## Eating Disorder Management App

# Say "Hello" to the new member of your treatment team.

**Recovery Record** is a smart eating disorder recovery app that fits into your life and links with your treatment team to help you achieve lasting recovery. The app, which has been evaluated in clinical trials, is now available for for you to use in connection with your treatment team.

## Recovery Record is an innovative tool to boost your work toward recovery.

You might not be sure if you have an eating disorder or if this is right for you. That is OK. No matter your situation, if you'd like to overcome an eating disorder or have a better relationship with food or your body, Recovery Record was designed to help!

## Recovery Record allows you to track and reward your progress, and to access and practice proven coping strategies on a daily basis.

Wondering what exactly makes the app effective? It uses Cognitive Behavioral Therapy (CBT). This is an approach that has a structured set of strategies and is data driven, based on the stuff you write in RR, about what is happening in the here and now. It uncovers those gold nugget "Ah-Ha!" insights that lead to breakthroughs, based on what you log, in the here and now. For the best results aim to log your meals each day.

**The beauty of RR is that you can learn in the context of your everyday life, and it has a proven ability to reduce eating disorder symptoms!**

## Here's what Recovery Record can do

- **Track your mood and meals:** find patterns and what is keeping you "stuck" so that you can learn in the context of everyday life

- **Link with your team:** connect with your therapist or dietitian to keep them in the loop and receive feedback and support

- **Teach you things:** packed with science-backed coping strategies to help you become stronger, and stronger

- **Help you feel better:** it's true, RR has a proven ability to reduce eating disorder symptoms!

**www.recoveryrecord.com**

# Ready to give it a go?

**1** **INSTALL**

If you have an iPhone, Android or iPad go to the App Store and search for 'Recovery Record'. Tap Install.

**2** **EXPLORE**

Log some meals and check out the "More" section to find skills, goals and log questions that are just right for you.
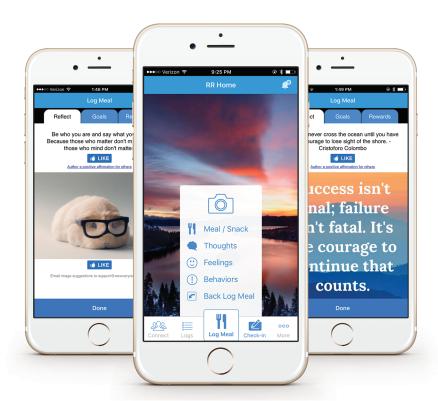
**3** **LINK**

Ready to power up? Ask your clinician for their Link Code and type it into the Clinician Connect section of your app for connected care that meets you where you are.

Join over 500,000 people who have used Recovery Record to power-up their eating disorder recovery. Download the Recovery Record app today.

For questions or more information about Recovery Record, please contact the Recovery Record team at support@recoveryrecord.com.

## Important: Recovery Record Is ...

- HIPAA compliant to keep your information secure, even when shared with your treatment team.

- Not to be used to report emergencies. In the event of an emergency, please dial 911 or visit your nearest emergency room.

- Not a replacement for in-person communication. Your treatment team is not expected to be aware of, nor respond to, events reported in your app, except in session or as your clinician chooses.

- Here to provide information, not medical, legal or psychological advice, diagnoses, or treatment.

Download on the App Store

ANDROID APP ON Google play