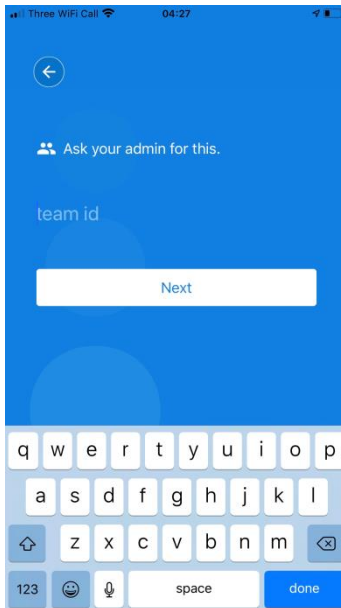


1. Download our mobile app:



2. Launch the Trickle app and follow the on-screen instructions to get started.

3. Your team id: **nhs-lothian-dit**



If you have multiple email addresses, be sure to log-in with the email address that your invitation was sent to.

If this email was sent to your nhslothian mail address you can always forward it to another email to download the app on your phone. You will need to be able to access the email address the invite was sent to (part of the login process will send you a pin).

Web App — for Desktop/PC, Laptop and Tablet use within your web browser...

You can get straight into our web app using this link: [Launch Trickle Web App](#)

Our web app works on all modern browsers, including on your smartphone or tablet.

Once you're logged in, **get involved!** This is your chance to share ideas, start conversations and vote on what is most important to Doctors in Training here in NHS Lothian. We can then use this to make things better for patients, colleagues, and ourselves.

Any problems with login or trickle issues please email:

trickle@nhslothian.scot.nhs.uk