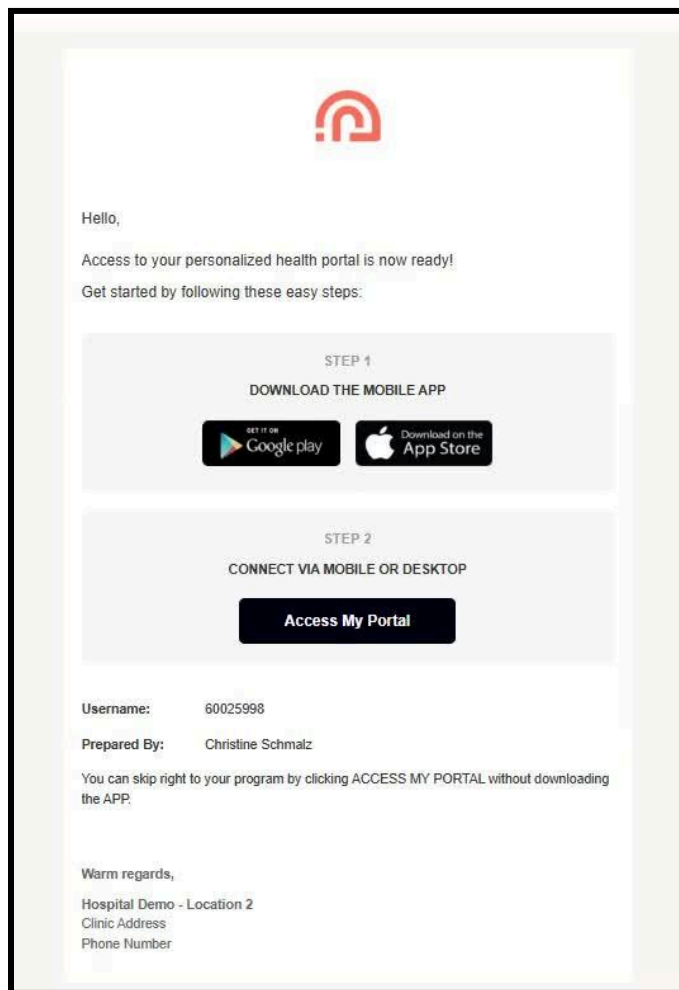


Navigating Your Wibbi Patient Portal

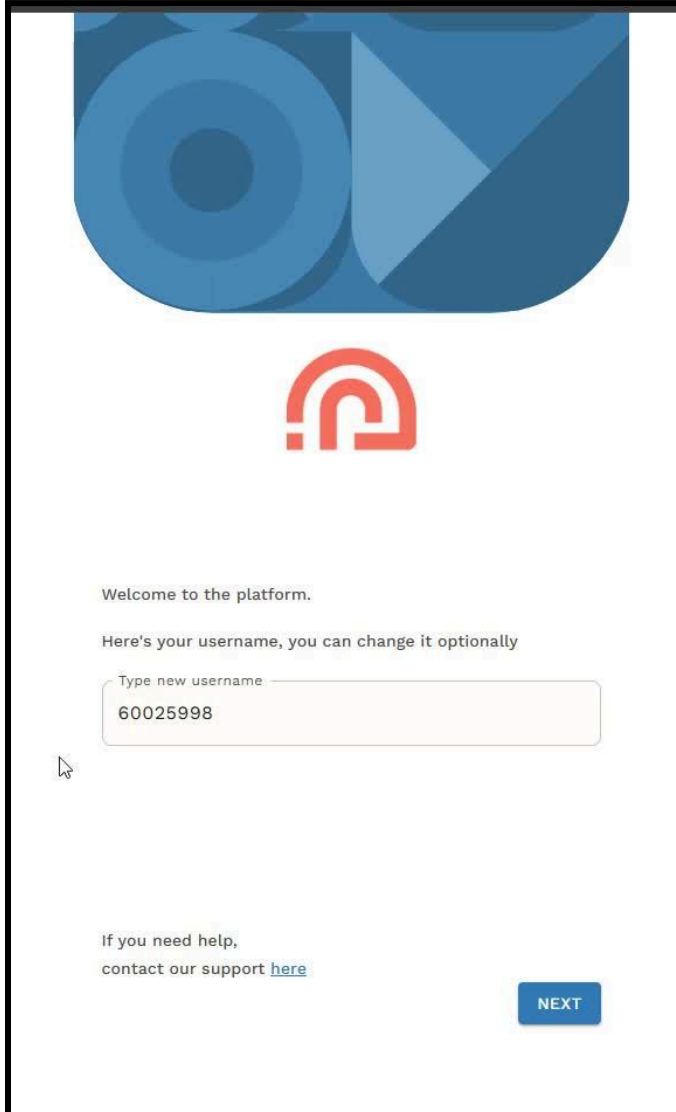
[Video Tutorial](#)

