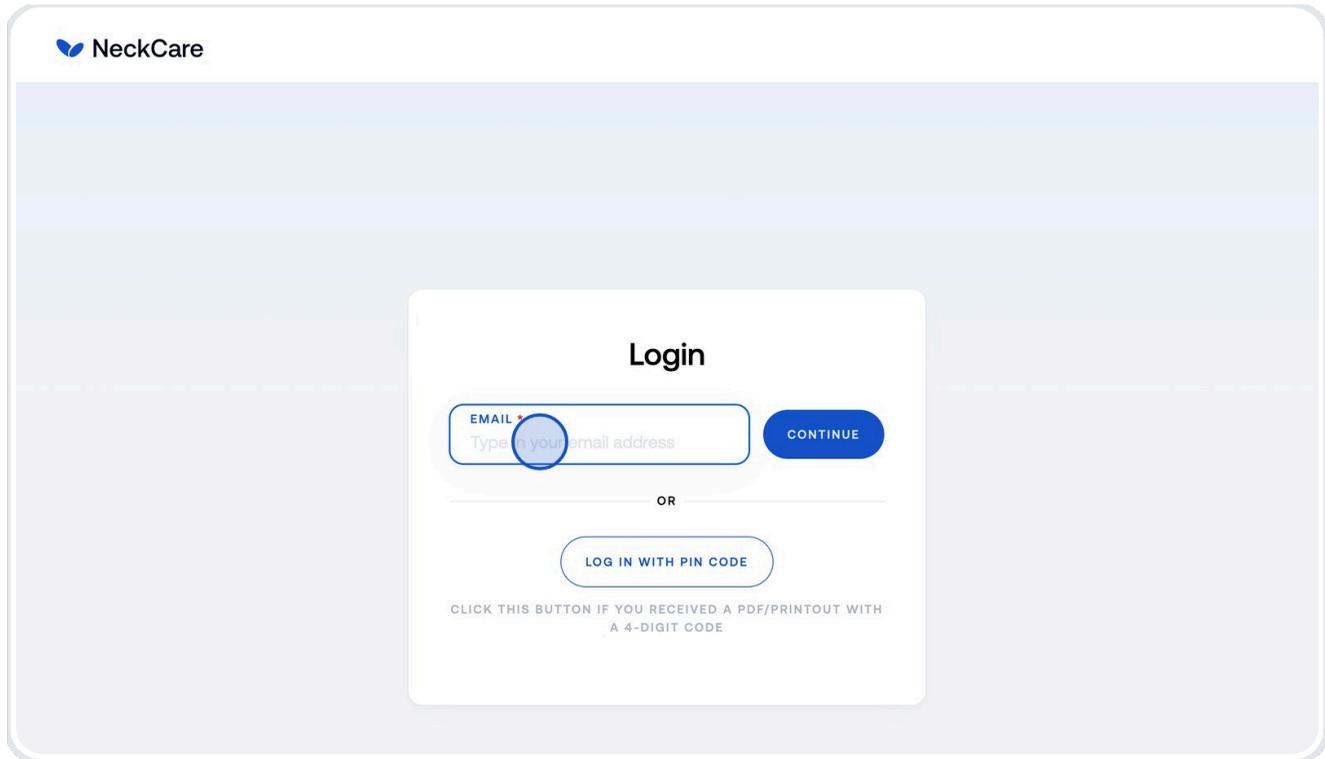


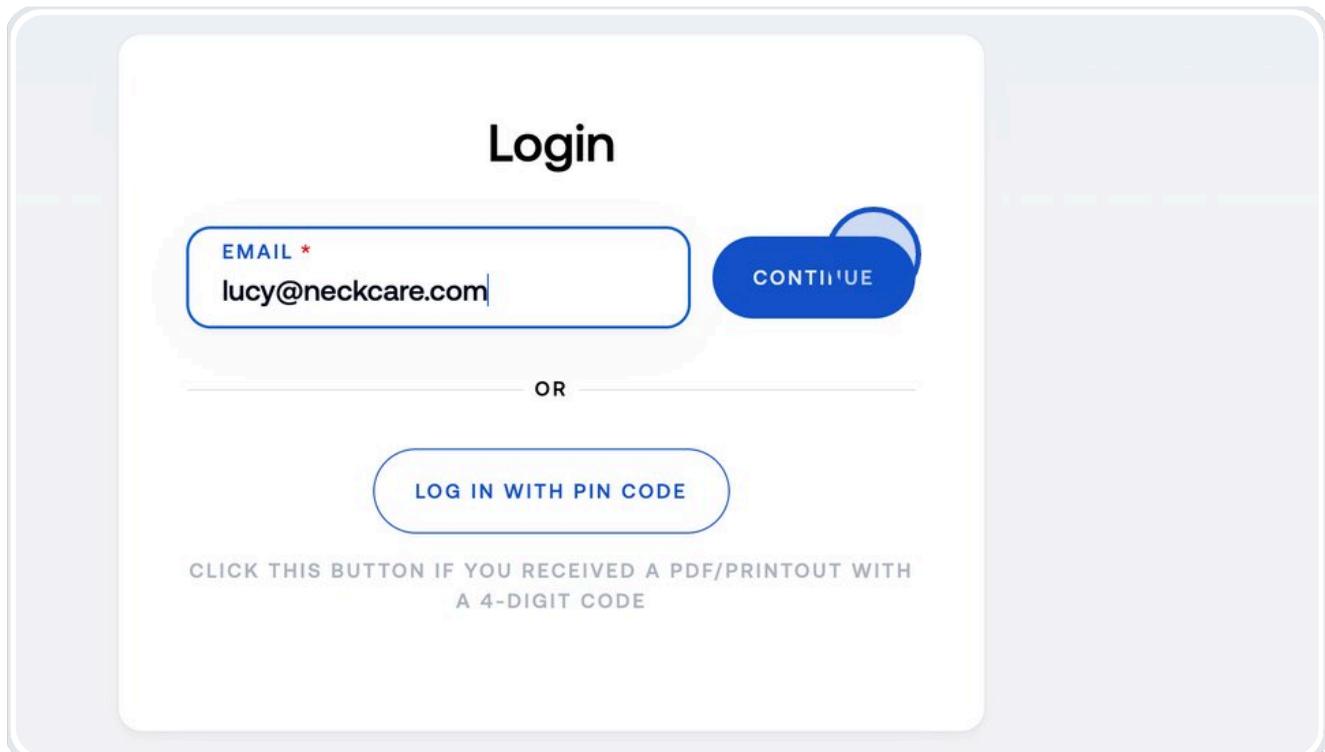
How to get started with NeckCare Home™

