

Your Check-In Surveys

A short, simple way to share how you're doing — so your care team can give you the best possible support.

HOW THESE CHECK-INS HELP YOU

PERSONALIZED CARE

Your team sees how you really feel.

They get a clearer picture between visits – not just what shows up in the clinic.

REAL PROGRESS

Proof you're getting better.

Numbers don't lie. See your improvement over time, even when it feels slow.

BETTER CONVERSATIONS

Things you might not bring up.

Surfaces pain, sleep issues, or worry about re-injury that's easy to skip in person.

STRONGER RECOVERY

Faster, more durable results.

Patients who stay engaged in their care recover faster and are less likely to relapse.

WHAT TO EXPECT

HOW OFTEN

Every 2 weeks

While your program is active

HOW LONG

A few minutes

On your phone, tablet, or computer

HOW IT ARRIVES

Text or email

From 21097 or
noreply@medbridge.com

HOW TO COMPLETE A CHECK-IN

1

Tap the link in your text or email

When you get a reminder, just tap the link to open your check-in. No login or password needed.

2

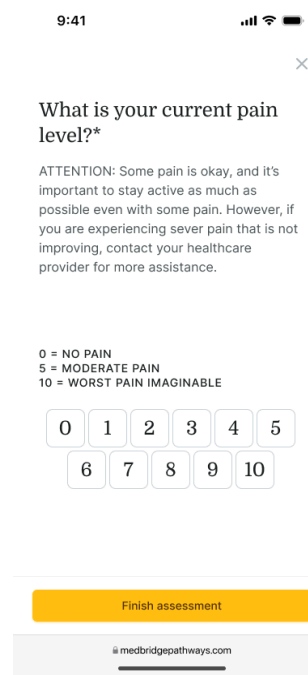
Answer a few short questions

Most check-ins ask about how you're feeling, your pain level, and what you can do day-to-day. Answer honestly — there are no wrong answers.

3

Submit and you're done

Your responses go straight to your care team. They'll use them to track your progress and adjust your program if anything isn't working.



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What is your current pain level?*

ATTENTION: Some pain is okay, and it's important to stay active as much as possible even with some pain. However, if you are experiencing severe pain that is not improving, contact your healthcare provider for more assistance.

0 = NO PAIN
5 = MODERATE PAIN
10 = WORST PAIN IMAGINABLE

0 1 2 3 4 5
6 7 8 9 10

Finish assessment

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