

# 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 3 Access Codes

**Monday:** C6EGCXAA

**Wednesday:** FJ3H98Q7

**Friday:** YWK7ZX6G

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