In 6 steps

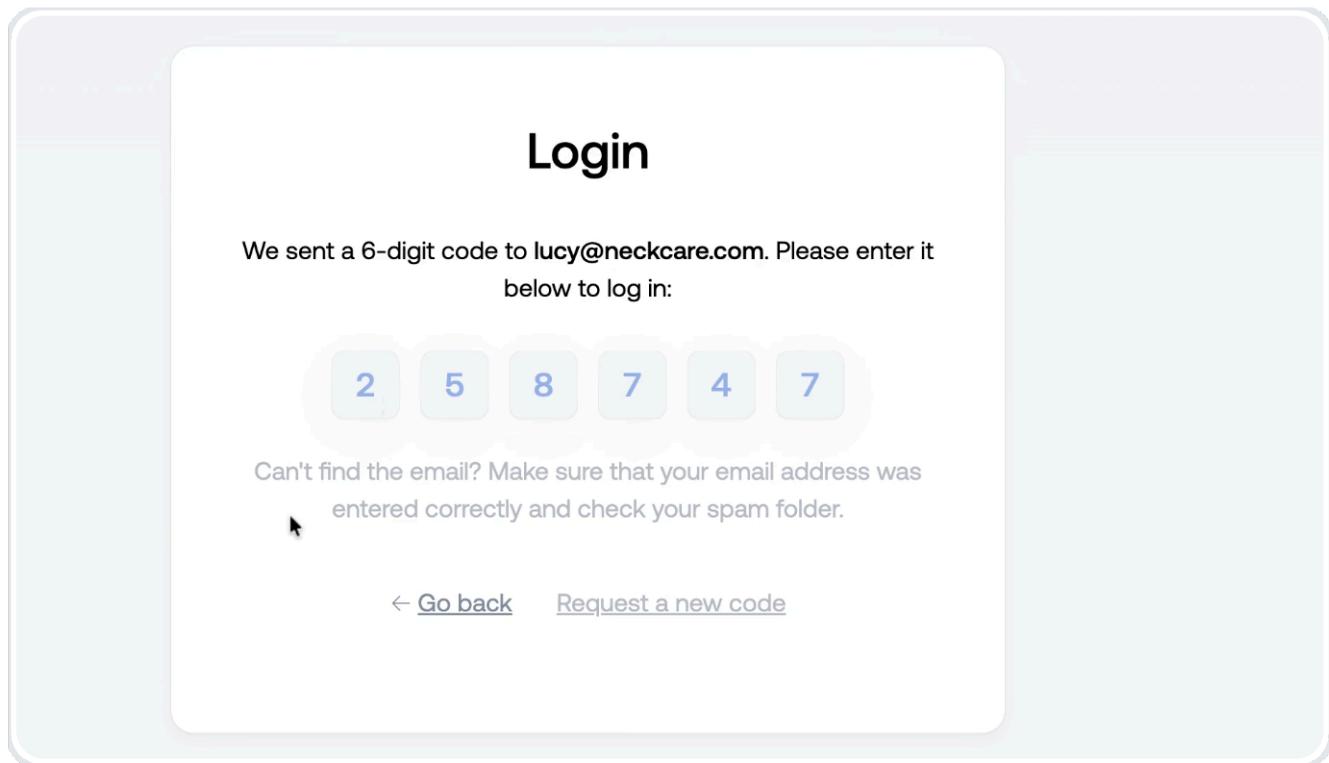
1. Type exercises.neckcare.com in your web browser.



