

# WellConnected

A Virtual Wellness Program  
for Student Athletes



## Login Instructions

### Login URL

WellSpanHealth.medbridgego.com



### TWO WAYS TO ACCESS



#### Use the MedBridgeGO app

Access your home exercise program with our mobile app for iOS and Android.

- ▶ Search The App Store or Google Play for "**MedBridgeGO**".



#### Open in your browser

To access your home exercise programs.

### BY ACCESSING ONLINE YOU CAN



#### View your exercise videos

Interactive HD videos guide you with easy to follow instructions.

## Week 1 Access Codes

**Wednesday:** 6QYMM4XL

**Friday:** BL8A9X2G

**24-7 Injury Hotline: (877) 482-5420**