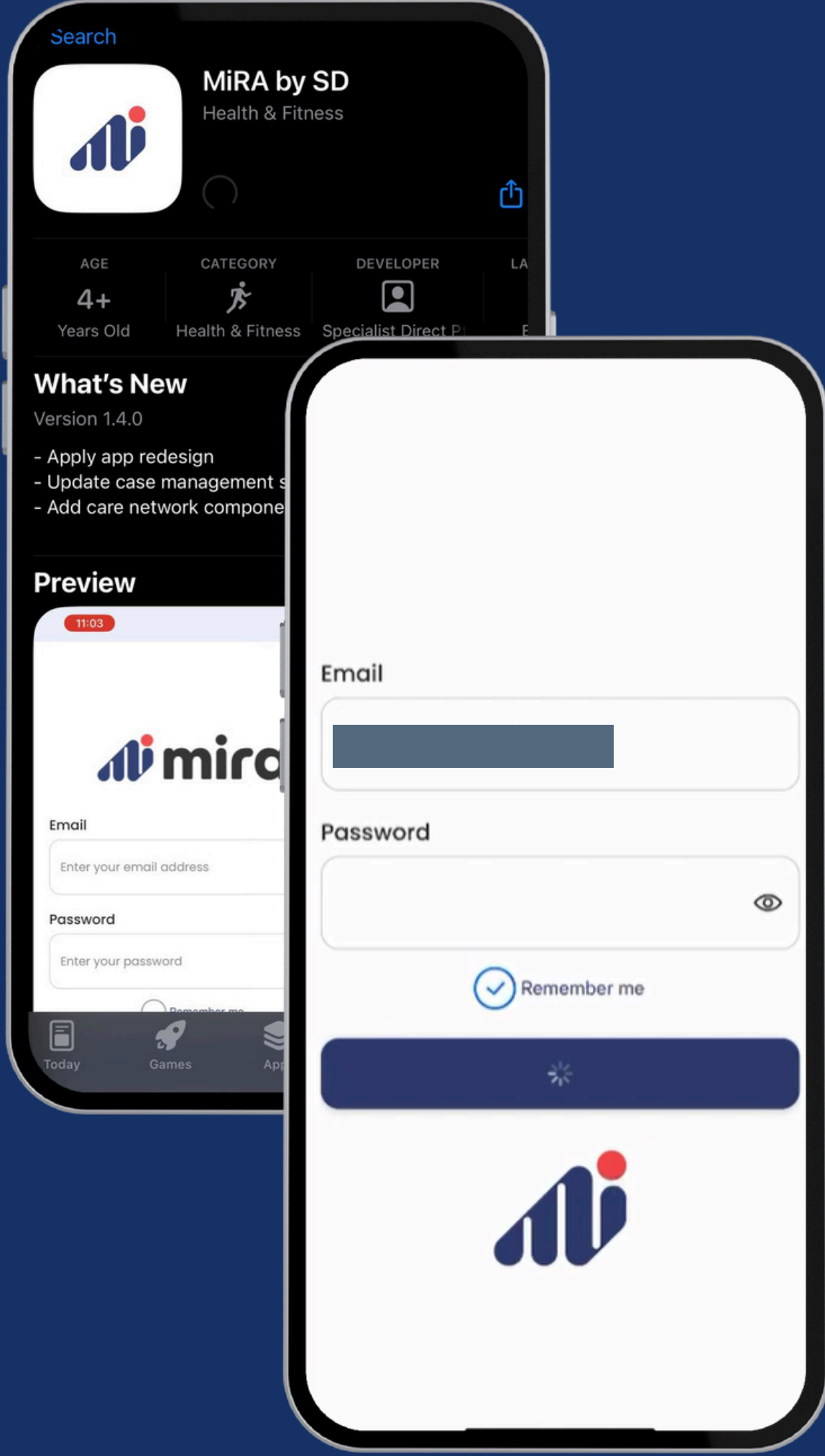


Getting Around Mira

Let us take you through our platform



Getting Set Up



Account Creation:

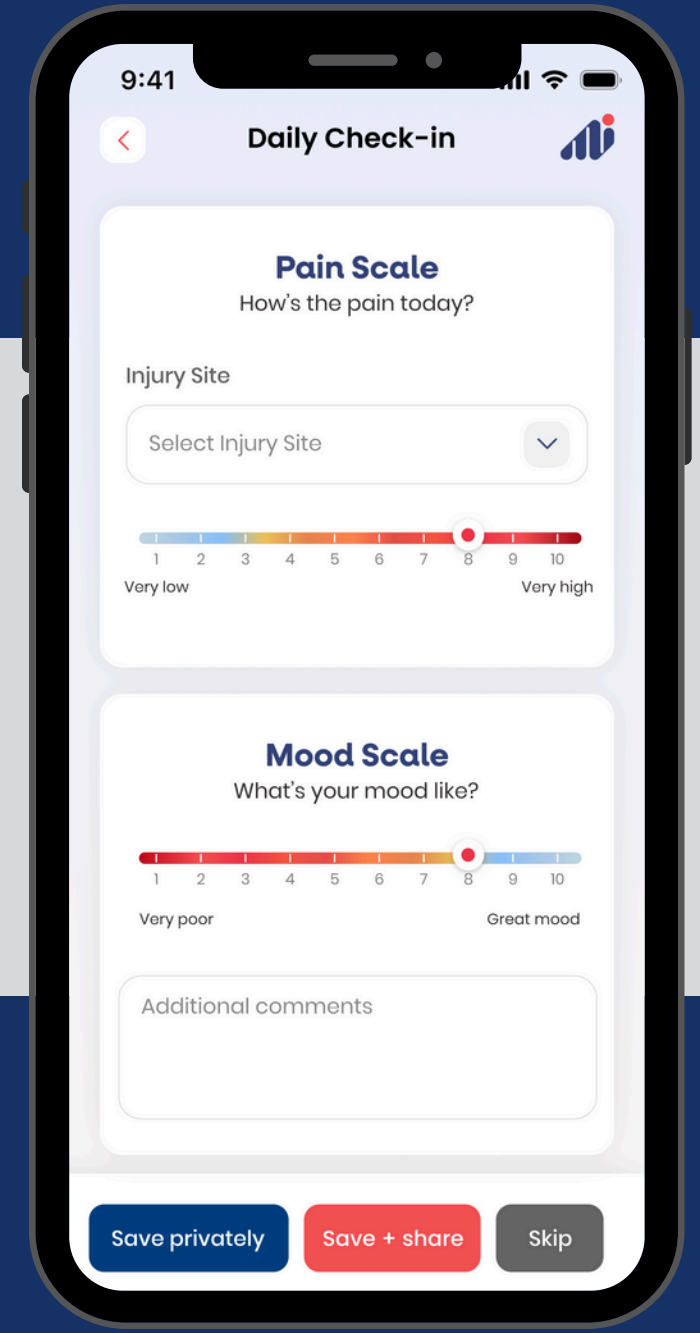
Your organisation or sports club will provide you with login credentials.