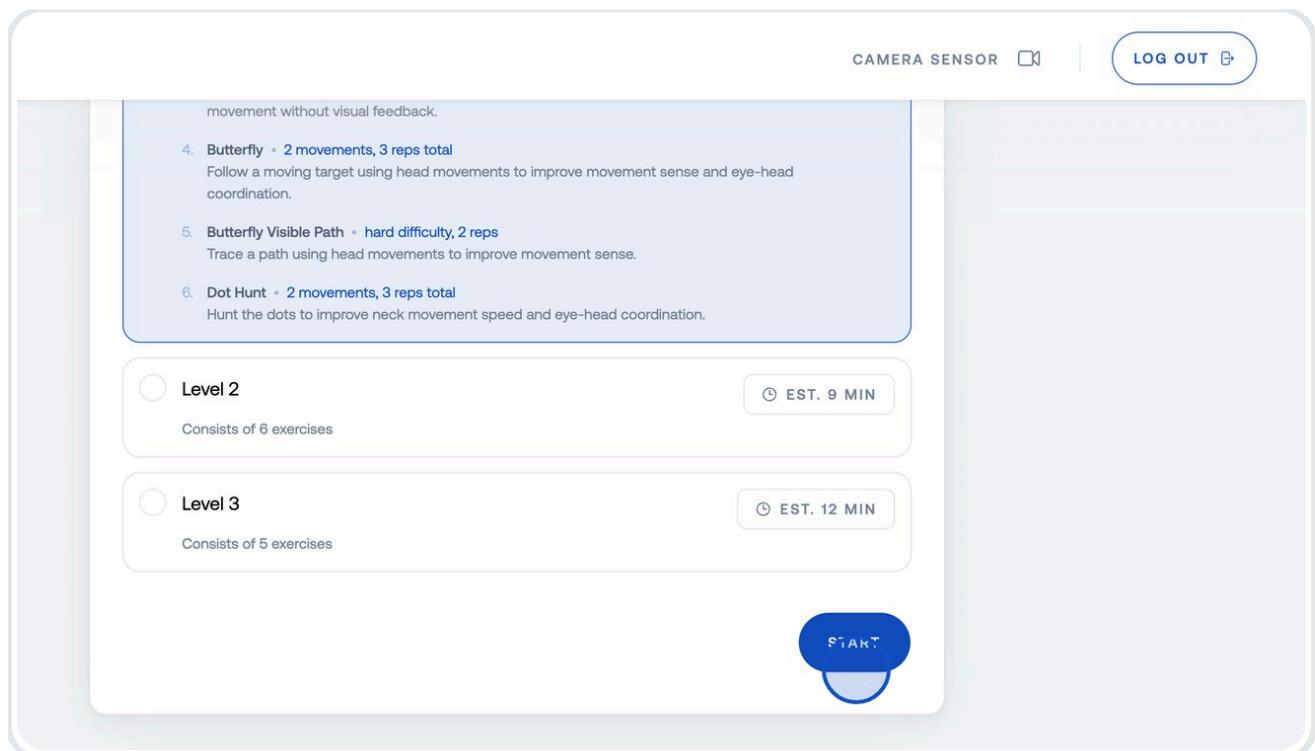
2. Enter the email address you gave your provider and click continue to receive an access code sent to that inbox.



3. Enter the 6 digit access code you received in your email to access NeckCare Home.



4. Select your level as prescribed by your provider and press **START.**



5. Review your exercises and press **START EXERCISE** to begin your prescribed NeckCare Home session for the day.

START EXERCISE

EXERCISE	STATUS	SCORE
Butterfly Visible Path Exercise	NEXT UP	-
Dot Hunt Exercise	NEW	-
Joint Position Error Exercise	NEW	-
Butterfly Exercise	NEW	-
Butterfly Visible Path Exercise	NEW	-
Dot Hunt Exercise	NEW	-

6. Follow the face tracking setup guidelines to ensure your device captures movement accurately and press **DONE**.

Face Tracking Ready



Make sure your device's camera is at eye level and directly facing you.
Keep your head in a neutral position when starting exercises.



Make sure the camera is at eye level.
A camera below eye level will restrict your range of motion when performing exercises and reduce the quality of face tracking.

Use a laptop stand or a stack of books to raise your device's camera.

DONE