1. Activate Your Account 0:01



- Check your email or text message for an activation link.
- Download the free Wibbi mobile app for a better user experience
- Follow the instructions to activate your account.
- Click on the 'Access My Portal' button to connect to your account.

2. Set Up Your Account 0:22



Welcome to the platform.

Here's your username, you can change it optionally

Type new username

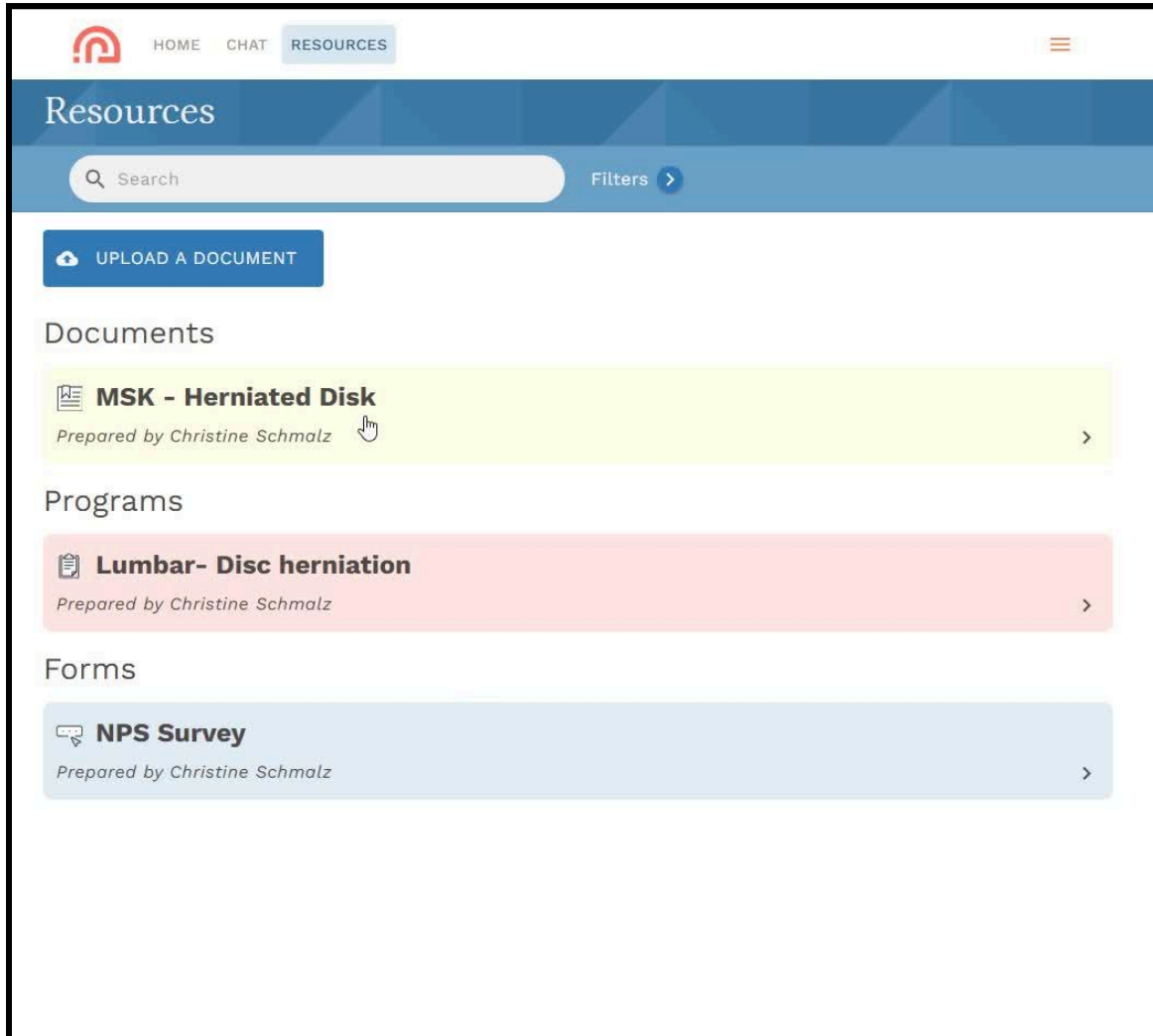
60025998

If you need help,
contact our support [here](#)