First log-in:

- Download the **Mira by SD** app from your device's app store.
- Open the app and enter the provided username (your email) and password.
- Upon logging in for the first time, a verification **code** will be sent to your registered email and phone number.
- Enter the verification code in the app to complete the authentication process.
- Click "Profile" and **change your password**, set your time zone and your notifications preference.

Pain & Mood Input

If you have an open case for an injury or illness, you will be prompted to input how are you feeling every day in the morning and afternoon.

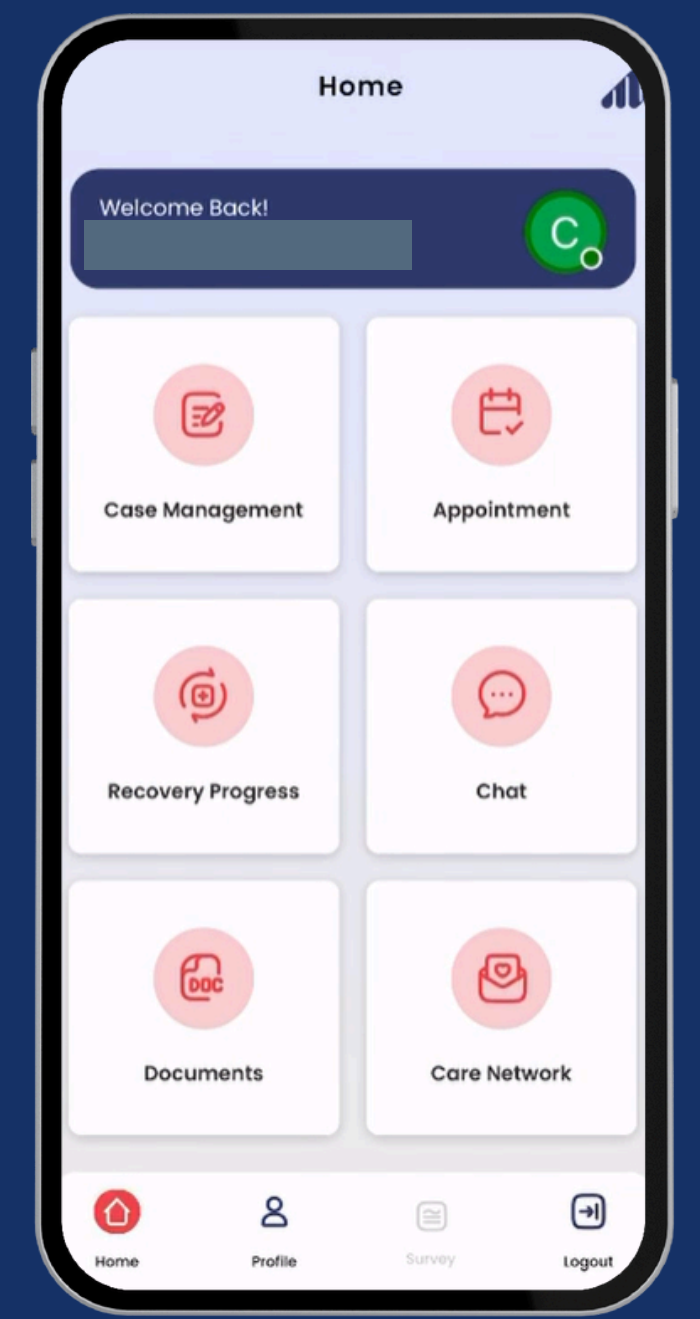


The Dashboard

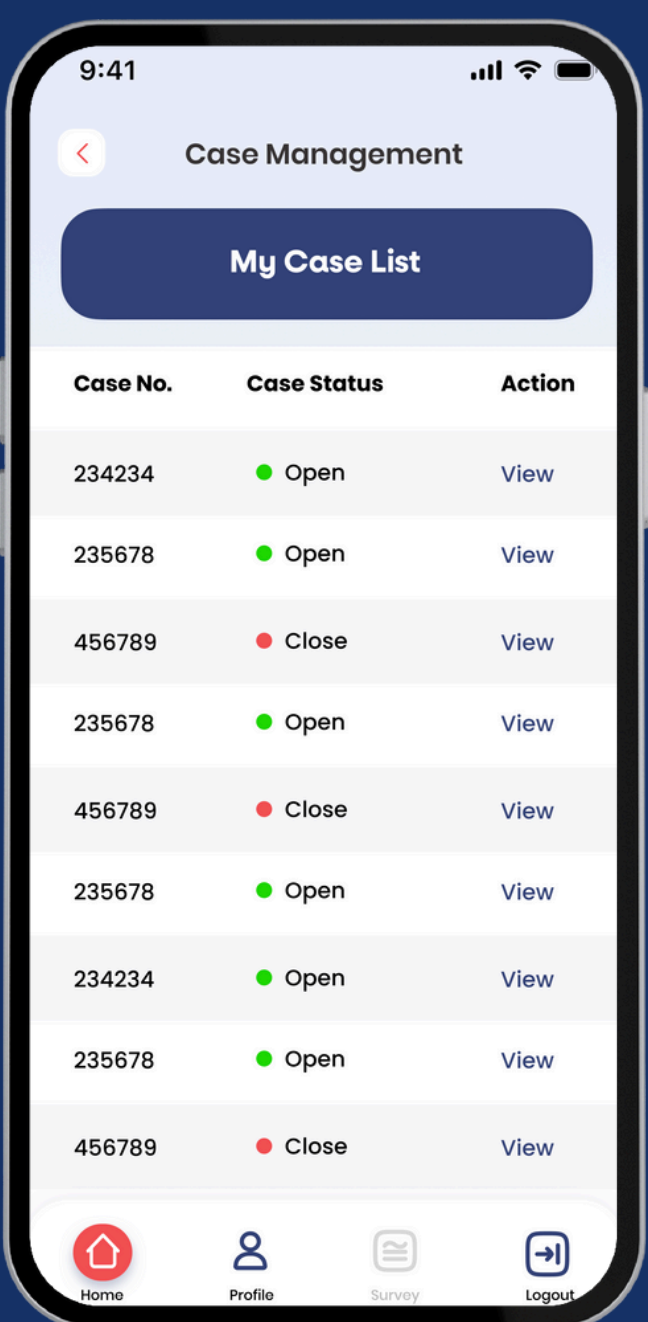
Dashboard Overview

