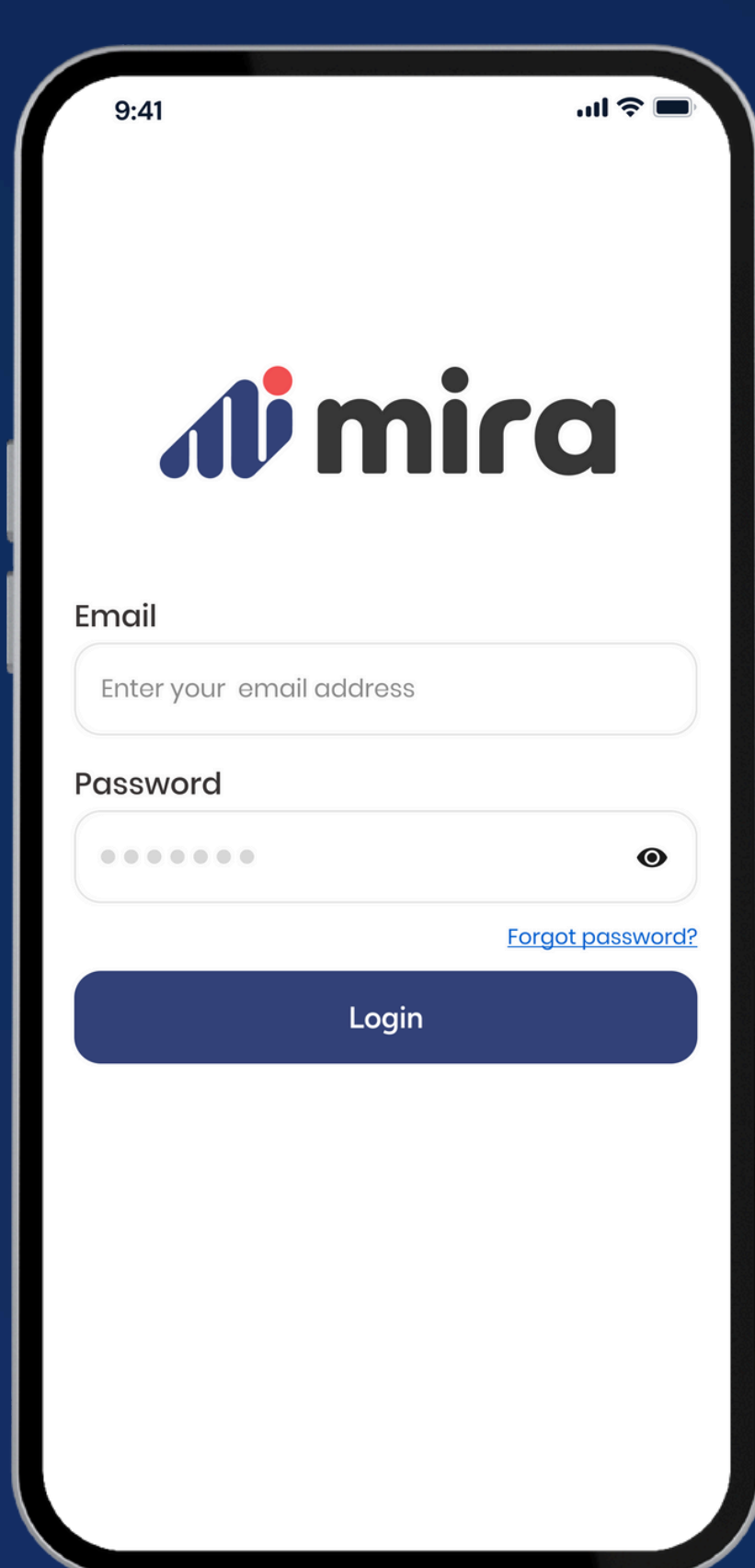
✉ 1.- Check your email to find a “Welcome to MIRA” email from “specialist.direct” to find your login details.

⚠ Wait for the email to be sent.

⚠ Note that password is case-sensitive and space-sensitive.