NEXT

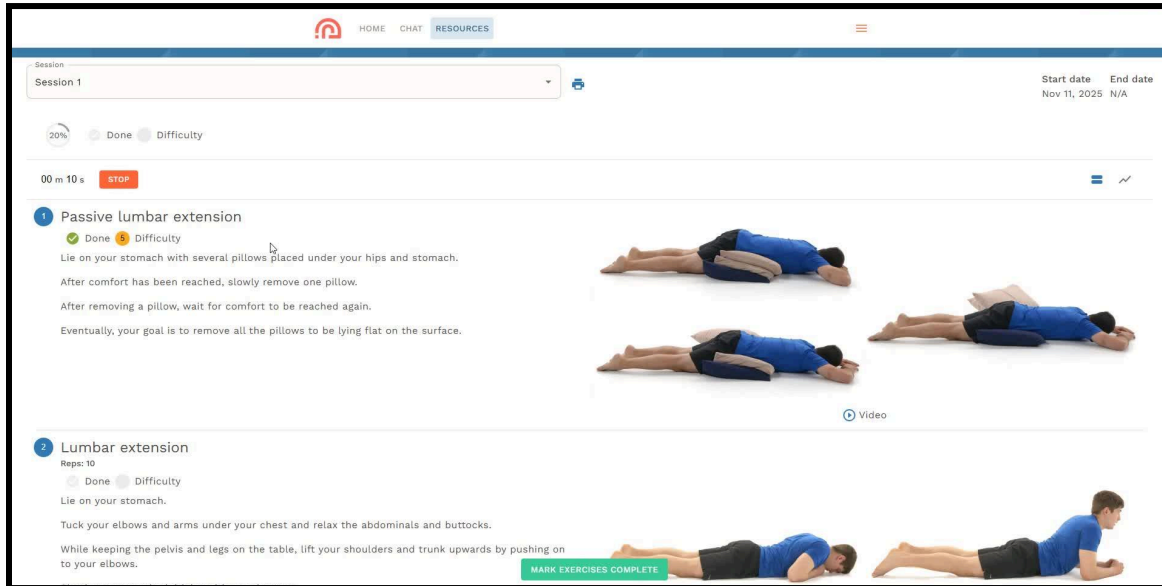
- Choose to keep your existing username or create a new one.
- Click 'Next' to proceed.
- Set up a password for your account.
- Click 'Save' to complete the setup.