After logging in, you'll land on the Dashboard, which provides easy access to everything you need to keep track of your recovery journey:

- **Case Management:** Manage and view your cases.
- **Appointments:** Schedule and view upcoming appointments with your recovery team.
- **Recovery Progress:** Track pain and mood levels.
- **Chat:** Connect with your recovery team.
- **Documents:** Upload, access and manage all files related to your recovery journey.
- **Care Network:** Explore featured healthcare partners.

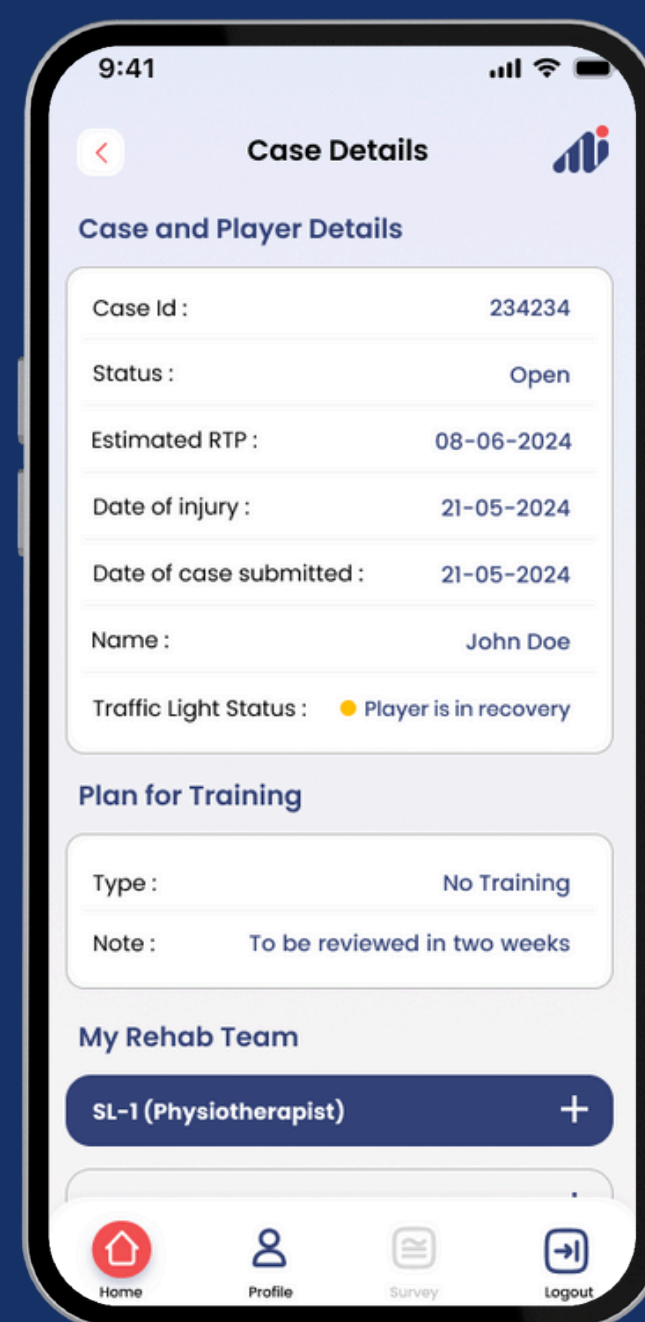


Case Management



My Case List:

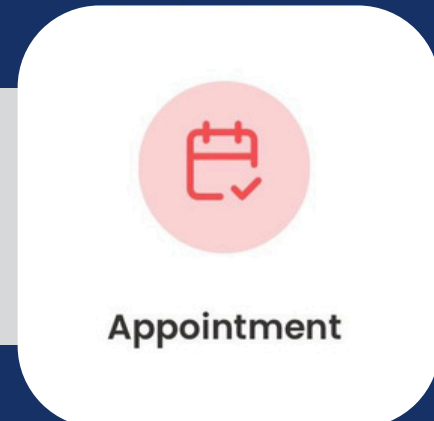
View a list of your cases with details like Case Number, Status (open/closed), and Actions.



