

# Top tips from getUBetter

Here are some [proven and tested methods to increase uptake](#) and engagement with the getUBetter platform in your area:

1. Ask all staff to [watch the 10-minute awareness](#) presentation - it will increase understanding.
2. [Nominate a designated getUBetter champion](#). This can be your local first contact physiotherapist (FCP) OR another member of staff.
3. [Display getUBetter posters and leaflets](#) in all areas used by your patients and share the digital images on your TV screen. If you ever need more materials, please get in touch.
4. Use the digital tools provided to [update your website](#) so patients can self-refer without entering the practice.
5. Explore and [get to know the app yourself](#) by using the test accounts provided during your set-up meeting, OR by signing up through your own GP practice's link.
6. [Send a batch text to your whole patient population](#), highlighting that you have a new service. In one practice, 20% of patients registered with the platform after receiving the text.
7. [Print and display the FAQs for all colleagues](#). Due to the safety netting in the platform, everyone within your practice can provide patients with a link to the app: for example, social prescribers, reception, and pharmacy staff.
8. Use events, meetings and social media to [spread awareness of the platform](#). Make sure you are not missing out on the benefits it provides to both your patients and the practice.
9. [Engage with ALL local services and communities](#), e.g. sports centres and libraries.
10. Speak to other practices in your area, and [share ideas](#) on what has worked well.