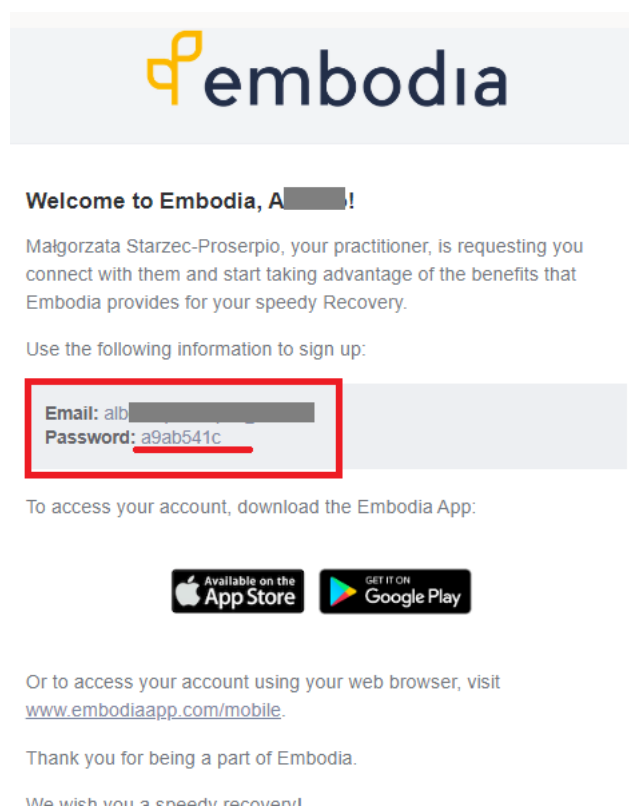


TELEREHABILITATION THROUGH THE EMBODIA APP: INSTRUCTIONS FOR THE USE OF VIDEO-CONSULTATION

In the telerehabilitation process, I use the EMBODIA application. To use it, you must first create your personal account. If you are already a user of the EMBODIA application, you can go straight to point 5 of this manual.

1. You will receive message with login details to the e-mail address provided by you during registration for the visit. Make sure to check the SPAM folder.



2. You can log in to the application via a browser on your computer by clicking on the provided www address.

3. Then enter your email address and the received one-time password in the appropriate fields. Confirm by clicking SIGN IN



You need to sign in or sign up before continuing.

[Forgot your password?](#)

[Sign In](#)

4. Then create your own password that you will use to log into the application. Confirm by clicking UPDATE MY PASSWORD.

[Sign Out](#)

Hi A[REDACTED]

Please set up a new password for your account. Make sure it is at least 8 characters long.

[Update My Password](#)

5. To go to the video consultation, click on the TELEREHAB tab.

[embodia](#)

[My Dashboard](#)

[Academy](#)

[Telerehab](#)

[My Performance](#)

[My Education](#)

[My Outcomes](#)

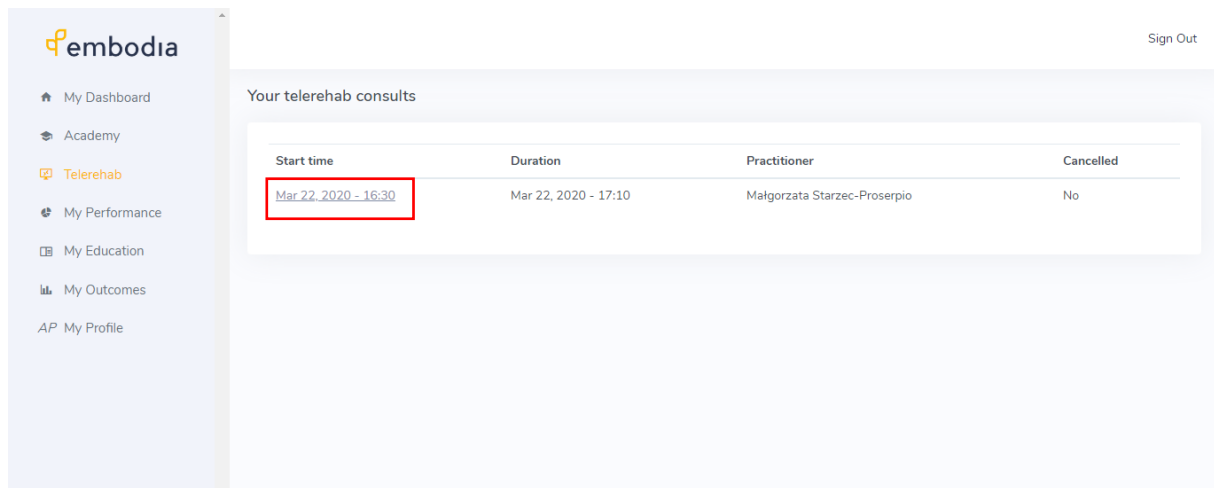
[My Profile](#)

