



# Setting up adora<sup>®</sup>



## Introduction

You now have access to adora, an app designed by experts which gives you comprehensive care throughout your journey.

From personalised education to supporting the menopause conversation, adora offers confidential support including:

- Personalised digital education, support and plans
- User-friendly symptom tracker & menopause toolkit
- Educational health hub offering lifestyle insights and latest news
- Direct access to online gynaecologists – no waiting lists
- Live events featuring top women's health experts

## Getting started

1. Download the adora app today, and feel guided and supported through your menopause.

On your phone, scan the QR code or click the link below to go to the adora website page where you will be able to download the adora app for free choosing either the App Store or Google Play depending on your phone.

[www.adora.health/app-download](http://www.adora.health/app-download)

2. After you have downloaded the app you will be asked for your name, email and an organisation code. Your organisation code is – CASPQK
3. Please confirm it is you by clicking on the verification email we will then send to your inbox on your phone.
4. Ready to go!!!

Scan to download the adora app:



Finally, to use Adora you need a code from your organisation

**CASPQK**

[Need additional help?](#)

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*Menopause the adora way*

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