

UpToDate *Anywhere* gives you easy access to high quality, evidence-based health information, when working on the ward, in the community, from home, or between appointments. It allows you to record your usage to provide evidence for appraisal, revalidation and Continuing Professional Development.

## 1. Create an UpToDate *Anywhere* account

From a Swansea Bay University Health Board networked PC, go to: [www.uptodate.com](http://www.uptodate.com) and select “Register” (in orange). Complete the registration form. You are now ready to log into the app.

## 2. Download the app

Download the *free* app to your device from your app store. For apple devices use “UpToDate” & for Android devices, use “UpToDate Medical”. The app works via WiFi & 4G connections.

## 3. Using your UpToDate *Anywhere* account

The web version & the app can be used interchangeably with the same username & password.

**Web version** – access via green Log In box top right). You should see your name and any CME points you have accrued.

**Mobile access** -sign into the app using your username and password. You only need to do this once, as the app will remember your details.

You can use UpToDate Anywhere on up to two devices. These can be managed in the *Manage my devices* section of My Account at [www.uptodate.com](http://www.uptodate.com)

You will need to revalidate your account every 90 days, by logging into your account at [www.uptodate.com](http://www.uptodate.com) on a Health Board PC. You will receive a reminder, via the app, at 80 days.

For any queries please contact your nearest [Swansea Bay UHB library](#)