

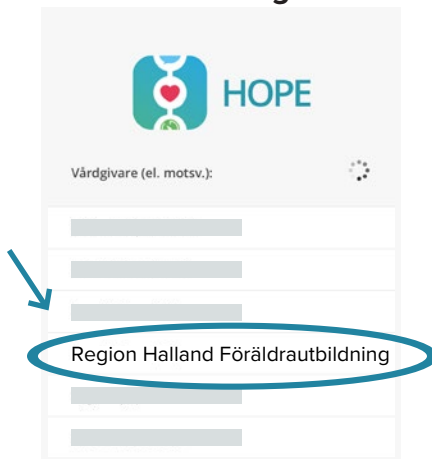


Log into the HOPE app on your phone

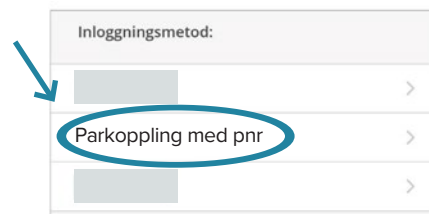
1. Log into the HOPE app on your phone. It can be found where you download apps.



2. Select “Region Halland Föräldrautbildning”



3. Select “Pairing with social security number”



4. Enter your social security number and pairing code and connect



5. Read the terms and conditions and give your consent



Pairing codes from your Caregiver:
(you must log into the app within 14 days)

1

2

3

- Remember that you need to have your own code for each new device that you want to connect (mobile, tablet or computer).
- Your partner/close relative needs a separate code.
- The HOPE app can also be used in a browser via <https://hope.regionhalland.se/patient>
- In the app, you can enter your own PIN code (security code) consisting of four digits chosen by you.



How to use HOPE

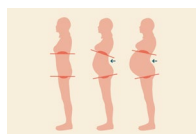
Under MER, you can watch films about:



how you can prepare yourself for childbirth (psychoprophylaxis)



breastfeeding



exercises that are good for your body during and after pregnancy



childbirth



the care you receive if the child needs care in a children's hospital



Maternity ward