

# Dedicated Virtual Support for Your Home Exercise Program

As part of your care plan, you receive a personalized home exercise video program and expert support in between clinic visits from our remote therapist.



Scan the QR code to learn more and download the Aquacare Fitness Forum app!



## Getting Started

After your therapist enrolls you and assigns your home exercise program, follow these next steps:

### 1 Download the Aquacare Fitness Forum app

Check your email or texts for a link to download the Aquacare Fitness Forum app on your phone. Complete the in-app registration steps to verify your account and create a password.

### 2 Schedule your first Remote Therapist call

Please make sure to schedule your welcome call with your remote therapist. A team member will be contacting you within the next 24 business hours to help you get scheduled.

### 3 Start our home exercise video program!

Through the easy to use and secure app, you receive guided videos of the program prescribed by your provider. You can also chat with your remote therapist to ask any questions and track your progress throughout your recovery with the app.



Working under the guidance of your provider, your remote Care Navigator is a licensed therapy professional dedicated to:

- Answering your questions in between clinic visits
- Providing reminders and motivation to help you stay consistent with your program
- Updating your therapist on your progress outside of the clinic