

A step-by-step guide to set up your Keet app, follow your plan of care, and stay connected with your therapist.

# Patient Instructions to Optimize Your Care on a Mobile Device



Download Keet  
Activate app



Register for the Keet  
patient portal



Log into the  
Keet Activate app



Begin optimizing  
your care

After your visit has been scheduled, you will receive a *Welcome to Keet* email with a registration link to your Keet patient portal. If you have not received a *Welcome to Keet* email, please ask your clinic or care provider to send you one.

**Note:** If you have already registered for your patient portal, skip to Step 3.



## Step 1

### Download Keet Activate app

#### For Apple iOS users:

- From your iPhone or iPad, open the Apple Store
- Search for “**Keet Activate**”
- Select and install Keet Activate app



SCAN ME

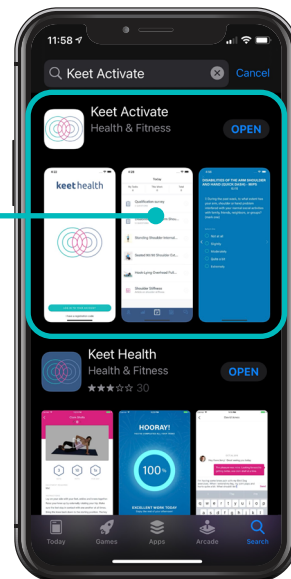
#### For Android users:

- From your phone or tablet, open Google Play
- Search for “**Keet Activate**”
- Select and install Keet Activate app



SCAN ME

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Keet  
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## Step 2

### Register for the Keet patient portal

Your provider will send you a *Welcome to Keet* email, be sure to have it handy before proceeding.

- Open your *Welcome to Keet* email and tap the **Register Here** button
- On the Patient Login page, confirm your information is accurate
- Set your user name and password
- Tap **Confirm**
- Tap the **I'm Ready to Log In** button



## Step 3

### Log into the Keet Activate app

- Open the Keet app on your device
- Tap the **Log Into Your Account** button
- If you receive a message asking for permission to use “Keetservices.com”, tap **Continue**
- On the Patient Login page, enter your username and password
- Tap **Log In**



## Step 4

### Begin optimizing your care

- Tap on an exercise or questionnaire from your task list to get started
- Tap the **History** tab to view education, tasks, forms, and other things to help you on your road to better health
- Tap the **Secure Messaging** tab to keep in touch with your provider
- Tap the **Progress** tab to track your progress