Manage and enhance your self-care by using the iMHere App!

iMHere is an app you can use to help you manage issues related to your health.

The iMHere App allows you to:

▸ **Schedule** reminders for your medications or bowel and bladder routines
▸ **Track** your mood, nutrition, and physical activity
▸ **Store** important health information
▸ **Learn** about Spina Bifida and other educational topics

Instructions to install and activate the app:

1. After being prescribed the app by your physician, you will receive an email with an activation code and a link to download the app. Note that the email might have gone to your spam/junk or promotions folder.
2. Click on the download link.
3. Enter your activation code.
4. Restart the app.
5. Congrats! You are ready to begin using the **iMHere App**!

Visit the **Guidance Hub** for more detailed information. The Hub contains videos that show you how to use the app, and more detailed instructions for activating the app. You can also visit our **website** for more information. Questions? Contact Cheyenne Hennen: **chh406@pitt.edu**.

iMHere

Scan to activate iMHere

Scan to watch videos