

#### TAKE CHARGE OF YOUR RECOVERY

### Who is Benchmarc™ For?

Your healthcare professional combines years of training, research and technology to deliver modern treatment plans specific to you and your condition. That plan doesn't end when you leave the clinic, in fact, its ultimate success depends upon you.

Benchmarc™ is for patients who wish to take charge of their health, communicate to their healthcare professional key milestones throughout their recovery, and compare (benchmark) their progress against thousands of other patients on the same journey. This data allows you and your physician to manage a personalized recovery program aimed at achieving your best possible outcome.

In an era where we already track our weight, diet and exercise, why not also track your health? Your recovery may depend on it.







#### Track

your recovery by submitting short, easy-to complete surveys.



#### Compare

your progress against yourself and others



#### Communicate

your results with your doctor for personalized care.

# How Do I Join?

Benchmarc™ is free and takes only two minutes to register.
Please follow the instructions on the back of this card.



# Registration Instructions

Takes Only 2 Minutes!

#### You must have:

- An email address
- A device with web access: Phone, Tablet, Computer
- An invitational email from your healthcare professional



John Smith, MD
invites you to open a free account with
inCytes™, allowing you and your doctor
to share vital information about your
treatment and recovery.

LET'S GET STARTED

# Email\* Email Address 8 character minimum. Must contain at least 1 upper case, 1 lower case, 1 number. Password\* Confirm Password\* It



# Step 1

 Check your email for an invitation from notifications@inCytes.com

## Step 2

Select and save a unique password.Press Sign Up.

# Step 3

 Fill out all requested fields, review and sign both areas of consent, and press Get Started.

# What's Next?

You're all signed up. Please follow the onscreen instructions to complete any surveys or review your first results. Future updates on your case will be sent to you automatically by email, so don't forget to respond!

If you have any questions about your treatment or results, please contact your healthcare professional.