

The Healing Platform for Surgical Recovery

Upgraid by mend™ is a best-in-class program for patients having total joint replacement surgery.

This program will help get you ready for surgery and be there to support you each step of the way after surgery.

WHAT'S NEXT?

step 1

Schedule your surgery

step 2

Enroll in the Upgraid program
using the QR code above

step 3

Meet your nurse + dietitian
who will support you before
and after surgery

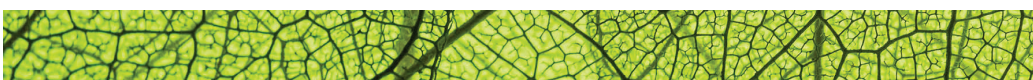
WHAT ARE THE KEY BENEFITS OF THIS PROGRAM?

- ✓ Manage inflammation response
- ✓ Preserve muscle volume
- ✓ Accelerate return to function
- ✓ Shorten recovery time
- ✓ Provide your surgeon with essential health monitoring details
- ✓ Reminders + hi-touch support via SMS from your Upgraid care team

Scan to
enroll today!



Or contact Danielle
903.213.5032 to enroll
by phone



The Program Details

Our extended care program is designed to support you through the entire surgical process and position you for a successful recovery.



Nutrition Support and Guidance

Good nutrition is critical for surgical recovery. An expert registered dietitian will council you with nutrition tips, strategies, and recipes - all designed for optimizing your body's readiness and ensuring speedy healing after.



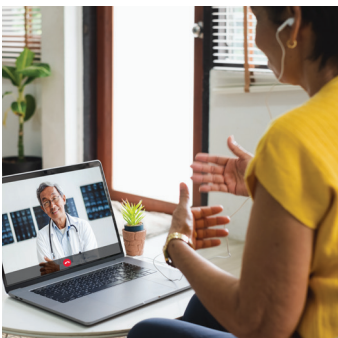
Clinically Studied Nutrition

Often our diet just isn't enough to meet the demands of surgery. mend's clinical nutrition products are designed specifically to support better surgical outcomes. Our products have been shown in clinical trials to enhance healing and recovery.†



Connected Health Monitoring

These devices allow our clinicians to monitor important health data to ensure you are on track to be your best for surgery. Upgraid's Care Team will respond to key data points to optimize and personalize your healing.



Pre + Post Surgery Navigation

Our dedicated care team will be there with you every step of the way during the pre/post surgery process, ensuring your comfort and confidence through frequent text communication, active engagement to enhance healing, and close collaboration with your doctor on the approved surgical protocol to achieve successful outcomes and promote a speedy recovery.

Upgraid

by 

+



**Alaska Fracture
& Orthopedic Clinic**

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† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. 202308v1