

Your first steps in The Club

1. Get started

Visit **club.dolifetoday.com**. Sign in or follow the registration steps. Ask your care team which tracking areas they would like you to use.

2. Record what matters to you

The tracking area includes medications and schedules, symptoms, exercise, sleep, meals and hydration, blood pressure, and therapies and devices. Record the details you want to discuss; follow your existing care plan.

3. Explore the relevant Sense Suite module

VoiceSense, MotorSense, MoveSense, and MindSense display personal measurements. Follow the instructions shown in the module. Baseline status shows whether enough baseline sessions have been completed.

4. Prepare for your appointment

Use the Reports area for daily tracking and the report option in Sense Suite for measurement summaries. Check the date range, recorded entries, and any notes before sharing. Available sections depend on your recorded information.

5. Share your report

Save or print the report. Bring it to the appointment, or ask the clinic how they would like to receive it by email. You choose whom to share it with; generating a report does not mean a practitioner is monitoring it.

Need help?

Email **help@dolifetoday.com** for help finding a resource or using The Club. Keep questions for your care team with your appointment notes.