

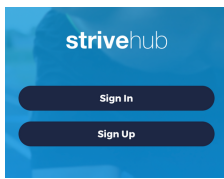
# Strivehub Mobile App

The StriveHub Patient Portal mobile app allows you to access your Home Exercise Program routines wherever and whenever you need them. To use this app, provide your email address and mobile number to the front desk. Read on for download instructions and app highlights.



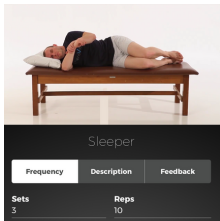
## Available for Android and iOS

Download the Strivehub app from Strive Labs, Inc. on your Android or Apple device. We've included links to the Google Play and App Store in your welcome email which is automatically sent to you when your therapist creates your routine.



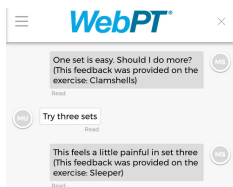
## Easy Setup

Open the app, click **Sign In** or **Sign Up** depending on whether you've used the patient portal before (online or mobile). Then, add your email address and password to create an account. Once signed in, enter your **Access Code** (found in your welcome email) and **Date of Birth**.



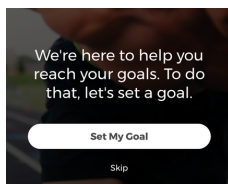
## Recover Faster

With video-based instructions, you'll never forget how to perform an exercise again. Plus, you'll always know how often each exercise should be performed, including sets, reps, duration, and more.



## Stay Connected

Questions? Concerns? Chat your therapist directly from the Strivehub App. Completely secure and HIPAA compliant, you don't have to wait until your next visit to get the answers you need.



## Track Progress

Focusing on small, achievable goals can help you adhere to your exercise plan, which can decrease your recovery time. Add goals directly into the application. Once you've reached one goal, set another!