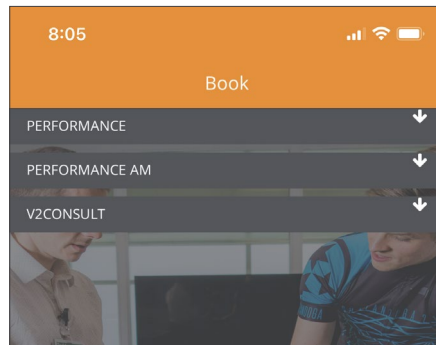
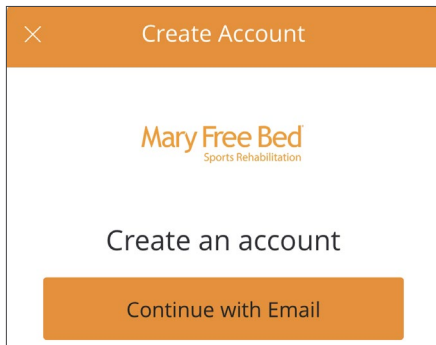


## DOWNLOAD THE APP

Open the App Store or Google Play Store. Search for the Mary Free Bed Sports Rehab app and download it. Open the app and allow notifications. Click the Menu button, then click Log In.



## CREATE AN ACCOUNT OR SIGN IN

If you have an account, click Log In. If you're new to the app, click Create Account.

1. Enter your email and click Next.
2. Create a password. Add your first and last name.
3. A confirmation will be sent to your email. Verify prior to proceeding.
4. Once your account has been verified, return to the app, click the Menu button, and then your name.
5. Complete your profile by filling in the remaining information.
6. Please opt in for email correspondence. This notifies us when you make an appointment (we do not send spam emails).
7. Scroll all the way down and click Sign Waiver before proceeding.

## BOOK YOUR TEST

1. Navigate to the home screen.
2. Choose the Performance tab. If you're interested in a resting metabolic rate test, select Performance AM.
3. Select your service.
4. Select from the available dates/times.
5. Review start time, enter any notes for the provider, then click Book Appointment.
6. Select the pricing package of your choice. There is a 10% discount for two or more visits for the same service.
7. Enter any promo code or gift card you may have, then click Buy.
8. Once purchased, you can add the appointment to your Google calendar from the app. You will also be emailed an appointment reminder along with a receipt of your purchase.

## YOUR APPOINTMENT

We're located at the SpartanNash YMCA, 5722 Metro Way, Ste. B, in Wyoming.

1. If you have any symptoms or have tested positive for COVID-19 within the last two weeks, we will reschedule your appointment.
2. When you arrive at the SpartanNash YMCA, you'll be directed to the Mary Free Bed Sports Rehabilitation suite.
3. Check in at the front desk of the Sports Rehabilitation suite and you'll be seen at your appointed time.

## CONTACT US

Call 616.840.PLAY (7529) or email [performance@maryfreebed.com](mailto:performance@maryfreebed.com).