View Case:

Tap "View" to access specific case details like your availability, training plan, rehab team, case notes and link documents associated.

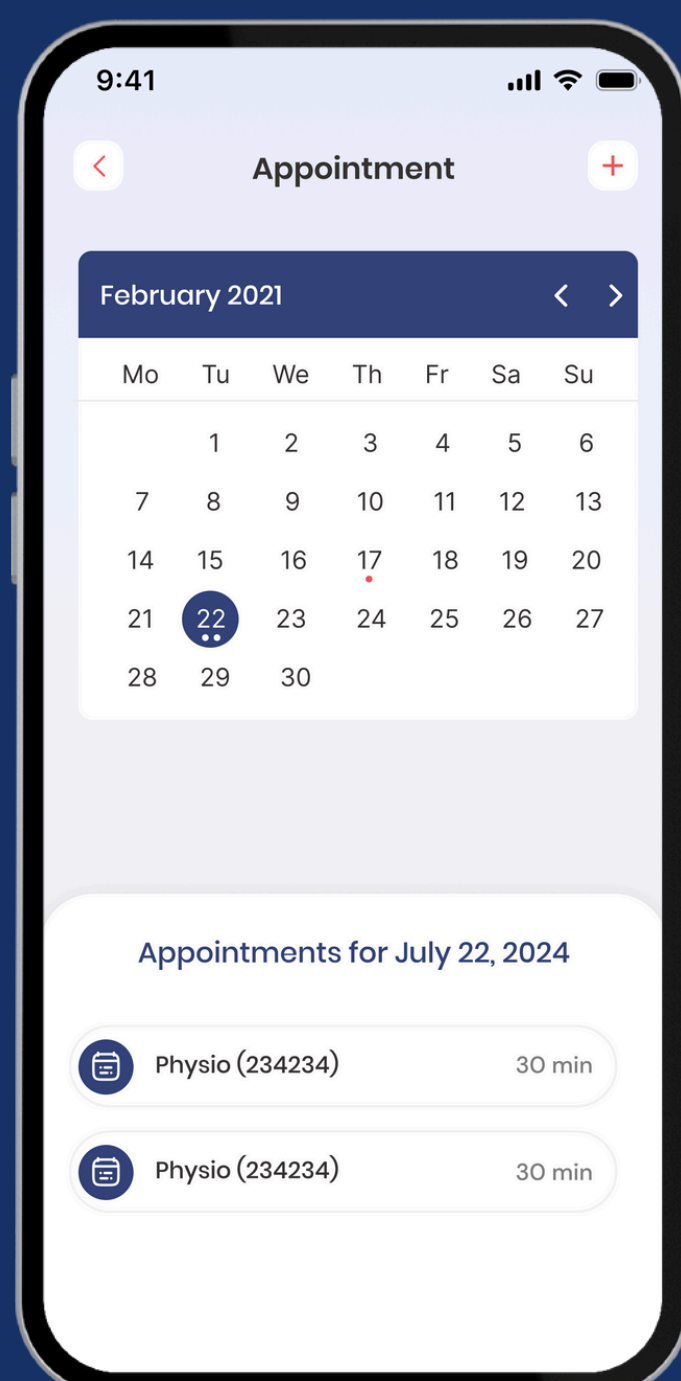
Appointment



Calendar System:

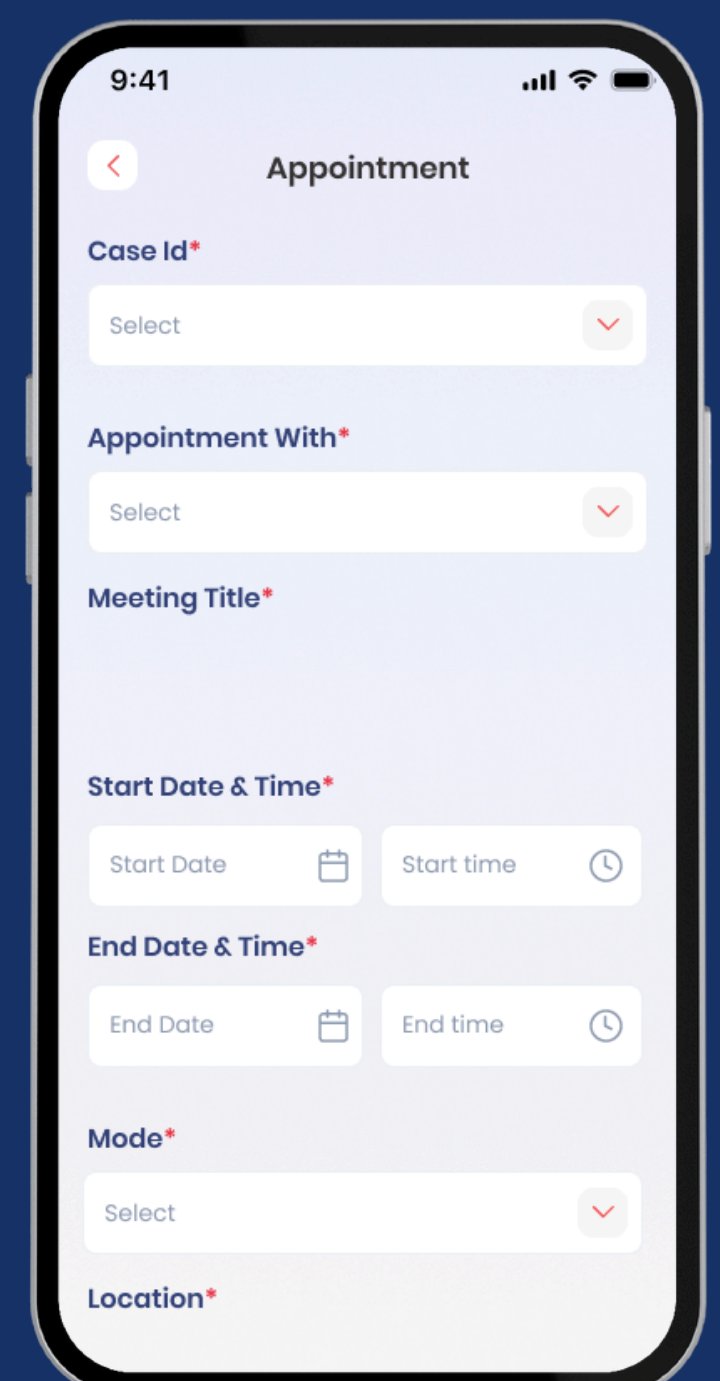
Book and manage appointments with your care team, coaches or case managers.

