



Recover & Thrive Beta Programme - Patient

Beta Programme Scope & Participant Guide

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1. Welcome!

Welcome to the Recover & Thrive Patient Beta Programme

Thank you for joining our Patient Beta Programme. By taking part, you're helping to shape the future of Recover & Thrive before its public launch.

Recover & Thrive has been designed to empower people to better understand, manage and share their health information throughout their lives. During this beta programme, you'll explore key features, help us identify opportunities for improvement and provide valuable feedback that will directly influence future development.

We believe the best digital health solutions are developed with patients, not just for them. Your experience, ideas and feedback will help shape not only the first public release of Recover & Thrive, but also the future evolution of the platform as we continue building tools that support people throughout their health journey.

2. Why We're Running the Beta

The purpose of this beta programme is to evaluate both the platform and the participant experience.

During the programme we aim to:

- Evaluate the usability of the platform.
- Test core functionality in real-world settings.
- Identify technical issues and opportunities for improvement.
- Understand how people use Recover & Thrive in everyday life.
- Gather participant feedback to inform future development.
- Ensure the platform is intuitive, useful and accessible before public launch.

As this is a beta programme, features may evolve throughout the testing period.

Looking Ahead

Recover & Thrive is being developed as a health platform that supports people to better understand, manage and share their health information throughout their lives.

This patient beta programme focuses on the initial **Recover** capabilities of the platform. Following this phase, we plan to begin beta testing of the clinician platform from **September 2026**, before aiming for a public launch of Recover & Thrive in **December 2026**, subject to the successful completion of testing.



Recover & Thrive Beta Programme - Patient

Beta Programme Scope & Participant Guide

Beyond launch, we will continue developing the **Thrive** capabilities to help people not only recover from illness or injury, but also maintain and optimise their long-term health and wellbeing.

Your feedback during this beta programme will help shape both the initial launch and the future direction of the Recover & Thrive platform.

Your 14-Day Beta Journey

The Recover & Thrive Patient Beta Programme is designed around a focused 14-day period of active use. You can begin your 14-day journey at a time that suits you. However, we ask that you start and complete your chosen 14-day testing period **within one month of joining the programme**.

This approach provides flexibility around work, holidays and personal commitments, while ensuring that your experience and feedback remain timely and relevant to the ongoing development of Recover & Thrive.

During your 14-day journey, you'll complete the core beta activities, explore the platform's features and share your feedback to help us improve the service before public launch.

Getting the Most from Your Beta Experience

We encourage you to use Recover & Thrive as part of your normal routine throughout your chosen 14-day testing period.

Rather than completing every activity in a single session, you'll gain more value by returning regularly, recording Daily Check-ins, adding Health Observations and exploring how your information builds over time.

Your honest feedback - whether positive or constructive - is one of the most valuable contributions you can make.

3. Eligibility and Geographic Scope

The Recover & Thrive Patient Beta Programme is the first phase of our platform evaluation and has been designed to support the safe development of Recover & Thrive in collaboration with patients and carers.

To ensure the programme is delivered safely and effectively during this initial phase, participation is currently limited to individuals who are **ordinarily resident in the United Kingdom**.

This enables Recover & Thrive to:

- Operate within our current governance, regulatory and data protection framework.
- Provide appropriate participant support throughout the beta programme.
- Evaluate the platform within a defined healthcare environment.
- Gather meaningful feedback to inform future development before wider release.



Recover & Thrive Beta Programme - Patient

Beta Programme Scope & Participant Guide

We have been delighted by the interest in Recover & Thrive from people around the world. While applications from outside the United Kingdom are welcome, international applicants will not be eligible to participate in this initial Patient Beta Programme.

International applicants are encouraged to remain part of the Recover & Thrive community and will receive updates on platform development, future beta opportunities and planned international expansion.

Participation in the Patient Beta Programme is by invitation following review of submitted applications. Registering your interest does not guarantee a place in the programme.

4. Scope of the Beta Programme

This beta provides access to selected features within the Recover & Thrive patient application.