🖱 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



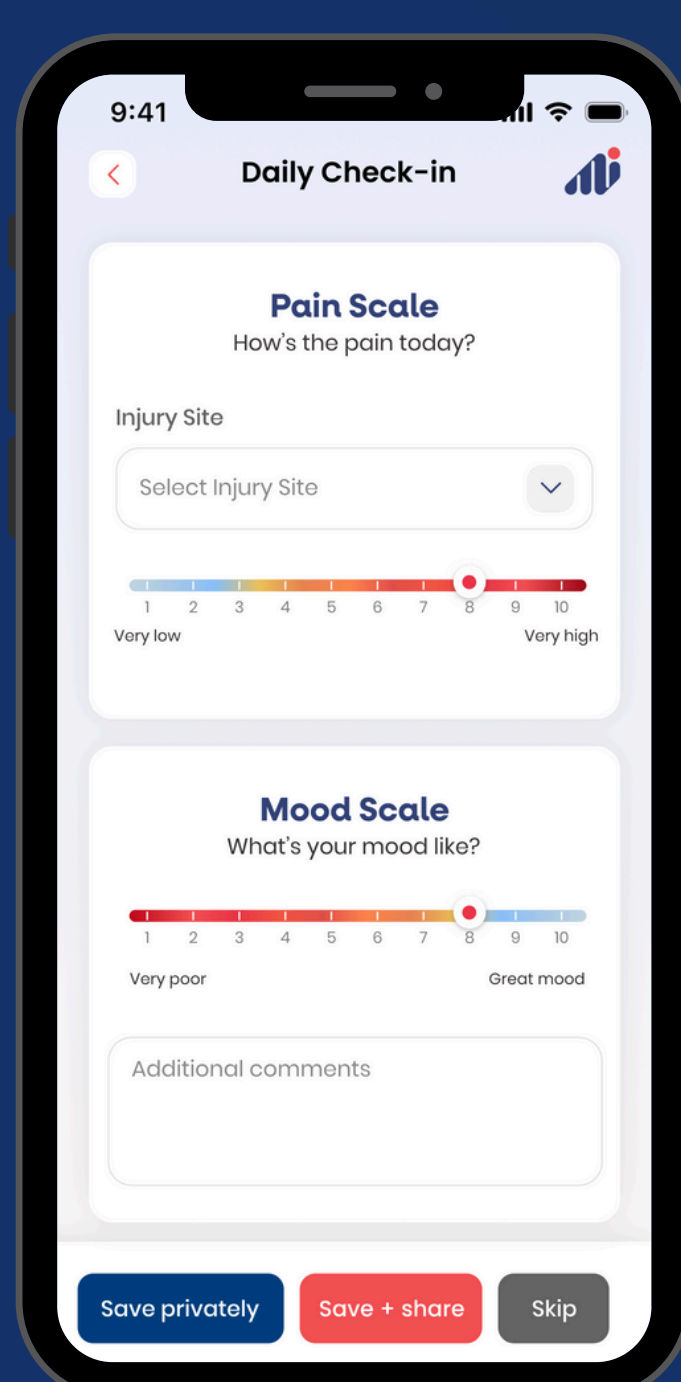
👤 4.- Log in using the username and password provided. This will generate a **code** (OTP) sent to your email and registered mobile number.

⚠ Note that the code is only provided during your first login.

✉ 5.- Enter the code into the app.

📄 6.- Read through (scroll down) and accept the users' terms of use.

## 2.- Recovery Update



The first time you log in, and during the length of your recovery journey (open case with an injury or illness), you will be prompted to record your pain and mood status.

This will be read by your recovery team.