3. Explore Resources 0:53



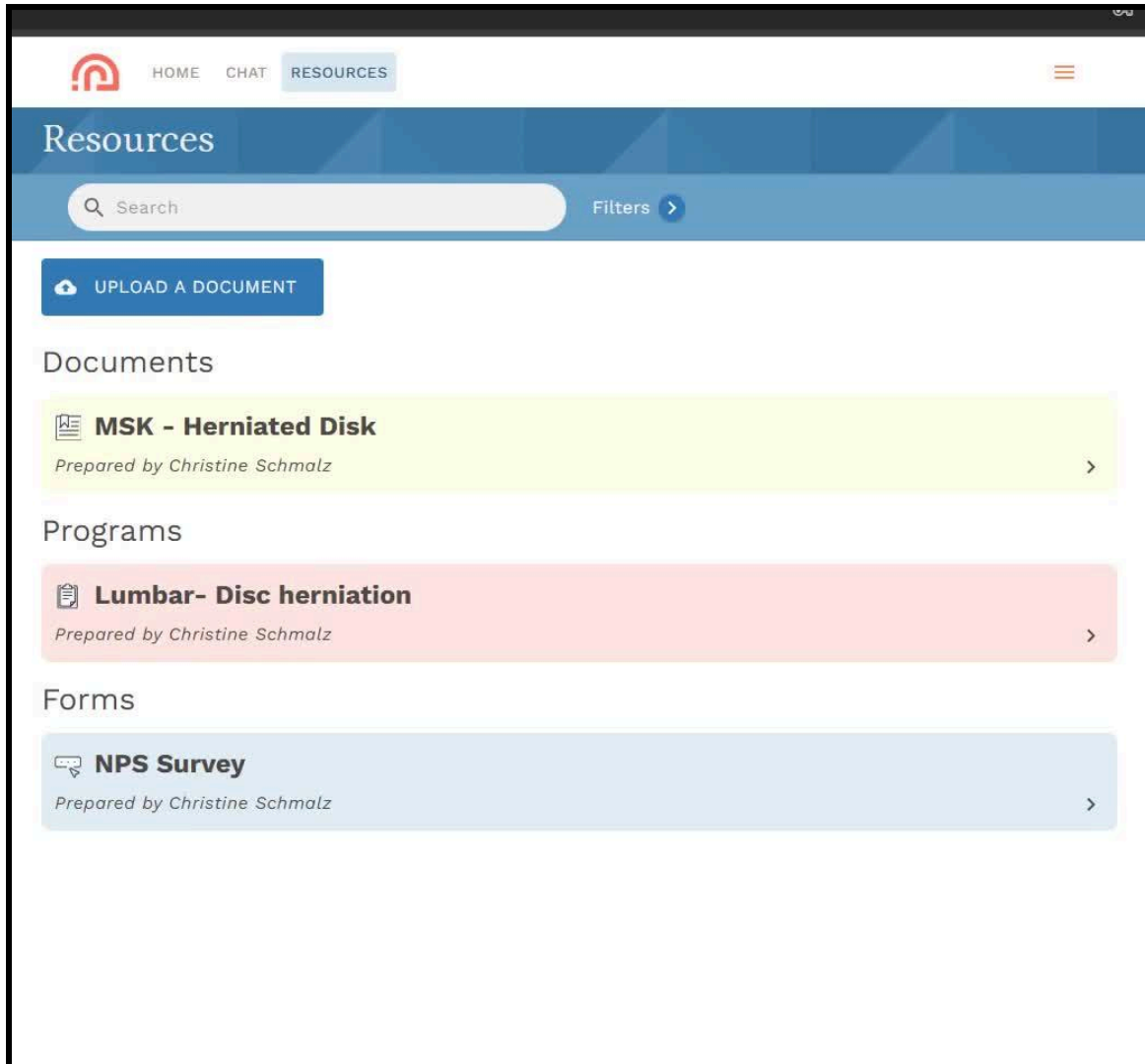
- You will be directed to the Resources section.
- Access documents, forms, and programs prescribed by your professional.
- Access your exercise program (e.g., 'Lumbar Disc Herniation Program').
- Follow the instructions to complete activities and exercises.

4. Complete Exercises^{1:22}



- Use the timer to track exercise duration.
- Mark exercises as done and rate their difficulty.
- Track any additional parameters assigned by your professional (e.g., pain levels, sets, and reps).
- On the top right, click on the tracking button to view and log your progress on the calendar.
- Stop the stopwatch when finished and save your session.

