

Spruce

To start using Spruce, **you must have an invitation link from your doctor**. This special link tells Spruce which doctor you'll communicate with once you're on the app.

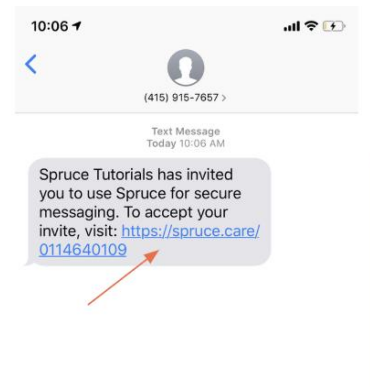
Steps to accepting the invitation from a text or email:

Step 1

You must accept the invitation from your mobile smart phone or desktop computer. Go ahead and find your **invitation link** on your mobile phone or computer now.

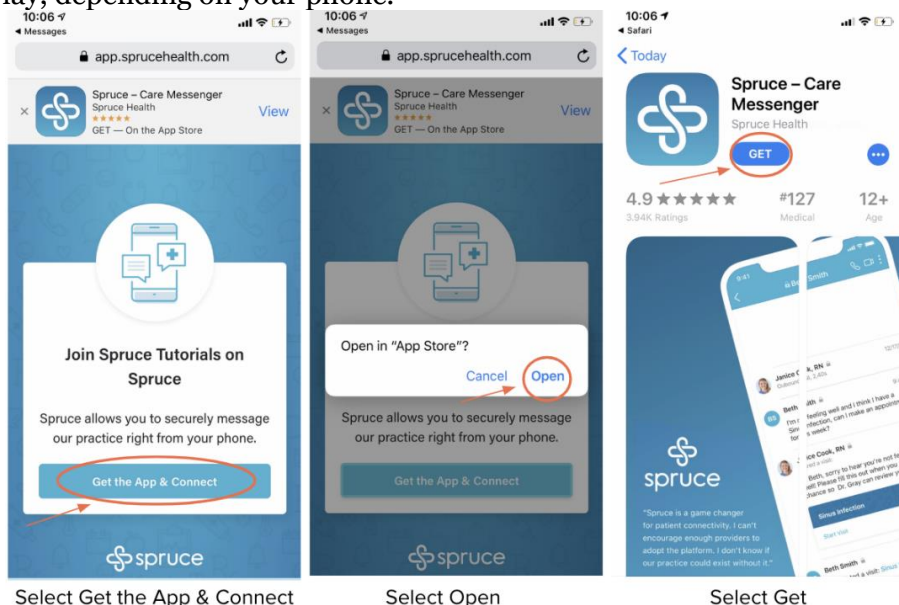
Step 2

Open the **email** or **text message** that contains the **invitation link**. Click the link. You may have to click the link twice.



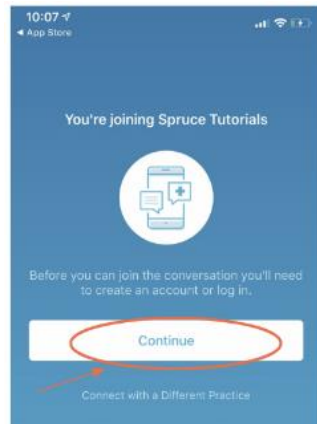
Step 3

If on your mobile phone (if not skip to Step 5), your internet browser will open to a **Spruce webpage**. Select **Get the App & Connect**. This will take you to the iOS App Store or Google Play, depending on your phone.



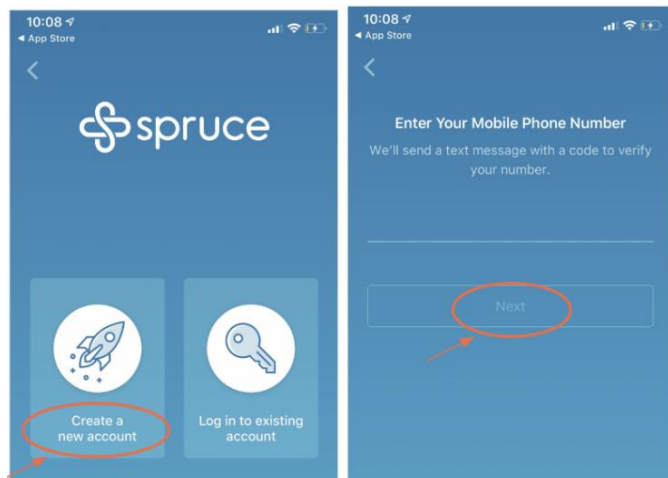
Step 4

Select the **Spruce – Care Messenger app** and download. Once the download is complete, open the Spruce app on your phone and select **Continue** when prompted.



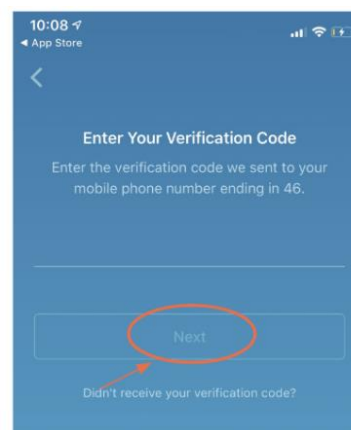
Step 5

Select **Create a new account**, and enter your personal mobile phone number. You will receive a **verification code** via text message. (If you do not receive a verification code within five minutes, delete the app and start again from step one.)



Step 6

On the next screen, enter the **verification code**, select **Next**, and enter your profile information to complete your setup. You can begin messaging with your provider once you have completed these steps!



Accessing Spruce from the web browser

Once you have created your Spruce account, you can navigate to www.sprucehealth.com and select "Login." Login with your existing account credentials (username/password) and access



Spruce from the web. If you haven't created your account yet, please get in touch with your provider and ask that they invite you to join Spruce.