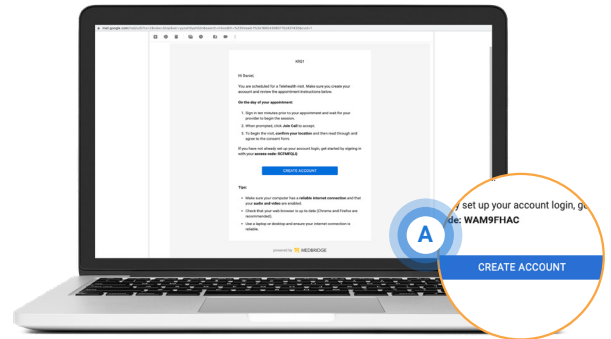



# Telehealth Quick Start Guide

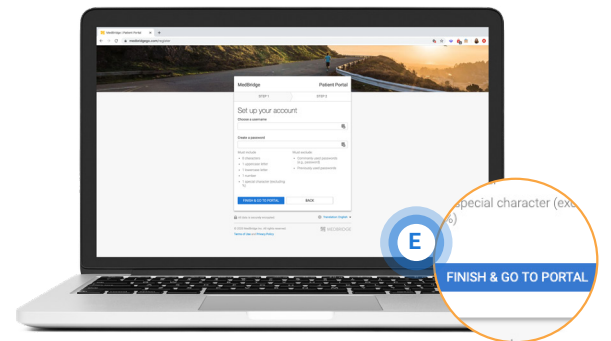
**1 Creating Your Account:** Before you connect with your provider, you'll need to set up your MedBridge account. If you've already received an exercise program from your provider, you may not need to create a new account. Check out the **Meeting with your Provider** section below for steps on connecting with your provider on the day of your visit.

- a. Check your email for a message from your provider. In the email, click the "Create Account" button.
- b. Enter the Access Code found in the email from your provider and click "Verify Access Code."
- c. Enter in your first and last name, birthdate, and email address. Click "Next."



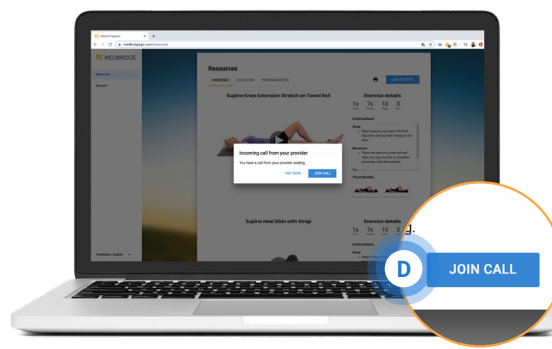
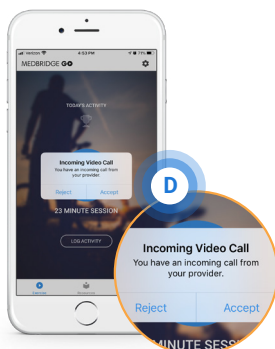
 **Tip:** Make sure to use the same name and email address that your provider has in their system. If you're not sure what information is on file, contact your provider.

- d. Choose a username and create a password.
- e. Click "Finish & Go to Portal."



## 2 Meeting with Your Provider:

- a. Ten minutes before your scheduled appointment, head to [www.medbridgego.com](http://www.medbridgego.com) on your computer or open the MedBridge GO app on your mobile device.
- b. Log into your account.
- c. When your provider is ready to connect, a "Join Call" button will appear. Click the "Join Call" button.



- d. Confirm your current location and click "I Agree."
- e. You'll be instantly connected to your provider for your Virtual Visit.