

# Administrator Guide to the TN Recover App

- 1.** Admins, download the app by texting TN to 30678
- 2.** Join your program's team in the app
- 3.** Hand out the attached flyers to your patients and alumni
- 4.** Use the app to invite clients as they discharge
- 5.** Stay active! Post content, events and support your patients and alumni

**We're here to help!**  
[support@caredfor.com](mailto:support@caredfor.com)