5. Upload Documents [2:26](#)

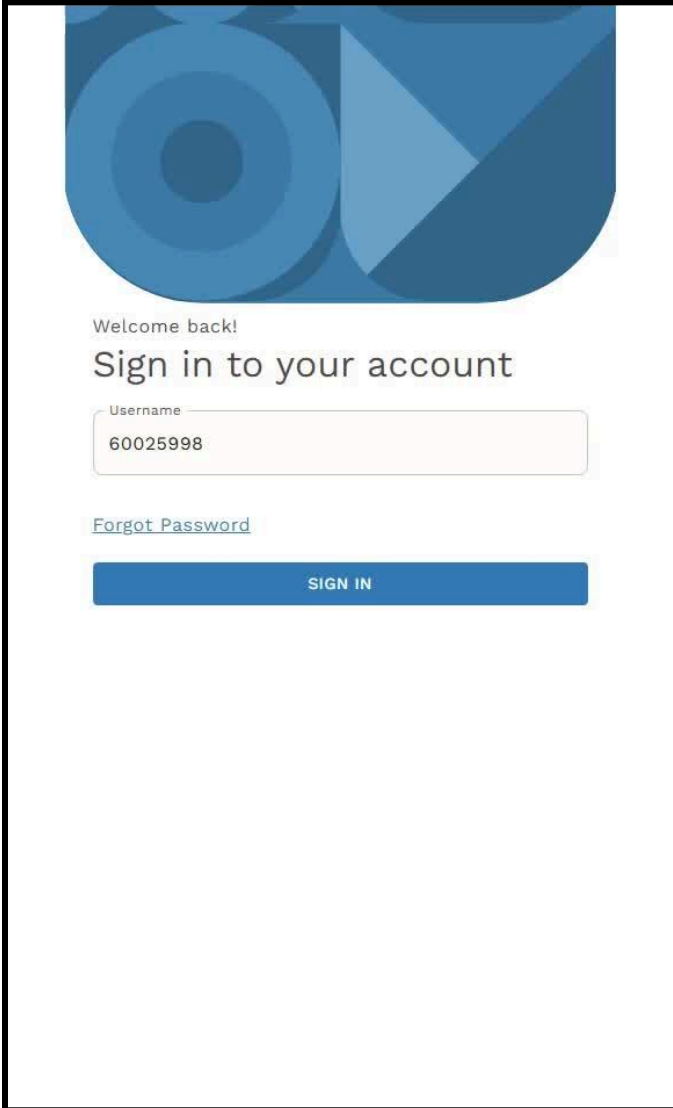


- Click 'Upload a Document' to share any documents with your professional.
- Select the document and click 'Open' to upload.

Reconnecting to your Portal and Password Recovery

[Video Tutorial](#)

Step 1: Access the Login Page [0:00](#)



Welcome back!

Sign in to your account

Username

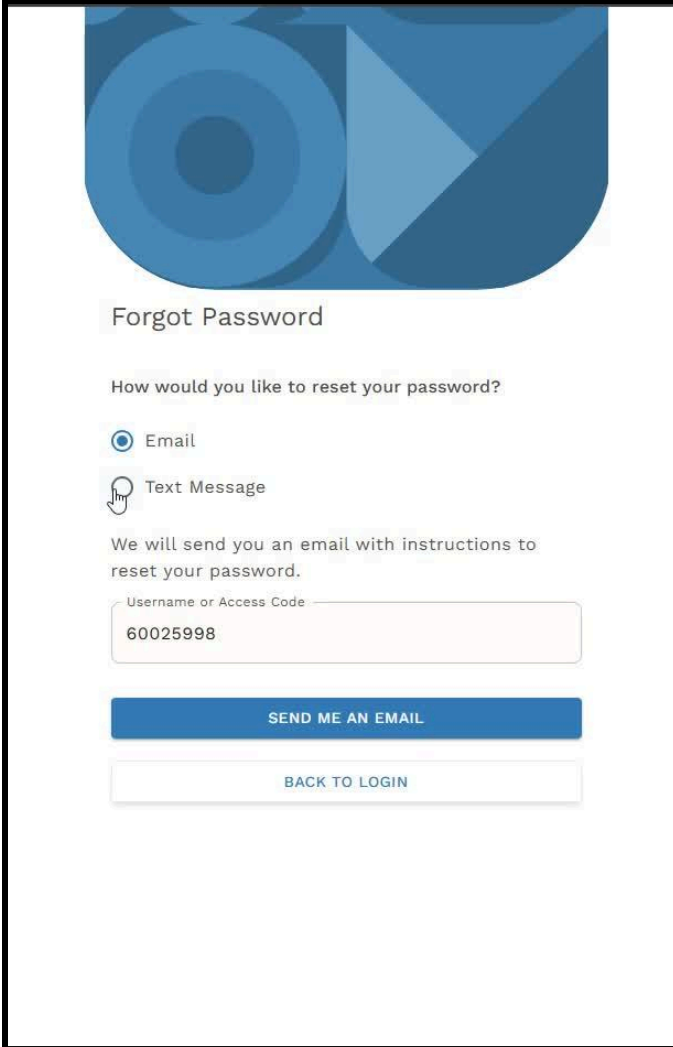
60025998

[Forgot Password](#)

SIGN IN

- If you are logged out or have forgotten your password, click the 'Forgot Password' option.

