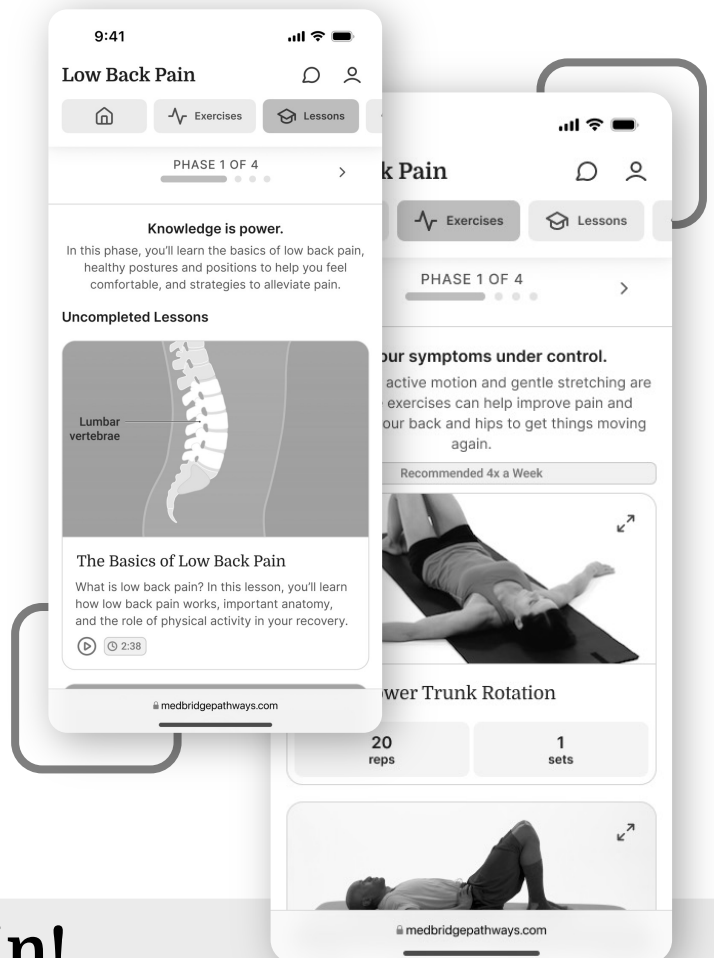


Recover. Move. Thrive.

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!

Create Your Pathways Account

Getting Started with Your Account

- 1 Open the Link** – Click the link sent by your provider (via email or text message).
- 2 Verify Your Information** – Confirm your name and date of birth to finish creating your account and log in.
- 3 Set Up Your Login** – Sign up with an email address and password, or use your Google/Apple account.
- 4 Consent to Communication** – We recommend including your phone number to receive reminders and messages from your provider.
- 5 Create a Shortcut to Pathways** – Favorite the website or add a shortcut to your phone's home screen for quick access. Learn more here: <http://bit.ly/46HpRoW>

