

# Support & manage the elective care backlog in the NHS with myOp



## What does the myOp app do?

myOp is a universal intervention designed to support and optimise patients before elective surgery. It combines evidence-based prehab interventions with behavioural change techniques to improve physical and mental fitness and optimise nutrition.

For clinicians it allows for easy risk stratification of patients, allowing those who benefit from more specialist services to be rapidly identified. It also contains 2-way chat and video consultations allowing reduction of face-to-face appointments.

## How can myOp support recovery

1

### Reduced complications

Evidence shows prehab can reduce complications such as chest infections by up to 50%.

2

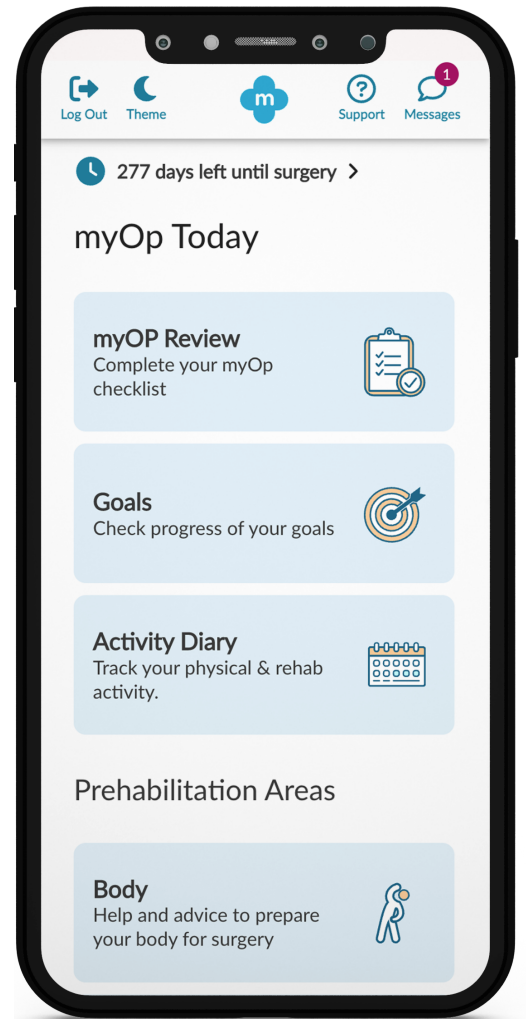
### Decreased length of stay

Depending on type of surgery studies have shown that prehab can reduce LoS by anywhere from 1 to 6 days.

3

### Improved efficiency

Engaging and empowering patients can lead to reduced DNAs, same day cancellations and readmissions.



## The benefits

- Created in collaboration with the NHS
- 2-way chat and video consultations
- Reduced face to face appointments

- The only perioperative app noted in the Perioperative Digital Playbook published by NHSx
- Supports recovery by getting patients fit for surgery

Sign up today to get myOp FREE\* for 6 months at anytime  
Get in touch now to find out more, email: [myOp@mymhealth.com](mailto:myOp@mymhealth.com)

# Why my mhealth?

my mhealth is a clinically led digital therapeutics company based in Bournemouth, UK. We are pleased to present our latest App, myOp, which supports elective recovery by getting patients fit for surgery.

myOp was developed in partnership with the University Hospital of Southampton. It has been selected for funding from NHSx as part of the digital health partnership award and will soon be rolled out at scale across 3 NHS hospital sites. Find out more about this work in the Perioperative Digital Playbook published by NHSx.

NHS waiting lists for elective care have never been higher with over 6 million people waiting for treatment. In the recent delivery plan for tackling the elective care backlog published by NHSE/I the importance of using digital tools and providing additional pre-operative support was highlighted.



**“ I found [myOp] very easy to follow. The breathing exercises are amazing, step by step instruction which afterwards can be accessed easily to perform daily. The goal setting is easy and thought provoking. I wish I had access to this prior to my surgery back in 2008! ”**

*Independent Patient Review*



**“ Prehabilitation and enhanced recovery after surgery should form a key part of current elective recovery plans. ”**

*Professor Mike Grocott BSc MBBS MD FRCA FRCP FFICM  
Professor of Anaesthesia and Critical Care Medicine at the University of Southampton, consultant in Critical Care Medicine at UHSFT, director-designate of the Southampton NIHR Biomedical Research Centre and an NIHR Senior Investigator. Mike served as vice-president of the Royal College of Anaesthetists and is deputy-chair of the national Centre for Perioperative Care.*



**“ The perioperative medicine team at University Hospital Southampton are proud to have worked in partnership with my mhealth to develop and launch myOp. ”**

*Professor Denny Levett PhD, MRCP, FRCA, FFICM  
Professor in Perioperative Medicine and Critical Care at the University of Southampton and a Consultant in Perioperative Medicine at Southampton University Hospital NHS Foundation trust (UHS).*

**Sign up today to get myOp FREE\* for 6 months at anytime**  
**Get in touch now to find out more, email: [myOp@mymhealth.com](mailto:myOp@mymhealth.com)**

\*Terms and conditions apply, post the 6 month free period, a break clause will be reviewed and the option to break away from using myOp will be offered. Alternatively, If there is a desire to continue using myOp, the contract will then run into a term based contract with associated costs, relative to the patient numbers accessing the platform.