[Sign Out](#)

Hi A[REDACTED]

[2020-03-21](#) [Go!](#) [2020-03-23](#)

A list of scheduled consultations will be displayed.

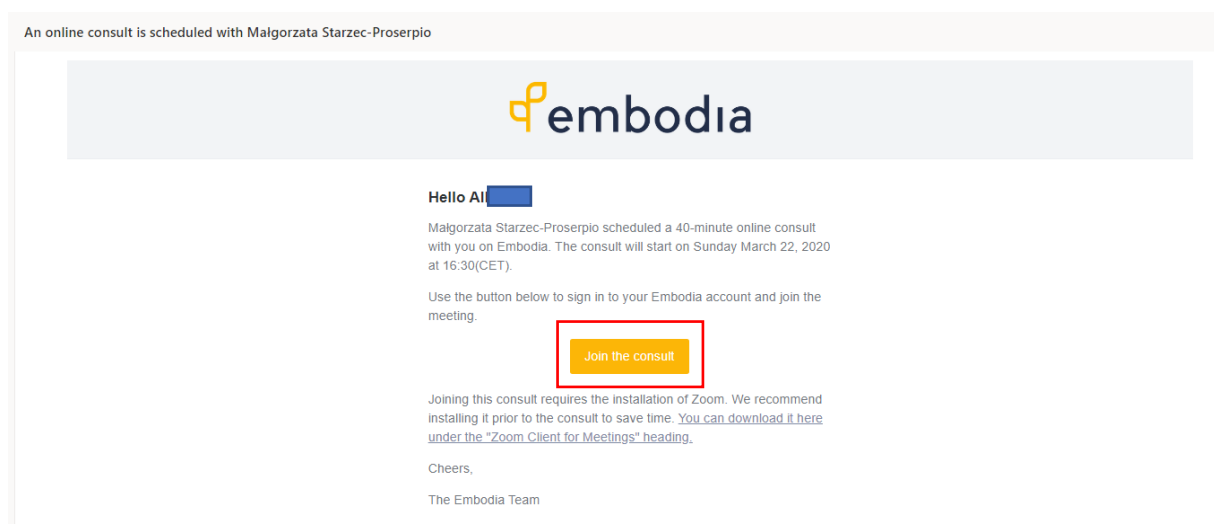


The screenshot shows the Embodia user interface. On the left is a sidebar with navigation links: My Dashboard, Academy, Telerehab (highlighted), My Performance, My Education, My Outcomes, and My Profile. The main content area is titled "Your telerehab consults" and contains a table with the following data:

