



# Spruce Health – Telemedicine Platform

Please follow the instructions below to set up your patient portal on Spruce Health and be able to hold your telemedicine session with your medical provider.

## Accepting the invitation for telemedicine:

1. Because Spruce is a mobile app, you must accept the invitation from your **mobile phone**. Go ahead and find your **invitation link** on your **mobile phone** now.
2. Open the **email** or **text message** that contains the **invitation link**. The link usually looks like **spruce.care**. Click the link. You may have to click the link twice.
3. Your mobile phone's internet browser will open to a **Spruce webpage (www.sprucehealth.com)**. Select **Get the App & Connect**. This will take you to the iOS App Store or Google Play, depending on your phone.
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.
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.)
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!