

## GETTING STARTED WITH

# MedBridge Pathways

**Congratulations!** Your clinical team believes you are a good candidate for a self-managed digital care program through **MedBridge Pathways**. This means your clinician is confident you can complete your rehab and get back to your normal routine without traveling back and forth to the clinic.

## What does this mean for you?

It means you get control of your treatment plan. Our self-managed program allows you to progress at your own pace as you have time at home—and saves you from taking time out of your day to visit a clinic and pay a copay.

Patients with similar conditions to you who go through digital MSK care at home typically see the same or better results than those who come into the clinic.

## How to get started with your Pathway

1. Your clinician will share your pathway via text or email.  
**Tap the link** in the text or email from your smartphone to get started.
2. Follow the on-screen prompts to create and register your account.
3. Review the communication and terms & services agreement. If you agree, check the box to complete your registration.

## You're all set!

Once you've created your account and selected your communication preferences, you'll be guided through a quick onboarding survey. Then, you can start completing your exercises and education and begin your recovery.

## What if I don't receive a text or email?

If you cannot find your invite, contact your clinician. They can confirm that they have the correct contact information and resend the invite.

Once you've started your program, you can always access your Pathway by visiting [medbridgepathways.com](https://medbridgepathways.com) and signing in using your email and password.

