

## GET UP Social Media

### ***Audience: Health care providers***

Facebook:

- One of the best ways to reduce falls and other harms is to practice progressive mobility. Check out our GET UP resource page for all your mobility information needs!  
<https://ihaconnect.app.boxcn.net/s/dfnd890lwzd7v782y0p1x6anl1n6wcx3>

Twitter:

- One of the best ways to keep patients safe is to keep them moving. Check out our GET UP resource page! #GETUP  
<https://ihaconnect.app.boxcn.net/s/dfnd890lwzd7v782y0p1x6anl1n6wcx3>

LinkedIn:

- IHA is hosting four GET UP Improving Mobility Webinars throughout the fall. Join us to learn more about progressive mobility and how it can help keep patients safe in Indiana. Visit our site for dates and times.  
<https://ihaconnect.app.boxcn.net/s/qatwve5n65hda185use2fu1z0cnksb62>

Facebook:

- Practice progressive mobility to decrease the likelihood of falls, pressure ulcers, readmissions and more. For more information on the GET UP campaign, visit  
<http://www.hret-hiin.org/engage/up-campaign.shtml>

Twitter:

- GET UP and mobile to decrease the likelihood of falls, pressure ulcers, readmissions and more. Visit <http://www.hret-hiin.org/engage/up-campaign.shtml> for more information. #GETUP

Facebook:

- Own your role in preventing hospital acquired infections. Do your part in reducing falls, pressure ulcers, CAUTIs, VTEs and more by practicing progressive mobility. Visit <http://www.hret-hiin.org/engage/up-campaign.shtml> for more about the GET UP campaign.

Twitter:

- Own your role in preventing hospital acquired infections. Do your part in reducing falls, pressure ulcers and more by practicing progressive mobility. Visit <http://www.hret-hiin.org/engage/up-campaign.shtml> for more about the GET UP campaign. #GETUP

Facebook:

- Always identify risks associated with bed rest and immobility in ICU patients. For more information on the GET UP Campaign, visit <http://www.hret-hiin.org/engage/up-campaign.shtml>.

Twitter:

- Always identify risks associated with immobility in patients. For more information on the GET UP Campaign, visit <http://www.hret-hiin.org/engage/up-campaign.shtml> #UPCampaign #PatientSafety

Facebook:

- Protect patients by involving them and their families in progressive mobility practices when you can. Loved ones are key to promoting mobility in everyday life. Learn more at <http://www.hret-hiin.org/engage/up-campaign.shtml>.

Twitter:

- Protect patients by involving them and their families in progressive mobility practices when you can. Learn more at <http://www.hret-hiin.org/engage/up-campaign.shtml> #UPCampaign #GETUP

### ***Audience: Public***

Facebook:

- As a patient or visitor at a hospital, talk to your patient care provider about the importance of staying moving and mobile. <http://www.hret-hiin.org/engage/up-campaign.shtml>

Twitter:

- As a patient or visitor at a hospital, talk to your patient care provider about the importance of staying moving and mobile. <http://www.hret-hiin.org/engage/up-campaign.shtml> #GETUP

Facebook:

- Be sure to discuss any challenges of mobility with your patient care provider at regularly scheduled appointments or in the hospital. To learn more about the GET UP Campaign, visit <http://www.hret-hiin.org/engage/up-campaign.shtml>

Twitter:

- Be sure to discuss any challenges of mobility with your patient care provider at regularly scheduled appointments or in the hospital. To learn more about the GET UP Campaign, visit <http://www.hret-hiin.org/engage/up-campaign.shtml>

**Audience: Both health care providers and the public**

Facebook:

- GET UP for mobility. For more information on the GET UP Campaign, visit <http://www.hret-hiin.org/engage/up-campaign.shtml>

Twitter:

- GET UP for mobility. For more information on the GET UP Campaign, visit <http://www.hret-hiin.org/engage/up-campaign.shtml> #GETUPforSafety #GETUP

Facebook:

- Did you know progressive mobility can decrease your chances of harm? For more information on the GET UP Campaign, visit <http://www.hret-hiin.org/engage/up-campaign.shtml>.

Twitter:

- Did you know progressive mobility can decrease your chances of harm? Visit <http://www.hret-hiin.org/engage/up-campaign.shtml> for more info #GETUPforSafety

Facebook:

- Faster recovery = more mobility. Check out the GET UP Campaign now <http://www.hret-hiin.org/engage/up-campaign.shtml>.

Twitter:

- Faster recovery = more mobility. Check out the GET UP Campaign now <http://www.hret-hiin.org/engage/up-campaign.shtml> #GETUPforSafety #GETUP