Step 2: Request Password Reset 0:17



The screenshot shows the 'Forgot Password' screen. At the top is a blue graphic with a play button icon. Below it, the title 'Forgot Password' is centered. The question 'How would you like to reset your password?' is followed by two radio button options: 'Email' (selected) and 'Text Message'. Below this, a message states: 'We will send you an email with instructions to reset your password.' A text input field labeled 'Username or Access Code' contains the value '60025998'. At the bottom are two buttons: a blue 'SEND ME AN EMAIL' button and a white 'BACK TO LOGIN' button.

Forgot Password

How would you like to reset your password?

☒ Email

☐ Text Message

We will send you an email with instructions to reset your password.

Username or Access Code

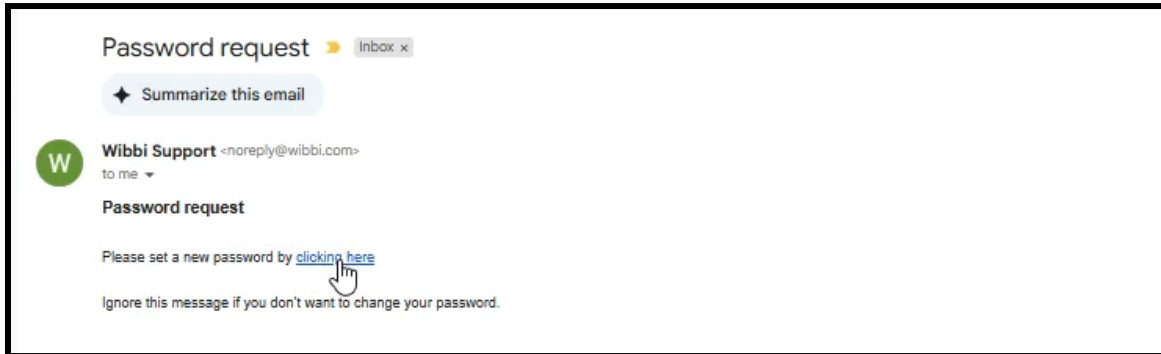
60025998

SEND ME AN EMAIL

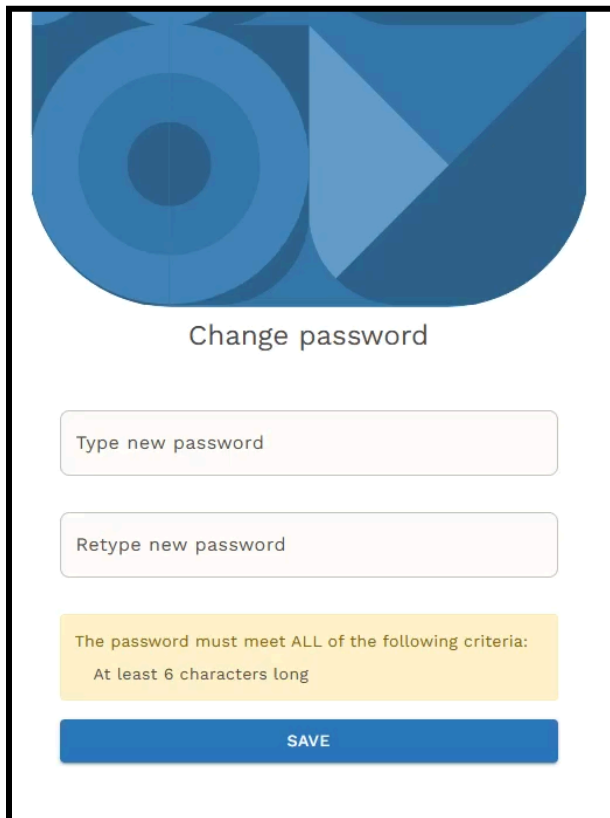
BACK TO LOGIN

- Select your email address or phone number associated with your account.
- Choose to receive a one-time reset code via email or text.

