

YOU ARE ELIGIBLE FOR

# Remote Therapeutic Monitoring

Remote therapeutic monitoring (RTM) takes your care to the next level. Now your care team can be with you every step of the way, even between visits. With RTM, your provider will update your home exercise program based on your feedback, helping you achieve your goals more quickly.

## How does remote therapeutic monitoring help?



### Get better faster with extra support

Your activity and responses give valuable insight to your care team so they can adjust your rehab plan to meet your needs.



### Answers when you need them

No more waiting until your next visit! Connect with your provider between visits and keep your progress on track.



### The right care plan for you

Studies show that people who follow their home exercise programs have less pain and better results.<sup>1</sup>



1. Exercise Adherence Improving Long-Term Patient Outcome in Patients With Osteoarthritis of the Hip and/or Knee. Pisters et al. 2010. <https://onlinelibrary.wiley.com/doi/epdf/10.1002/acr.20182>

# Set up your program

## STEP 1

### Download MedBridge Go

Download the MedBridge GO mobile app on your phone or tablet by scanning the code below. Your program is also accessible via the web at [www.medbridgego.com](http://www.medbridgego.com).



Scan this code to download the MedBridge Go app



## STEP 2

### Start your home program

To set up your account, you will need:

- The name your provider has on file
- Date of birth
- An email address
- Your access code

Enter in this information, set a username and password, and you're ready to start your program. You can use your email address as your username.

Access code



Enable log in with your fingerprint or Face ID for faster logins

## Achieve your goals in two simple steps

### 1 Log in every day

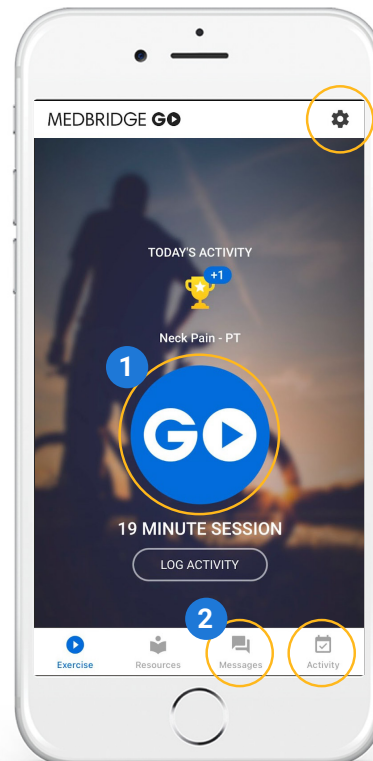
There are two ways to log activity:

1. Tap the GO button to watch your playlist.
2. Tap LOG ACTIVITY to manually log your progress.

*TIP: You can log partial completions and skipped exercises. It's important to let your clinician know what you did or did not do so they can tailor your program to your needs.*

### 2 Message your provider

Contact your provider from the "Messages" tab when you have a question, unexpected pain, or difficulty with an exercise. This allows your provider to optimize your program and ensure your safety.



Set a reminder for your daily login here

Check out your achievements in the Activity tab

If you have any questions about remote therapeutic monitoring, please contact your healthcare provider.