

## GETTING SET UP

1

### LOOK FOR AN EMAIL OR TEXT MESSAGE FROM FORCE THERAPEUTICS

Your account will be set up a few weeks before surgery. Look out for an email and/or text message with a link to create your password.

2

### KEEP LOGGING IN

Once you've made your password, keep logging in by going to: [www.forcetherapeutics.com/login](http://www.forcetherapeutics.com/login)

3

### REACH OUT

We are here to help if you have any questions or concerns while using Force!

To get in touch with us, send an email to [support@forcetherapeutics.com](mailto:support@forcetherapeutics.com)

## FAQS

### IS THIS A FREE PROGRAM?

Yes! This is a free tool your doctor has prescribed to support your care.

### WHAT IF I DON'T HAVE AN EMAIL ADDRESS?

You can login on your smartphone with a valid mobile phone number, or we can use a care partner's email address.



### DO I NEED TO LOG IN TO DO EXERCISES EVERY DAY?

It's a good idea to log in daily, to update your Care Team on your progress.

### CAN I USE FORCE ON MY SMARTPHONE OR TABLET?

Yes! You can download the Force Patient App on the App Store on your Apple device or Google Play on your Android device. Log in with the same email & password you use on the computer.

[forcetherapeutics.com/login](http://forcetherapeutics.com/login)



PATIENT GUIDE

## Your all-in-one digital care platform

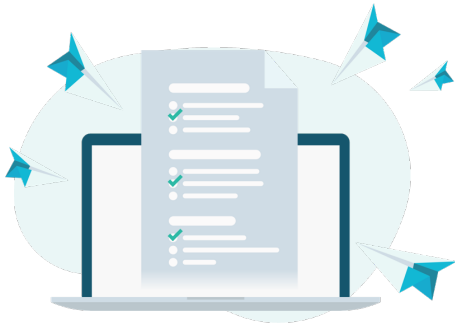
Guiding you through every step of your journey to recovery

## Presidio Surgery Center

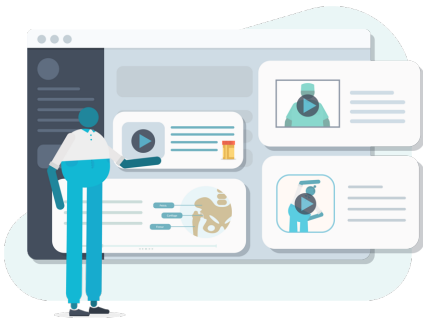
*A California Pacific Medical Center Affiliate*

## WHAT IS FORCE?

An online platform to guide you through a full recovery.



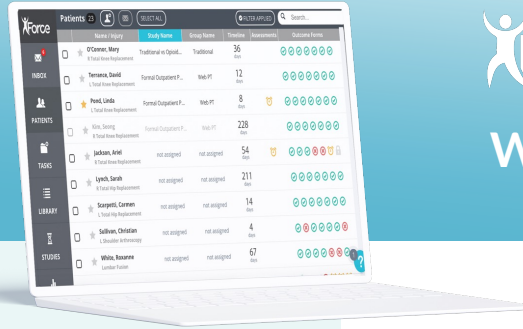
Fill out your forms from home



Access Care Instruction and Exercise videos any time



## What you can do in Force



Home

View your daily To-Do List & Timeline of your Care Plan

Videos

View Care Instruction and Exercise videos

Health Profile

Access your demographic and medical information

Exercise Log

Track your exercise activity within and beyond Force

Progress

View where you are in your recovery

Tech Support

Reach out to Force with questions about the program