

Welcome to Mira

Empowering people through their recovery journey



1.- Getting Set Up

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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.
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2. Click the iOS or Android download link to go to the App Store or Play Store (or search Mira by SD).
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3. Download the app
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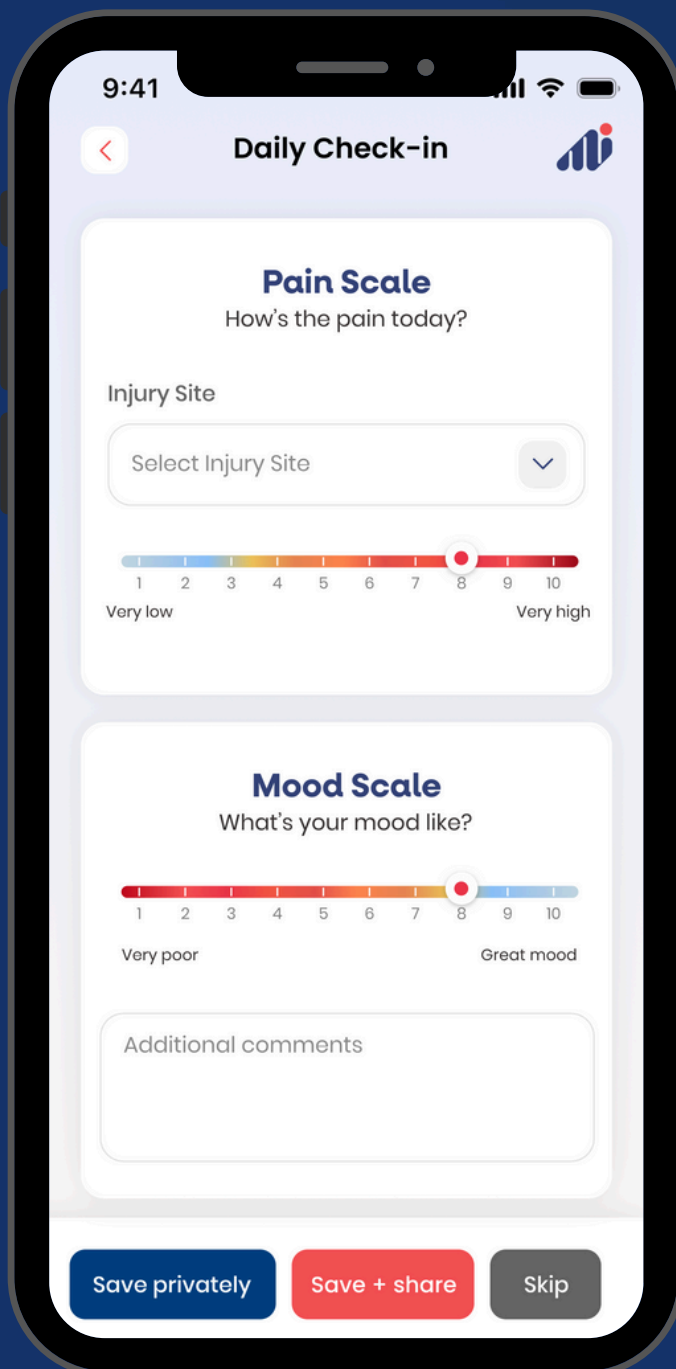
4. Log in using the username and password provided. This will generate a **code** (OTP) sent to your email and registered mobile number.

⚠️ Note that the code is only provided during your first login.
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5. Enter the code into the app.
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6. Read through (scroll down) and accept the users’ terms of use.

2.- Recovery Update



The first time you log in and throughout your recovery journey (if you have an 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 support team.

3.- Around the App

- CASE MANAGEMENT**
Access your case (your case manager will need to set up a case when you are injured or unwell).

RECOVERY PROGRESS
View your recovery progress graph to reflect on your recovery.

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.
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- APPOINTMENTS**
Make an Appointment with your care team or case manager to discuss your progress.

CHAT
Chat with your care team, 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 (to enable Google/Outlook Calendar Integration) and your notification preference.

4.- Reporting an Illness / Injury





You can **report** an illness / injury by contacting your **manager or case manager** through the **chat** function.


Start a chat with them and tell them about your condition. They can then proceed to **open a case** on your behalf.

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

Trouble Logging In?

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

You are all set | Thank you