

Say “hello” to the latest member of your treatment team.

Recovery Record is an eating disorder recovery app that fits seamlessly into your life and links with your treatment team to help you achieve lasting recovery.



What a difference!

Over 300,000 people who use Recovery Record see improvements in their treatment and health. This is what Recovery Record users say:

95%

Feel more connected to their treatment team

89%

Recovery Record helped prevent them getting worse

95%

Recommend Recovery Record to others with eating disorders

Why does it work?

We know that skills for recovery can be strengthened with practice – Recovery Record has turned decades of scientific research into simple tasks that fit into your life, empowering you to build and master the skills for lasting recovery.



✓ Monitoring behaviors, thoughts and feelings is the beginning of becoming an expert in your eating problem.

✓ Using healthy coping skills will help you challenge and change unwanted behaviors.

✓ Informed care is better care. Your treatment team will be fully equipped to help you succeed.

Ready to go?

Install: Go to the App Store on your Android or iPhone. Type in "Recovery Record" and click Install.

STEP 1. INSTALL

Link: Ask your clinician for their 5-digit Link Code. Type this code into Clinician Connect and click Invite. Once linked, your data will be securely sent to your clinician's app.

STEP 2. LINK

Explore: Head to the menu and check out the features. Go to **Settings** and customize your app to fit you. Be sure to enable Push Notifications – Recovery Record works best with these on!

STEP 3. EXPLORE

Your Data



Clinician Link: You can link with as many members of your treatment team as you like. When you link with a Clinician, you give them permission to see all of your data. Once treatment is complete, unlink with your clinician and they will stop having access to your data.



Recovery Record is HIPAA compliant.
Your data is encrypted and secure!



Download on the
App Store

ANDROID APP ON
Google play

Important things to note

- Recovery Record is not intended to diagnose or treat any illness and does not guarantee improvement in your condition.
- Recovery Record app should not be used to report emergencies. If you are experiencing an emergency or are at risk of harming yourself or others call 911 or your local crisis hotline.
- Your clinician is not expected to be aware of, nor respond to, events or changes that are reported in your app, except in session or as your clinician chooses.
- Recovery Record does not make treatment recommendations. Any decisions based on this information are made at the discretion of you and/or your clinician.