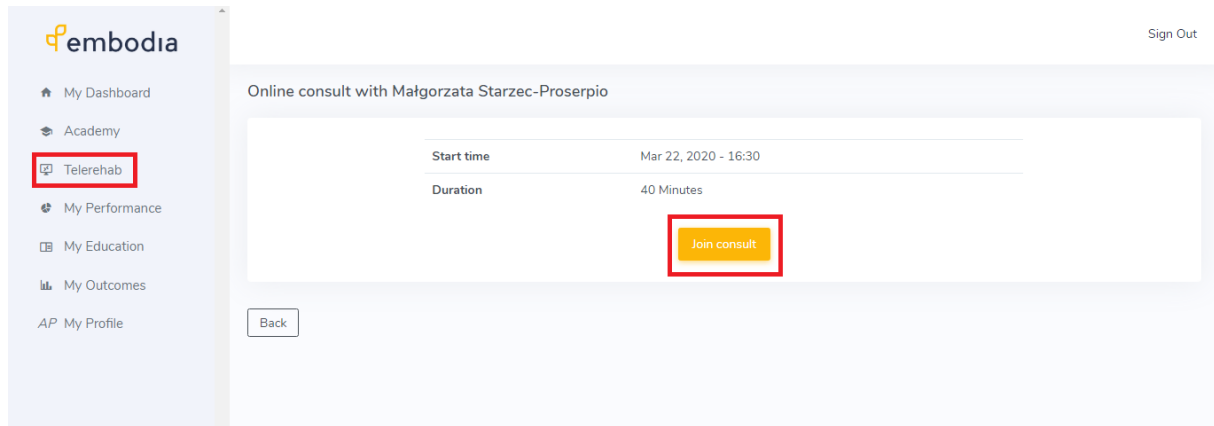
Start time	Duration	Practitioner	Cancelled
Mar 22, 2020 - 16:30	Mar 22, 2020 - 17:10	Małgorzata Starzec-Proserpio	No

6. You will also receive information about the planned consultation by e-mail.

7. To open the video-consultation window, click the JOIN THE CONSULT button in your e-mail or EMBODIA account.



The screenshot shows an email notification from Embodia. At the top, it says "An online consult is scheduled with Małgorzata Starzec-Proserpio". Below this is the Embodia logo. The email body starts with "Hello Al" followed by a blue square. The text continues: "Małgorzata Starzec-Proserpio scheduled a 40-minute online consult with you on Embodia. The consult will start on Sunday March 22, 2020 at 16:30(CET). Use the button below to sign in to your Embodia account and join the meeting." Below this text is a yellow button labeled "Join the consult" which is highlighted with a red box. The email concludes with: "Joining this consult requires the installation of Zoom. We recommend installing it prior to the consult to save time. [You can download it here](#) under the "Zoom Client for Meetings" heading. Cheers, The Embodia Team".



8. You will be taken to the ZOOM window where the video consultation will take place.

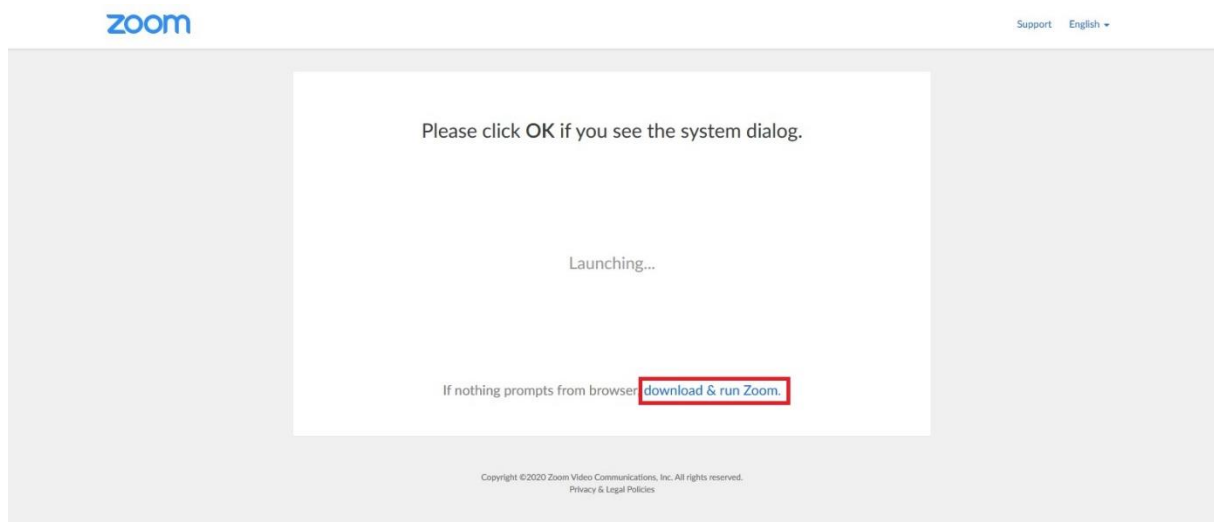
TO USE VISUAL CONSULTATION, YOU DO NOT HAVE TO INSTALL ANY ADDITIONAL SOFTWARE ON YOUR COMPUTER.

