

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 8 Access Codes

Monday: ZEMCTHPM

Wednesday: EJ6CXNE4

Friday: QZPMPDMD

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