The current beta includes:

- Setting up your personal account and profile - to enable you to set up your patient account
- Complete a Cognitive Test to establish a baseline of your cognitive performance
- Complete your Initial Brain Health Assessment to establish your baseline
- Completing a lifestyle Assessment and symptom tracker - for when you want to monitor symptom changes before (when you set your baseline) and then after an intervention
- Using the Patient Health Vault - to upload and store your health data
- Recording Health Observations - positive (progress noted) or negative (unhelpful symptom or event), related to your health journey at any point in your life.
- Using the Daily Check-ins - to capture day-day changes in your health state across the six domains
- Using the Voice-to-Text feature
- In-app feedback
- Inviting a trusted person (optional)

The following are **not** included within this beta programme:

- Clinician Portal
- Research Portal
- NHS integration
- Electronic Health Record integration
- Wearable device integration
- Artificial Intelligence features
- Medication management
- Emergency monitoring



Recover & Thrive Beta Programme - Patient

Beta Programme Scope & Participant Guide

5. Your Beta Journey

Core Beta Milestones

To help us fully evaluate Recover & Thrive, we encourage you to work through the following core activities. There is no expectation to complete everything immediately. Instead, we recommend completing the activities over the course of the beta programme as you become familiar with the platform.

Getting Started

- ☐ Complete your user profile
- ☐ Upload a profile photograph

Understand Your Brain Health

- ☐ Complete the Cognitive Test
- ☐ Complete your Initial Brain Health Assessment

Build Your Health Vault

- ☐ Record at least three Health Observations
- ☐ Upload supporting evidence in one Health Observation
- ☐ Upload a healthcare document
- ☐ Try Voice-to-Text

Build Healthy Habits

- ☐ Complete at least four Daily Check-ins
- ☐ Complete at least one Lifestyle Assessment and Symptom Tracker
- ☐ View your symptom trends

Build Your Support Network (Optional)

- ☐ Invite a trusted person into your Recover & Thrive ecosystem as a Carer.

6. Providing Feedback

Your feedback is one of the most valuable parts of this programme.



Recover & Thrive Beta Programme - Patient

Beta Programme Scope & Participant Guide

If you discover:

- Bugs
- Technical problems
- Something confusing
- Suggestions for improvement
- Features you particularly like

please use the in-app Feedback button.

At the end of the beta programme, you'll be invited to complete a Beta Programme Evaluation form to help us understand your overall experience. Please complete this as part of being in the Beta Programme.

7. Becoming a Founding Beta Participant

Recover & Thrive is being built through collaboration with the people who will use it.

We would like to recognise participants who make a meaningful contribution during our first patient beta programme as **Founding Beta Participants**.

This recognition acknowledges the important role these participants have played in helping shape Recover & Thrive before its public launch. Their feedback, ideas and experiences will directly influence the ongoing development of the platform and the wider Recover & Thrive ecosystem.

Qualification

To be considered for Founding Beta Participant recognition, we ask participants to:

- Complete the Core Beta Milestones during their chosen 14-day beta journey (or an agreed extension where appropriate).
- Actively engage with the platform throughout the programme.
- Provide meaningful feedback using the in-app Feedback feature.
- Complete the Beta Programme Evaluation at the end of the programme.

We understand that everyone's health journey is different. If you experience difficulties completing the programme within your planned timeframe, please let us know and we'll work with you wherever possible.

8. Recognising Your Contribution

As a thank you for helping shape Recover & Thrive before its public launch, eligible Founding Beta Participants are expected to receive:

- **50% discount** on the Basic subscription during the first year after launch.



Recover & Thrive Beta Programme - Patient

Beta Programme Scope & Participant Guide

- **Early access** to selected new features and future beta opportunities.
- **Recognition** as a Founding Beta Participant within the Recover & Thrive community.

We hope our Founding Beta Participants will continue to be part of the Recover & Thrive community as we develop new features and future services.

Under Consideration

We're also exploring a participant referral programme that would reward Founding Beta Participants for introducing new members to Recover & Thrive.

As this programme is still being developed, if introduced, full details will be published separately in our Referral Programme Terms.

9. Help Grow the Recover & Thrive Community

Recover & Thrive will remain open to new beta participants until public launch. If you know someone living with a health challenge who may benefit from taking part, we'd be delighted if you invited them to join the beta programme.

Each participant completes their own 14-day beta journey and, if they meet the published qualification criteria, may become eligible for Founding Beta Participant recognition and the associated participant benefits.

Every new participant brings valuable perspectives that help us improve Recover & Thrive before launch.

10. Our Commitment

During the beta programme, Recover & Thrive is committed to:

- listening to participant feedback;
- protecting your personal information;
- communicating openly about changes;
- continuously improving the platform; and
- recognising the contribution made by our beta community.

11. Contact Us

If you have any questions about scope of this beta programme for the patient app, please contact:

Recover & Thrive Ltd

Email: support@recoverandthrive.com

Website: <https://www.recoverandthrive.com>

If your enquiry relates to how we process your personal information, please refer to our [Privacy Policy](#).