FOR THIS PURPOSE, FOLLOW THE INSTRUCTIONS BELOW.


NOTE: Google Chrome is the recommended browser when ZOOM is not installed.

After opening the window, the ZOOM application download window will automatically appear - you do not need to install it on your computer, cancel the download to do this.

If the download does not start automatically, click **DOWNLOAD & RUN ZOOM** and then cancel the download.

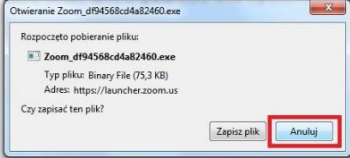


9. When ZOOM download is cancelled, **JOIN FROM THE BROWSER** will appear at the bottom of the screen. It will allow you to open a video consultation in your browser window without having to download the ZOOM application to your computer.



SupportEnglish

Please click OK if you see the system dialog.

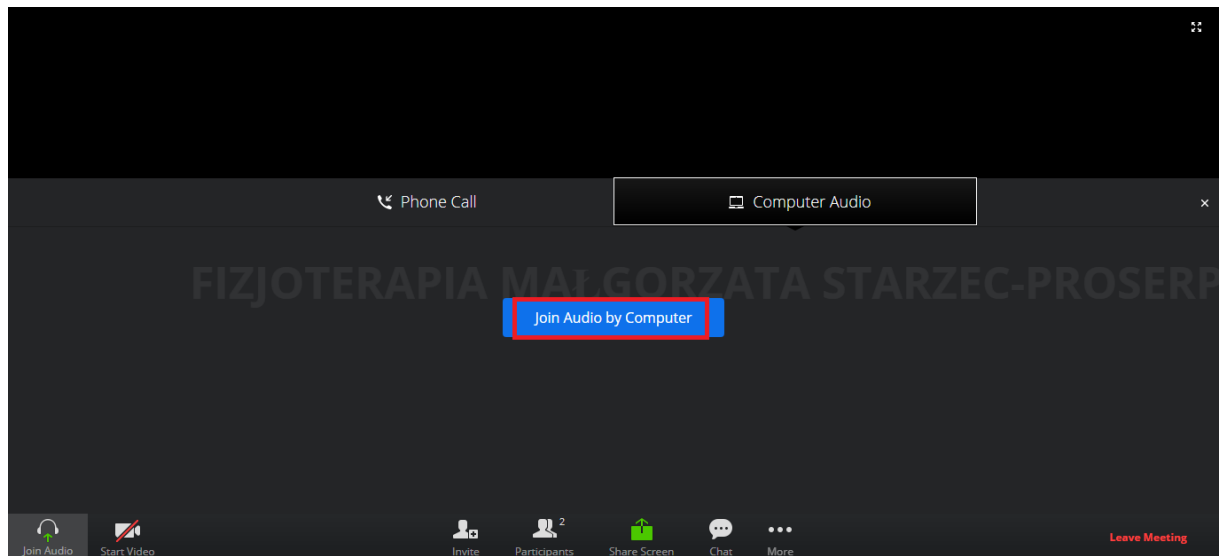


If nothing prompts from browser, download & run Zoom.

If you cannot download or run the application, [join from your browser](#)

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Privacy & Legal Policies

10. The video consultation window will then open automatically. To enable audio support, click JOIN AUDIO BY COMPUTER.



11. Make sure your camera is turned on. To leave the consultation after our meeting is over, click LEAVE MEETING.