- Tap on a date to view and manage appointments.
- Tap on the '+' button to create a new appointment.



Create Appointment:

- Schedule a date and time.
- Link a case id.
- Select invitees to get invitations sent automatically.
- Select whether the session is in-person or online (paste meeting).

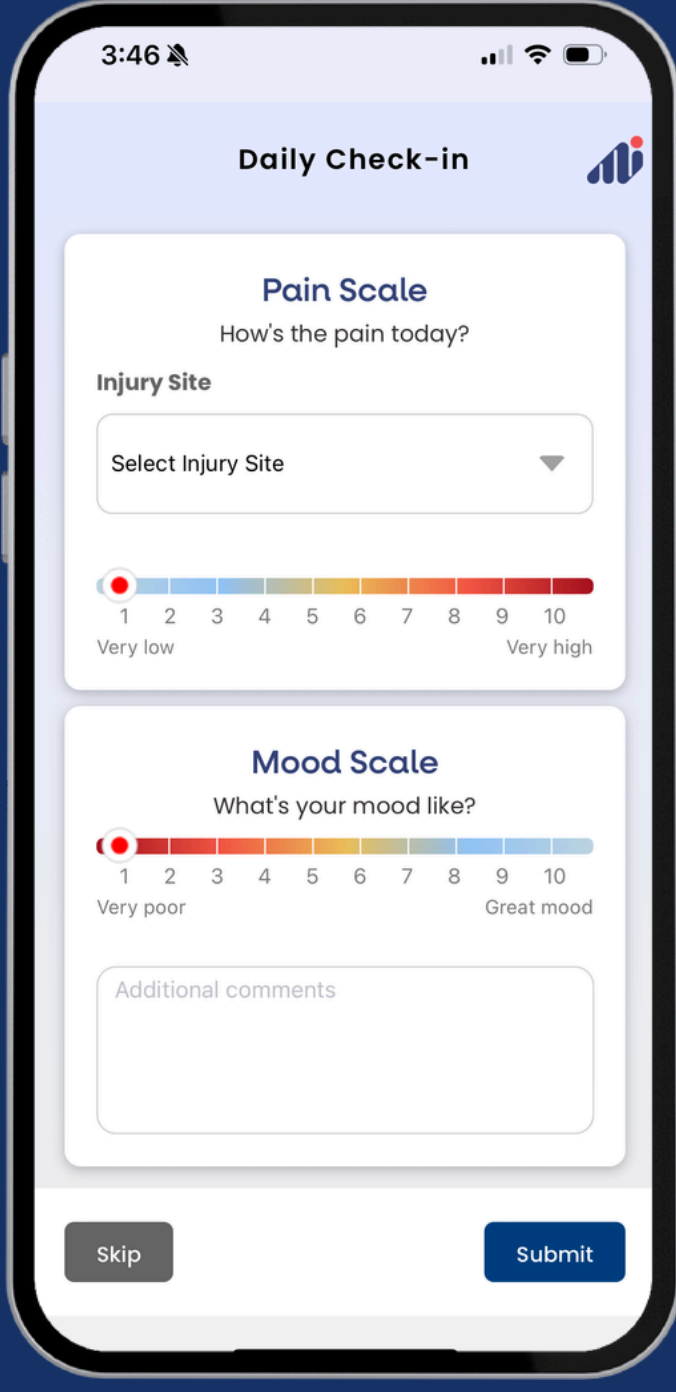




Recovery Progress

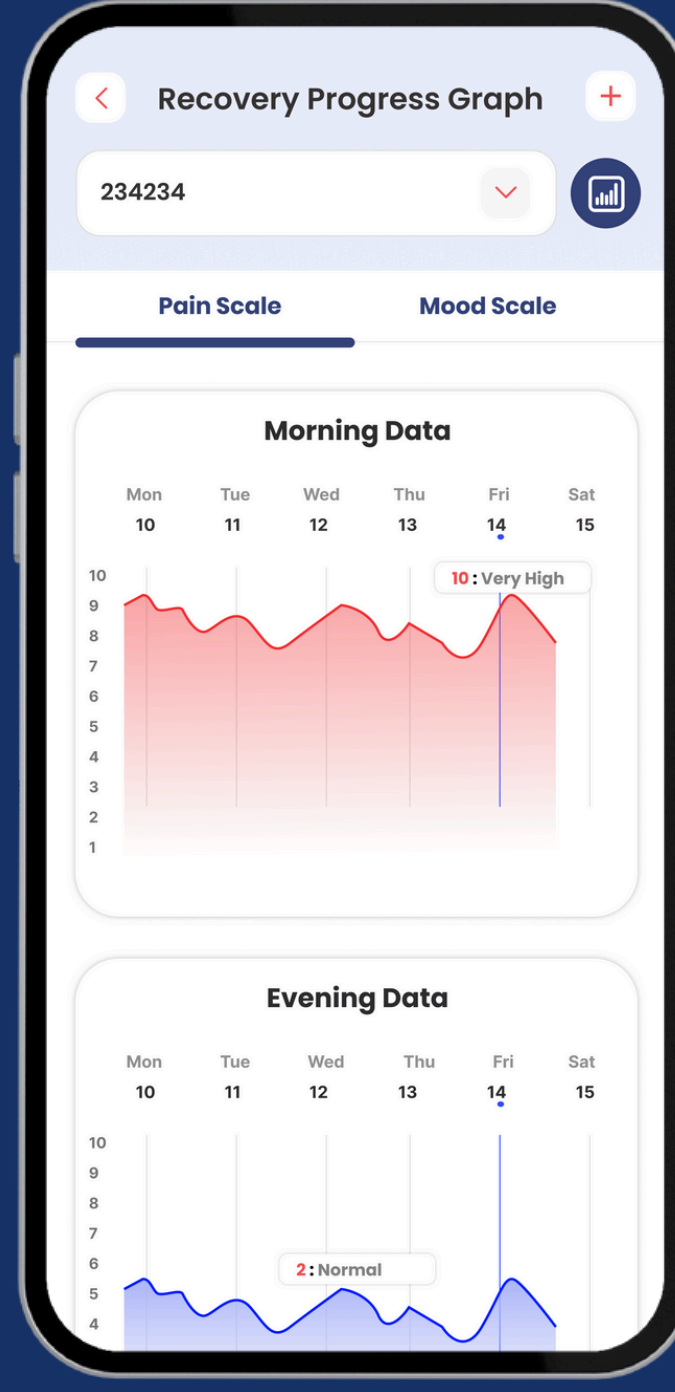
This key feature keeps your care team informed about your recovery journey daily, allowing them to assist you in a timely manner whether you need extra support or are recovering faster than expected.

This is Mira's most important feature!



