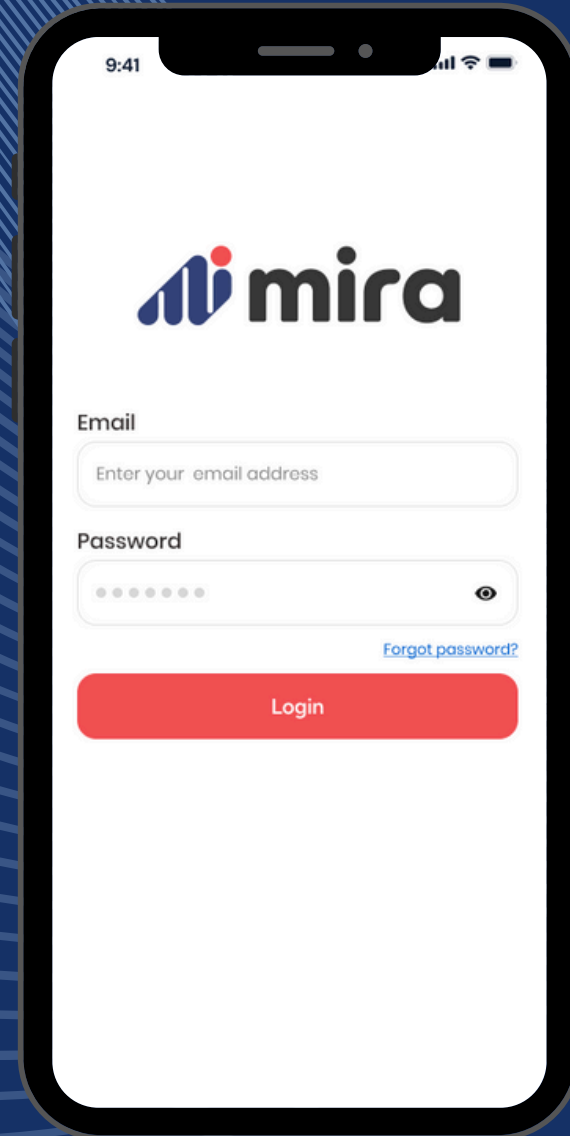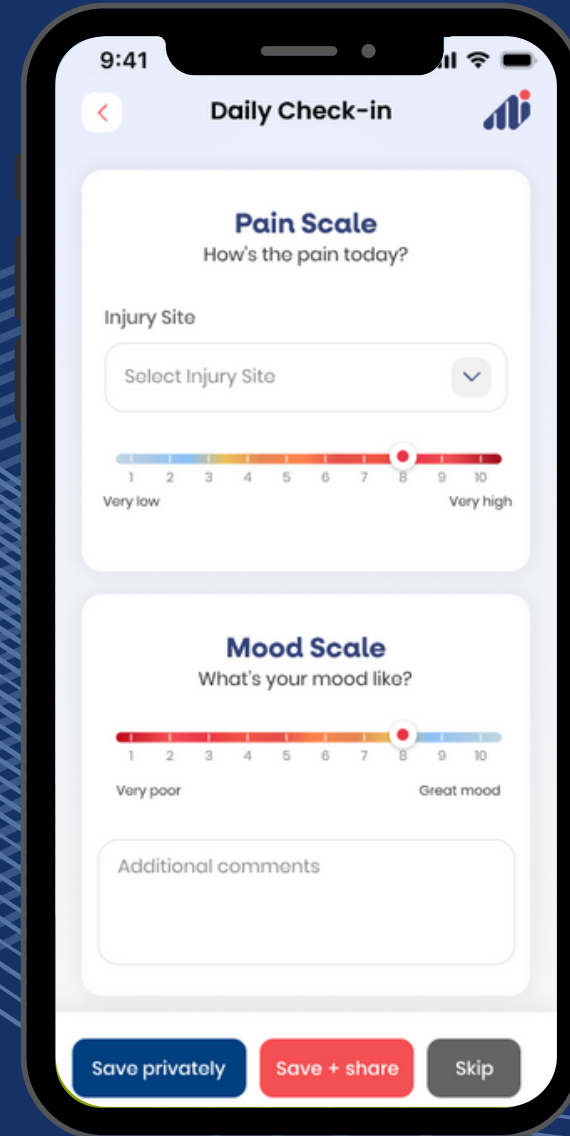# Training Video - Players

Click each of the title below to watch the user guide on YouTube
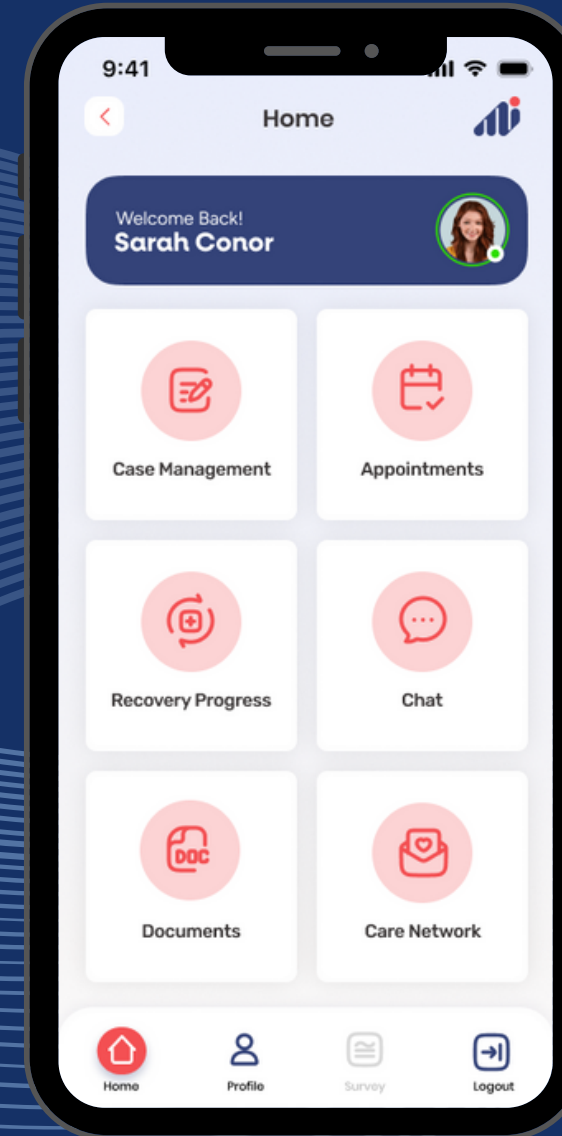
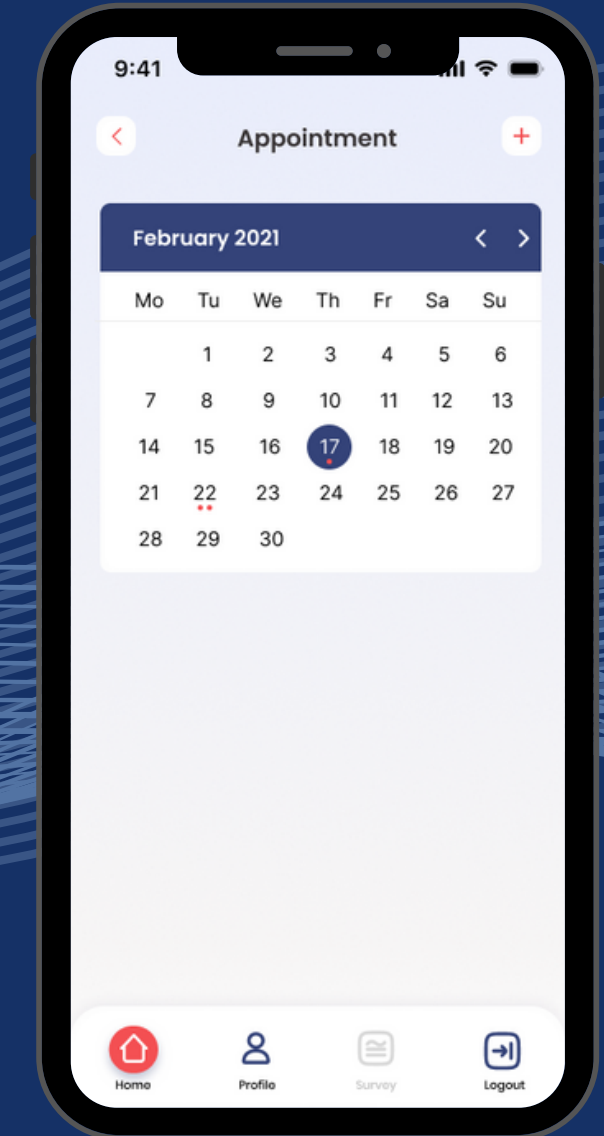| Getting Set Up	Recovery Update	Around the App	Reporting Injury & Case Management	Mira Calendar
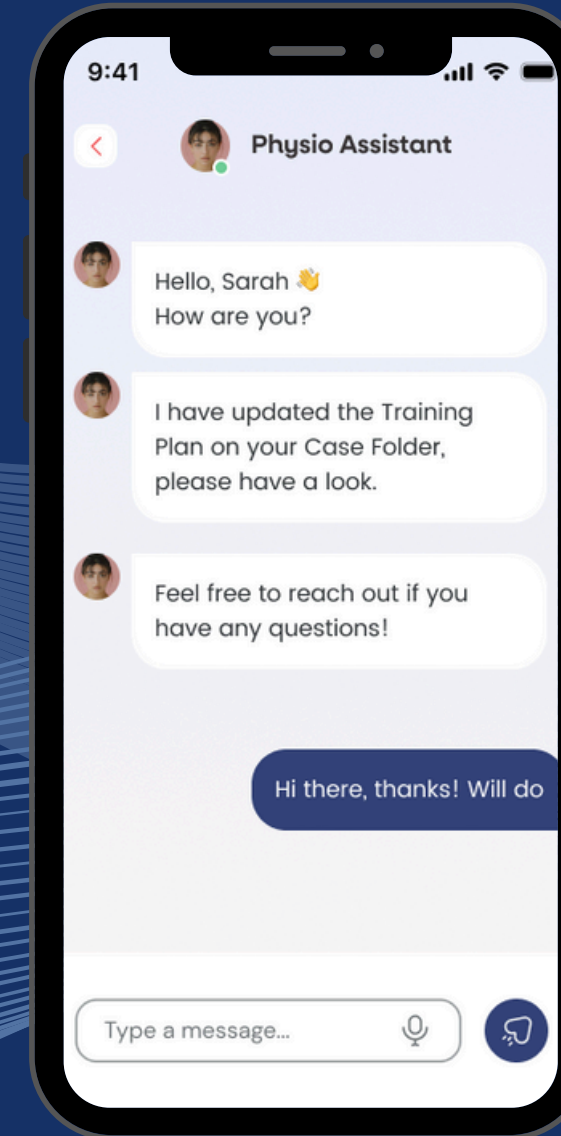
Document Upload Feature

The document feature is available for you to upload any documents relevant to your injury. You can also upload any documents that you feel may assist you with your training, recovery. When uploading a file, just make sure that there is no space in the file name, and it is either a JPEG, PNG or PDF formats. Documents uploaded in this section, will be easily accessible from your Case Management menu, under Files From App