

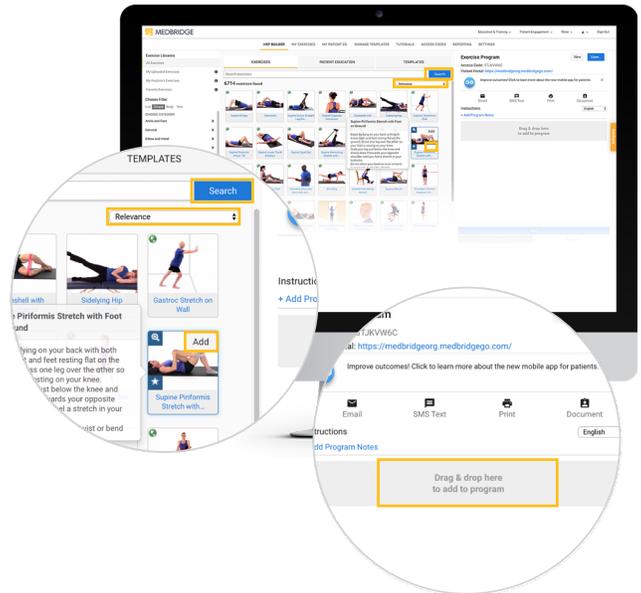
Home Exercise Program 101

From your MedBridge dashboard, navigate to the “Patient Engagement” drop-down menu and click “Home Exercise Programs”

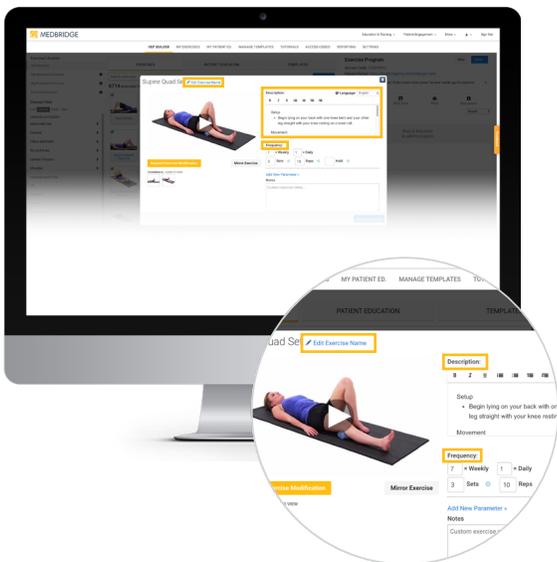
Searching for Exercises and Patient Education

To search the Exercise or Patient Education library, select the corresponding tab at the top of the page.

1. Enter search terms or keywords into the search bar and press search.
2. Use drop-down menu to sort by position, progression, exercise name, most recent, most sent, most favored, or relevance.
3. To add exercises or patient education:
 - a. Drag and drop the appropriate exercise to the program builder
 - or
 - b. Click “Add” on the upper right corner of the exercise title.
4. Repeat this process as necessary to build program.



Editing an Exercise



1. Navigate to HEP Builder.
2. Click on the name or thumbnail image of the exercise.
3. Editing options:
 - a. Exercise name
 - b. Exercise description
 - c. Exercise parameters (frequency, sets, reps, etc.)
 - i. Select “Add New Parameter” to add to the program.
 - d. Customize notes
 - e. Video orientation
 - f. Language (if available)
 - i. If you see an exercise tile with a green globe while searching, this indicates that an exercise can be translated into Spanish.

 **Tip:** If you change the parameters of an exercise, you can select “Save as Default Parameter” to set the new parameters as the default for future use.

Sharing an HEP with your Patient

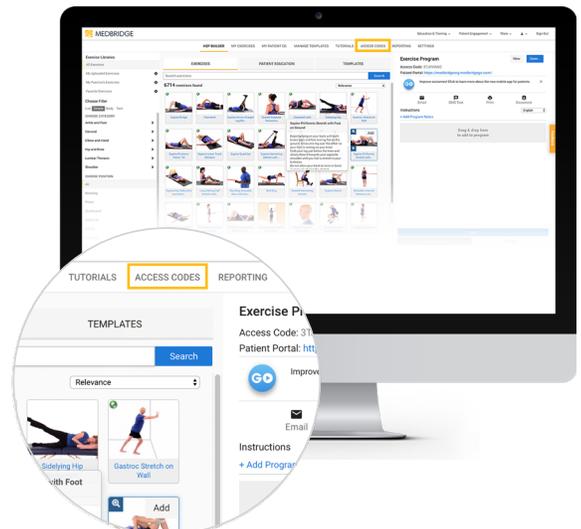
 Email	 Text	 Print
<ol style="list-style-type: none"> 1. Select Email icon 2. Enter your patient's email address 3. Confirm patient has given consent to receive their HEP via email 4. Click "Send Email" 5. Patient will receive a link to access their program via MedBridge GO or the online Patient Portal 	<ol style="list-style-type: none"> 1. Select Text message icon 2. Enter your patient's phone number 3. Confirm patient has given consent to receive their HEP via text 4. Click "Send Text" 5. Patient will receive a link to access their program via MedBridge GO or the online Patient Portal 	<ol style="list-style-type: none"> 1. Select Print icon 2. Customize PDF printout 3. Click "Download PDF" 4. Print the program

Sharing the HEP with your patient automatically saves the program.

 **Tip:** Use the "Document" option  to easily copy and paste your home exercise program into your EMR. This will ensure your unique access code is saved in your patient's chart.

Editing an HEP

If you have the program access code	If you do not have program access code
<ol style="list-style-type: none"> 1. Navigate to the HEP Builder 2. Select "Open" on the upper right-hand corner 3. Enter program access code 4. Select "Open Program" 5. Modify program as necessary 	<ol style="list-style-type: none"> 1. Navigate to HEP Builder 2. Select "Access Codes" tab 3. Select "Edit" on the program you would like to edit 4. Modify program as necessary



Once you save your program, your patient will instantly see the changes you made in the MedBridge GO app or online Patient Portal.

If the access code you have is not connecting you to a program, please contact MedBridge Support at: support@medbridgeed.com or (206) 216-500S