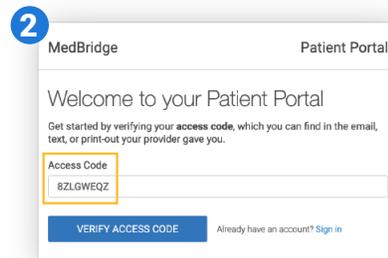## MEDBRIDGE

Welcome to MedBridge!

By accessing your program via MedBridgeGo.com and logging your activity, your progress is shared with your care team so they can adapt your plan of care and help you achieve your goals.

1 Navigate to www.medbridgego.com. Scan the code on the right with your smartphone or tablet's camera to be taken there instantly.

2 Enter the access code provided by your care team.

3 Follow the prompts to verify your identity.

a. Enter your first and last name as your care team has it in their system. For example, you may need to enter "Matthew" instead of "Matt" depending on how your care team has captured your information.

b. Enter your email address.

c. Enter your date of birth.

d. You can optionally enter your cell phone number if you would like to receive updates about your program via text message.
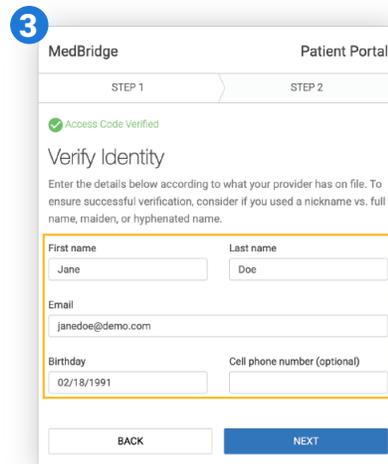
MEDBRIDGE

4 Create your account.

> **a.** Enter a username. This can be anything, but we recommend using your email address so it's easy to remember.
>
> **b.** Create a password and confirm it. Your password must be at least 8 characters and contain at least one uppercase letter, lowercase letter, number, and special character.

5 Review the Terms of Use. When you're finished, tap "I agree."

6 You're ready to use MedBridge!

- Press play on any exercise to start following along with the exercise video.

- Select Education to view any assigned patient education

- Select log activity to share any recent activity with your provider.

- Select messages to reach out to your care team.