

Let's make our next visit even better.

I am **recommending** Elly to help us better understand your **daily symptoms**. When you track your days, we don't have to rely on memory during your appointments. This helps me make the best decisions for your care.

1. DOWNLOAD ELLY

Search for "**Elly Rise**" in the App Store, or scan the QR code below.

2. SAY HELLO IN THE MORNING

Take a few seconds each morning to log your stiffness, pain, and sleep. Elly will gently guide you.

3. BRING YOUR REPORT

At your next appointment, simply open the Elly app and show me your "Symptom Report." We will **review** your patterns together.



AVAILABLE FOR IOS

Learn more at [ellyrise.com](https://www.ellyrise.com)