Pain and Mood Tracking:

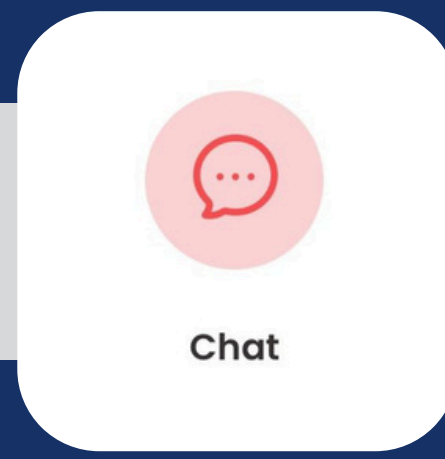
If you have an open case, you will be prompted to log your pain and mood levels in the morning and the afternoon. You can add additional comments.



The data collected from pain and mood levels creates charts that can be viewed* in the Recovery Progress section, allowing you to track your progress and alert or discuss changes with your care team.

*By default, you can see your pain and mood levels for the past 7 days. Adjust the date to see the previous weeks.

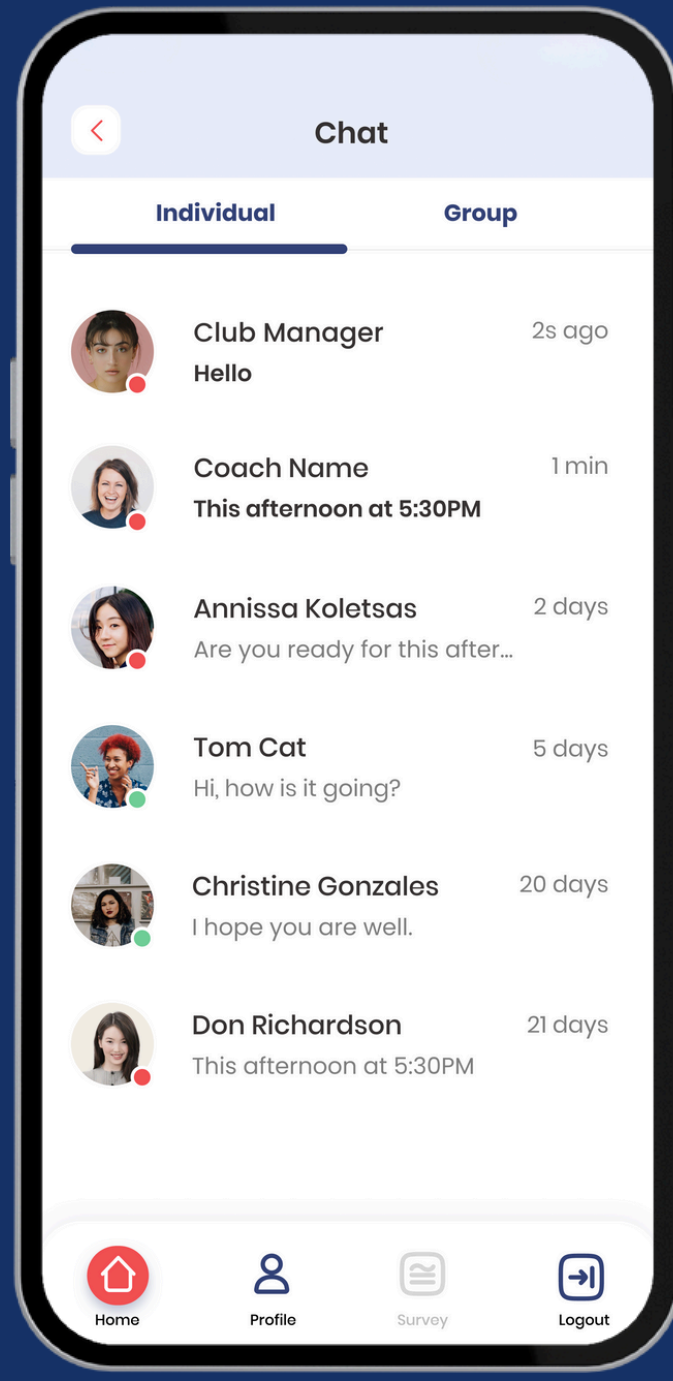
Chat



Stay in touch:

Chat one-on-one with everyone in your recovery team.