Step 3: Update your Password

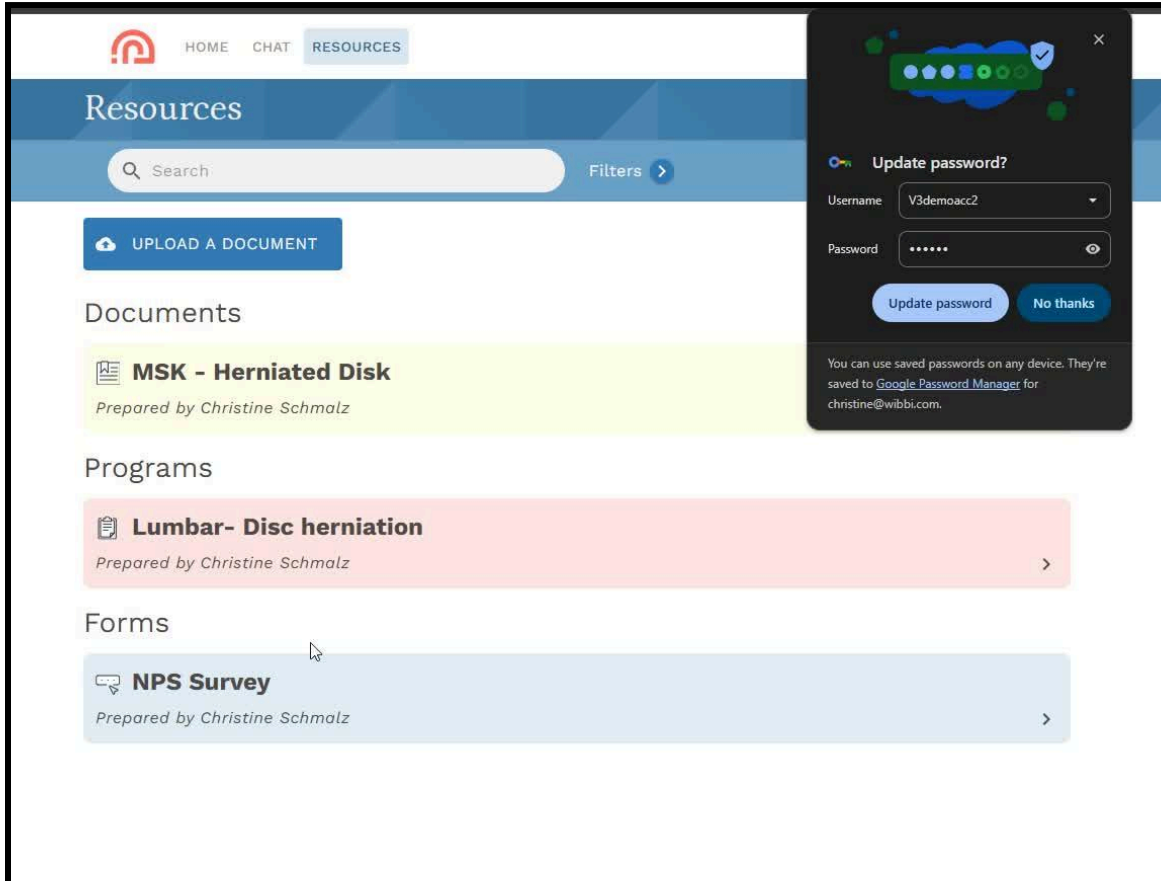


- Open your email inbox or check your text messages.
- Look for the Wibbi password request email or text message.
- Click on the link provided in the email or text message to reset your password.



The screenshot shows a "Change password" form. At the top is a blue graphic with concentric circles and a play button. Below the graphic is the title "Change password". There are two input fields: "Type new password" and "Retype new password". Below these fields is a yellow box with the text: "The password must meet ALL of the following criteria: At least 6 characters long". At the bottom is a blue button labeled "SAVE".

Step 4: Save your Updated Password



The screenshot shows the 'Resources' page of the Wibbi Patient Portal. The page has a navigation bar with 'HOME', 'CHAT', and 'RESOURCES' tabs. Below the navigation bar is a search bar and a 'Filters' button. A blue button labeled 'UPLOAD A DOCUMENT' is visible. The page is divided into three sections: 'Documents', 'Programs', and 'Forms'. Each section contains a card with a document icon, a title, and the text 'Prepared by Christine Schmalz'. The 'Documents' section has a card titled 'MSK - Herniated Disk'. The 'Programs' section has a card titled 'Lumbar- Disc herniation'. The 'Forms' section has a card titled 'NPS Survey'. An 'Update password?' modal is open on the right side of the page. The modal has a title bar with a close button. It contains a Google logo, the title 'Update password?', a 'Username' field with the value 'V3demoacc2', a 'Password' field with masked characters, and two buttons: 'Update password' and 'No thanks'. Below the buttons, there is a note: 'You can use saved passwords on any device. They're saved to Google Password Manager for christine@wibbi.com.'

For further assistance please contact your healthcare provider or clinic.