

- ① Please be on the lookout for an email from our clinic with your exercises.
- ② If you do not receive the email, check your spam folder. Be sure to add us to your safe senders to receive future correspondence.
- ③ In your email, you will be able to choose one of 3 simple ways to view video demonstrations of your exercises.

CLICK



OR

LOG IN

www.HealthCom.io
Login: XXXXXX
Password: XXXXXX

OR

APP DOWNLOAD



HealthCom

- ④ 30 days from now - you'll be emailed a short survey. Please fill it out as your feedback helps us provide the best care possible.

**Please contact our office with any questions*