- Use the chat to report injuries: find your club official under "Individual".
- If you want to create a group, message your club official.

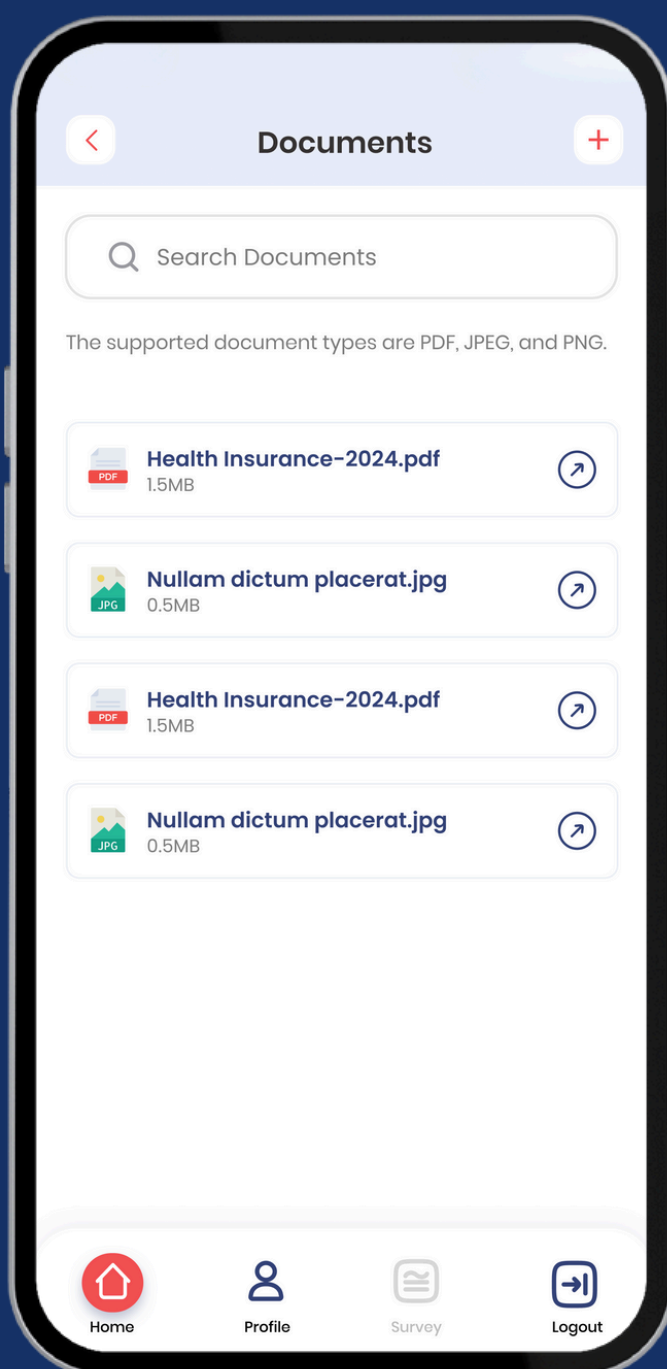


Having one centralised channel to communicate makes it easier to keep tabs on your recovery journey and timely raise concerns. Forget about calls or SMS that get lost.



Documents

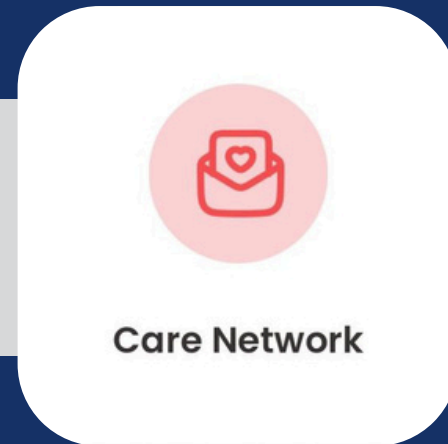
Documents



Safely store and manage all your documents related to your recovery journey:

- Keep track of medical certificates, referrals, medical clearance, and more.
- Use the search features for easy retrieval.
- Documents are saved locally in the Mira app. They are not shared with anyone else until you decide to link them to a case (from the Case Management tab).