## 3.- Around the App

### CASE MANAGEMENT

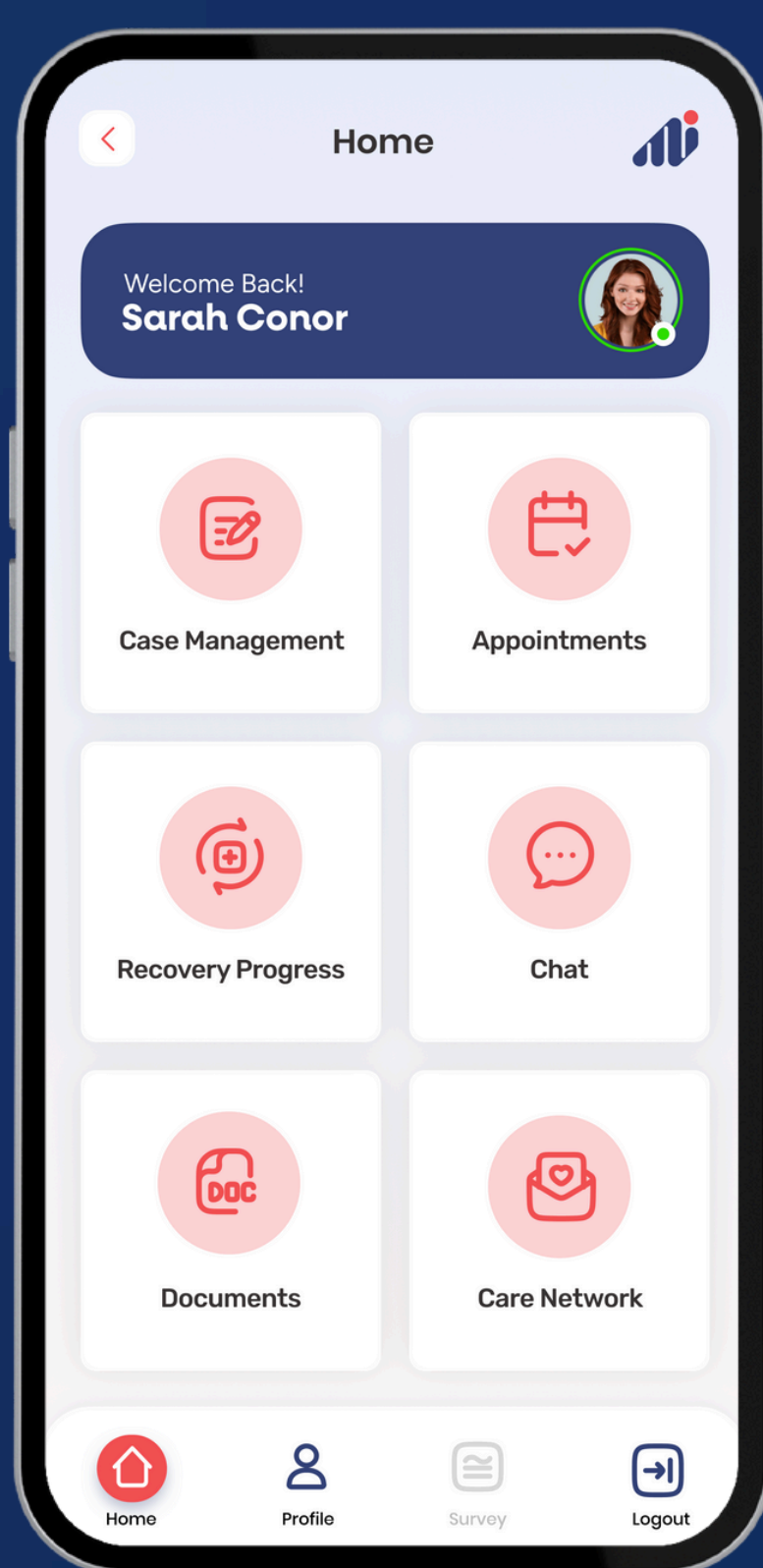
Access your case (your club rehab professional/club associate will need to set up a case when you are injured or unwell).

### RECOVERY PROGRESS

View your recovery progress graph.

### DOCUMENT UPLOAD

Upload any documents relevant to your injury or illness, like lab results, medical certificates or clearance. File types must be JPEG, PNG, or PDF formats.



### 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.

### CARE NETWORK

Access a network of trusted health professionals.

### Profile

Change your password, set your time zone and your notification preference.

## 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](mailto: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**