

Reset Password

In order to login to the SelfBack Dashboard, you will need to create your password.

Go to "dashboard.selfback.dk and click on the "Forgot your password?"







Enter Email

Fill out the field with your email and press

"Continue"



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Forgot password? Please enter your credentials in the field below in order to continue to the SelfBack Dashboard Email					
christian@selfback.dk					
If an user exist with the entered email, we will send an email to it with instructions on how to reset your password.					

Continue

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Email Sent

An email has now been sent to the email address your entered.



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Check your email

We've sent an email to **christian@selfback.dk** with instructions on how to reset your password.

If you do not see the email in a few minutes, check your "junk mail" folder or "spam" folder. Should the mail not be there, please contact support@selfback.dk

Return to login





Reset Password Mail

Check your mail inbox for a "Reset Password" email from "support@selfback.dk" and click the link within it.

Should you not receive the email please contact "christian@selfback.dk". Please make sure to check your spam folder, before reaching out.





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	Q Search in mail	· · · · · · · · · · · · · · · · · · ·		• Active ~ ⑦
960	Reset Password > Inbox ×			
	SelfBack <noreply@selfback.dk> to christian</noreply@selfback.dk>			8:47 AM (O mir
	Hello,			
13	A request has been received to change the password for your SelfBack account.			
5	Click here to reset your password: https://dashboard.selfback.dk/reset-password?	oken=c3b18d48dd9e5918796d39e16dd5a051a4a60323		
	Thank you. The SelfBack Team			
	← Reply (Reply all → Forward			





Create Password

Create your password following the requirements listed at the bottom of the page. ••• • < >



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	Decet Decement		
	Reset Password		
	Please enter your credentials in the field below in order to		
	continue to the SelfBack Dashboard		
Г	lew Password		
	Enter your password		
C	Confirm New Password		
	Enter your password		
-			
F	assword Requirements		
	At least 9 sharestare length		
	At least 1 lowercase letter (a		
	• At least 1 unpercase letter (A. Z)		
	At least 1 special symbol (!\$)		
	Reset Password		





Password Reset

Your password has now be reset and you can click on "Continue to login".



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Password Successfully Reset

Your password has been successfully reset. Click below in order to continue to the SelfBack Dashboard login

Continue to login

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Logging In



Go to Login Page

Go to "dashboard.selfback.dk" from where you will be able to login







Enter Credentials

Enter your email together with your newly created password and press "Continue"









Inviting a Patient

Inviting a Patient Enter NHS Number

In the "Case Reference Number", enter the NHS number of the patient.





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.ck		Invite Use	er	
dr		Case Reference Number*		
		NHS912384		
		Patient phone number*		
		Great Britain (+44)	~	
		Enter patient phone number		
		A text message will be sent to the entered number, wi code, together with instructions on how to get s	hich contains an activation started with SelfBack	
		Send Invitation		



Inviting a Patient Enter Patient Phone Number

Now enter the phone number of the patient, which will be used to send the SelfBack invitation to.





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.ck		Invite Us	ser				
qu		Case Reference Number*					
		NHS912384					
		Patient phone number*					
		🕌 Great Britain (+44)	~				
		2312237788					
		A text message will be sent to the entered number code, together with instructions on how to	er, which contains an activation get started with SelfBack				
		Send Invitatio	on				



Inviting a Patient Invitation Sent

The invitation has now been sent to the patient as a text message.







Inviting a Patient Patient Receives Invitation

The patient has now received a text message which includes a link with instructions on how to get started using SelfBack, as well as their unique activation code.







<	16.17			6					? (Ţ
Enter Activation Code In the field below, please enter your SelfBack activation code, in order to proceed.										
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		Eur	ope	•					~	
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e									Q	<u>,</u>





STarT Back

STarT Back Questionnaire

Accessing STarT Back

You can access the STarT Back questionnaire from within the "Tools" section of the SelfBack Dashboard.





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ck		STarT	Back				
р		The STarT Back Screening Tool is a s patients with nonspecific low back p	creening instrument for use i ain in primary care.	in			
		Questionnaire The questionnaire is to be answered	together with your paitent				
		1. My back pain has spread on time in the last 2 weeks	down my leg(s) at some				
		O Yes	No No				
		2. I have had pain in the sho in the last 2 weeks	ulder or neck at some tim	ne			
		Yes	O No				
		3. I have only walked short d back pain	listances because of my				
		O Yes	O No				
		4. In the last 2 weeks, I have usual because of back pain	dressed more slowly tha	an			
		Yes	No				
		5. It's not really safe for a pe mine to be physically active	rson with a condition like				





STarT Back Questionnaire

Enter Credentials

After having all the questions, the risk score will be calculated.

SelfBack will not save this information or tie it to any patient. The tool is only available as a digital version of the STarT Back Quesitonnaire.





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ck	STarT Back Questi	ionnaire	
р	The STarT Back Screening Tool is a screening inst patients with nonspecific low back pain in primary	strument for use in ry care.	
	Result Based on the answers provided in the STarT Back patient is considered the following risk group	k Questionnaire the	
	Medium Risk		
	The STarT Back score is not saved or stored on a	any SelfBack user.	
	Return		