Care Network



Browse Partners:

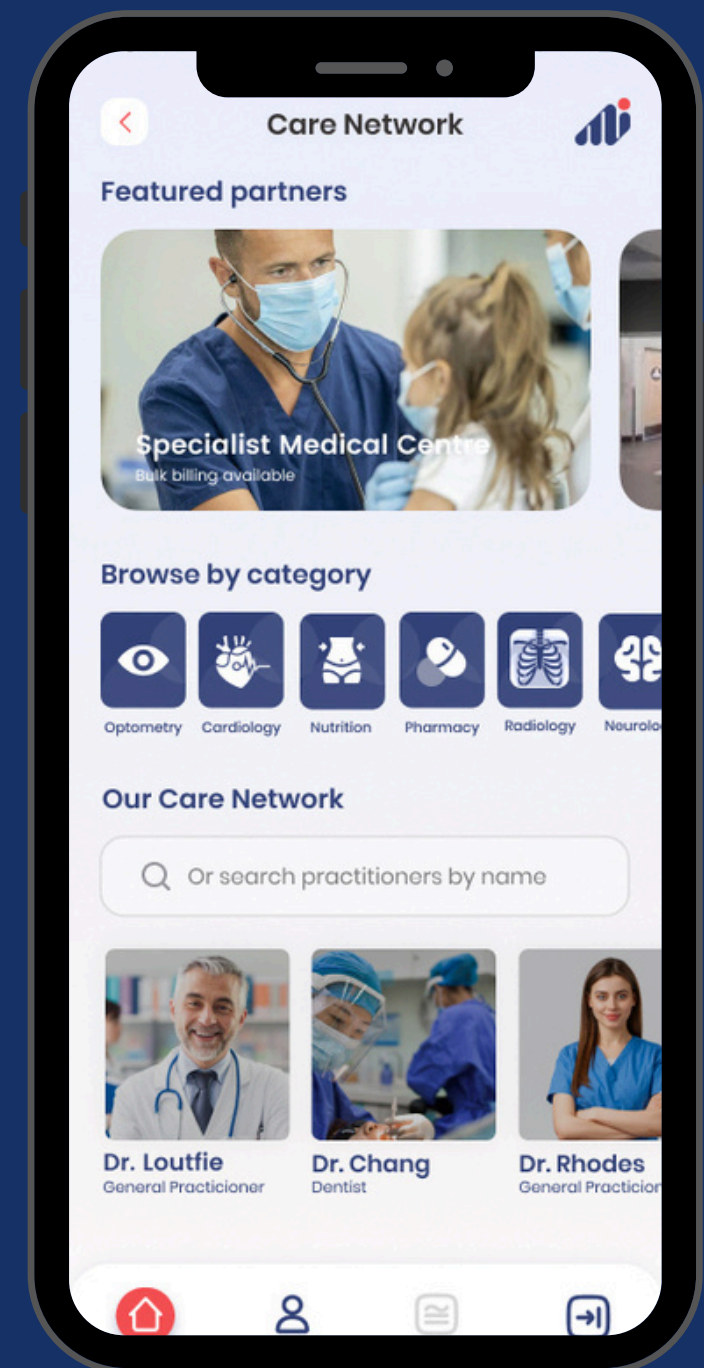
- Discover featured providers in categories such as mental health, respiratory care, physiotherapy, pharmacy, and radiology.

Resources:

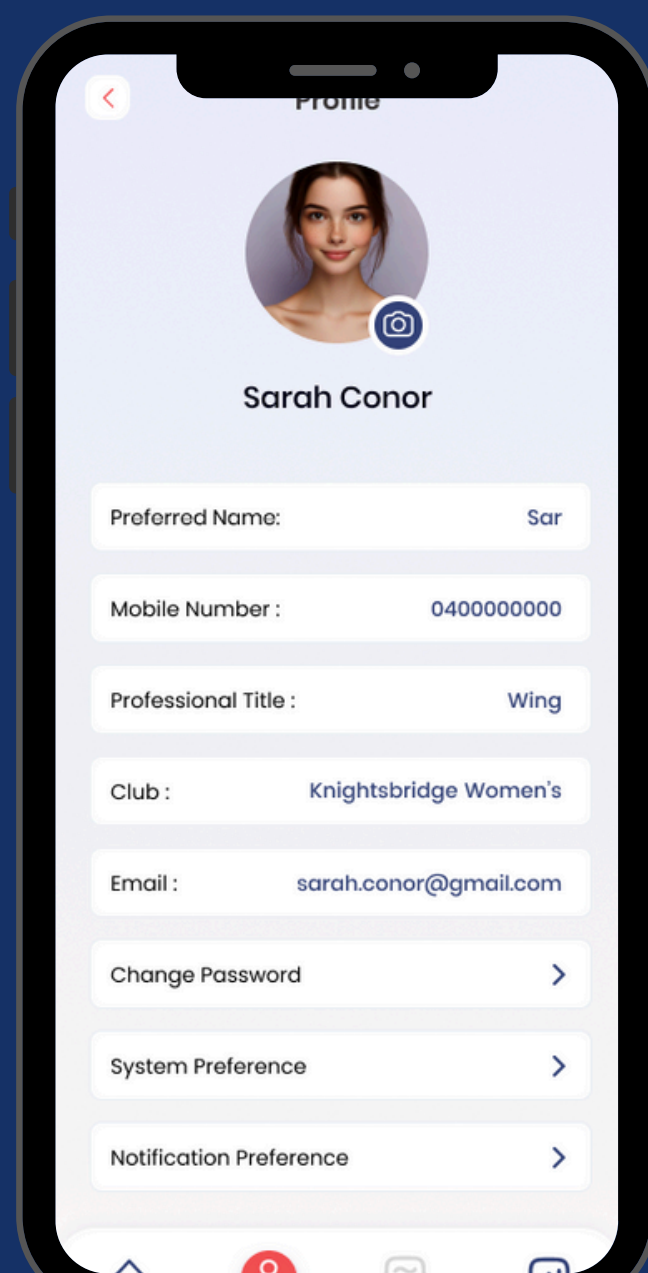
- Find resources on health, recovery, wellbeing and relevant club programs and guidelines.

Book Appointments:

- Connect directly with doctors and care teams.



Profile



Personal Information:

- View your name, preferred name, mobile number, and professional title (e.g., "Player").
- View your club affiliation and email address.
- If you require any changes, contact your case managers or club official

Change Password:

- Update your password from this section.

System Preferences:

- Set your timezone and notification preferences.

Logout

Tap the Logout button to securely exit the app.

