

Recover. Move. Thrive.



Pathways helps you recover your way—
from the comfort of home.

- 1 Sign In** – Access your personalized care plan.
- 2 Keep Moving** – Stay on track with daily exercise and education.
- 3 Track Progress** – Celebrate wins and feel the difference.
- 4 Stay Connected** – Message your provider anytime.



 medbridge

Scan to sign in!
Your progress starts here!

