



Supporting Your Child's Recovery from an Eating Disorder

Say “hello” to the app that fits into your life and gives you tools for change!

The Recovery Record Family App is a smart guide that fits into your life and links with your treatment team to make it as easy as possible for you and your child to make progress. This app, which was developed with leading scientists and clinicians, is covered by your treatment provider and therefore is available to you at no cost.

Here is what you can do with the Recovery Record Family App:

- Keep connected with your clinician.
- Access strategies that have helped other families.
- Use an evidence-based framework for navigating meals.
- Find effective ways that you and your child can reduce stress.
- Keep treatment and weight goals and progress in one place.



The Family App helps you to better understand the illness, improve communication, and work together with your team to help your child get better step by step.

You might feel overwhelmed by daily responsibilities and unsure if you'll have time for this.

That is OK. No matter your situation, this app was designed to take as little of your time as possible and to have the greatest possible impact. This means that it is easy to use and you should start to feel less overwhelmed and more confident and in control in no time.

Wondering what exactly makes the app effective?

Family treatment for eating disorders works because it puts you in charge of helping your child recover, with the support of a therapist and/or dietitian. The app helps you to step confidently into your role, navigating treatment and meal times, and to problem-solve and find effective strategies when things are not going as planned.



www.recoveryrecord.com

Ready to give it a go?



Install

If you have an iPhone go to the App Store and search for 'Recovery Record for Families'. Tap Install.



Explore

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



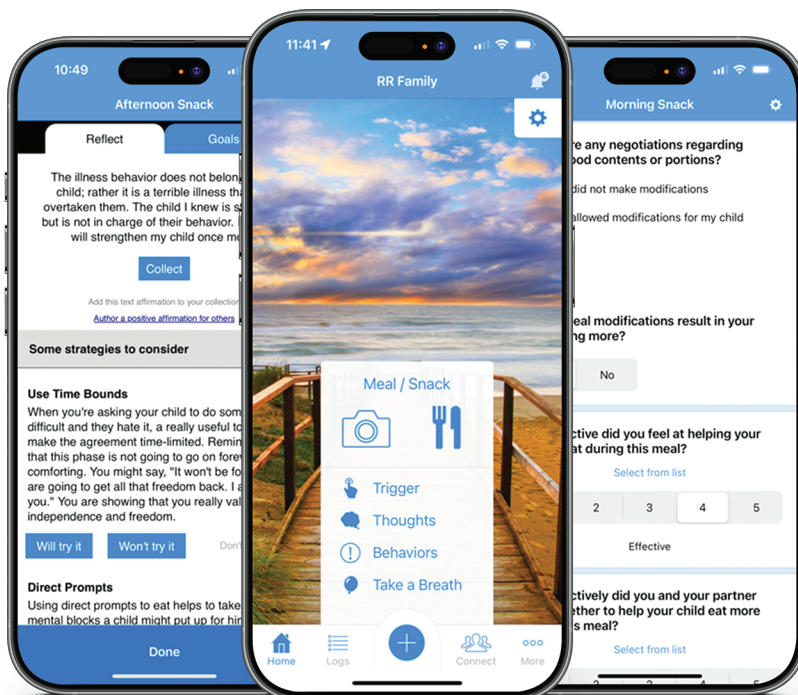
Link

Ask your therapist and/or dietitian for their Link Code and type it into the Clinician Connect section of your app to loop them in and receive more informed, collaborative care.

Start using this powerful tool to support your family today!

Download the Recovery Record Family App on any ios device and experience the impact you are making for both your child and yourself.

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



Important: Recovery Record for Families 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.