



The Healing Platform for Surgical Recovery

Upgraid by mend™ is a best-in-class program that your doctor recommended because you are 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

step 3

Meet Your Care Team

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 + high-touch support via SMS from your Upgraid Care Team |

Scan to
enroll today!



Or give us a call
1.475.228.1731
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. A licensed registered dietitian will counsel you with nutrition tips, strategies, and recipes - all designed to help your body prepare for surgery and ensure the best possible outcome and healing.



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.*

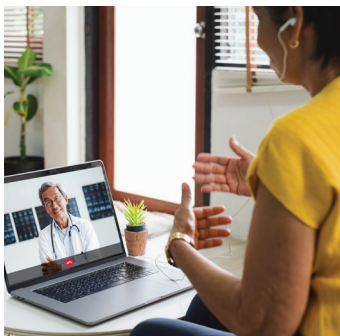


Connected Health Monitoring*

Devices can help our clinicians keep track of important health information to make sure you're ready for surgery. Upgraid's Care Team will use this data to tailor and improve your recovery plan, giving you the best chance for a smooth and successful healing process.

*Not included in all kits.

*Based on program eligibility.



Pre + Post Surgery Coaching

Our dedicated care team will support you throughout the entire pre- and post-surgery process. They will ensure your comfort and confidence through frequent text communication and active engagement to enhance healing. Your care team will work closely with your doctor on the approved surgical protocol to promote a smooth recovery.

Upgraid
by **mend**

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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.
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