Accessing *StandingTall* on the web

StandingTall is a digital exercise program for improving **balance and mobility** in older adults that you, as a healthcare professional, can also access on the web from your work laptop to show your clients.
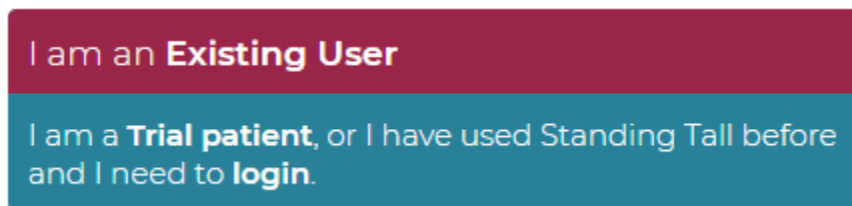
Where can I find *StandingTall* (web version):

The link to access the web version: https://standingtallapp.neura.edu.au/#/home

The web version shares the same functionality as the app version your clients will interact with.

1. Click **'OK'** to accept cookies.

2. Click on **'I am an Existing User'**

Provided you have gone through the *StandingTall* training, you will have been given access to the CMS. You will be able to log into the web version using the same log in details:

Username: [your work email address]

Password: Exercise000

3. You will be prompted to complete a Balance Assessment, as if you were a client. You have the option to ignore the Balance assessment, and show clients the Trial Session exercises, or complete both the Balance assessment and the Trial Session. There is no right or wrong way, it all depends on what you feel you need to show your client.