

1. Go to our website

[www.redcedarphysio.ca](http://www.redcedarphysio.ca) and click 'book appointment' in the top right hand corner. This will take you to the JaneApp booking site.

2. Click "Sign In or Sign Up" in the top right hand corner of the JaneApp page. Either log in, or if it's your first time, you will need to set up a username and password and confirm your email address. Follow the prompts.

The screenshot displays the Red Cedar Physiotherapy website. At the top, the header includes contact information: (250) 837-8519, an email icon with recover@redcedarphysio.ca, and a location pin with Suite 204, 555 Victoria road, Revelstoke, BC, along with social media icons for Instagram and Facebook. The main navigation menu contains links for Services, Fees, Team, Questions, Contact, Insights, and a prominent red button labeled BOOK APPOINTMENT. Below the navigation is a large hero image of a mountain biker in a forest, with the text "We are OPEN online, providing TeleHealth video physio!" overlaid. A teal banner below the hero image contains the text "Hello. Are you a current patient? Sign in" and a red-bordered button for "Sign In or Sign Up". The Red Cedar Physiotherapy logo is centered below the banner. A teal bar with the text "TeleHealth – keeping us connected while working remotely." is positioned below the logo. A large teal button labeled "Book an Appointment" is centered below that. At the bottom, there is a "View Availability by Month" button, the text "Welcome to our Online Booking site", and the word "Physiotherapy" at the very bottom.

3. Please update your contact info by filling out our intake form. We need your physical street address not your PO Box please, as well as emergency contact info.

4. Under My Account click on Credit Card and add your credit card details for billing.

### My Account

- Upcoming Appointments
- Appointment History
- Intake Forms
- Documents
- Contact Info
- Credit Cards on File**
- Reminder Preferences
- Username / Password
- Family Members New
- Google, Facebook & Twitter
- Manage your Staff Preferences

 Book an Appointment

### Please fill out our online intake form

Please take a moment to fill out our online intake form before your visit. All information is kept completely confidential.

 Fill Out Intake Form

### Upcoming Appointments

 Book an Appointment

Date
No Upcoming Appointments

 Subscribe to Your Calendar...

### Wait List Requests

 Add a Wait List Request

Treatment	Patient	Availability
No Wait List Requests		

5. To book an appointment you can either  
A) choose the treatment you want to book and see on the calendar what's available with any physio, or  
B) first choose the physio you'd like to see, then choose the appointment you'd like to book and see availability on that physio's calendar.

6. To complete the booking you will need to enter your credit card information. **No charge will be applied to your credit card.** This info is simply required to confirm your booking.

7. After this you should see a "Thank you for booking" screen. You did it!

**Red Cedar**  
PHYSIOTHERAPY

TeleHealth – keeping us connected while working remotely.

## Book an Appointment

[View Availability by Month](#) **Welcome to our Online Booking site**

### Physiotherapy

**Book by Treatment** **Book by Physio**

- WCB Rehabilitation Rx Session 30 minutes - \$0.00 - Offered by Prue, Naomi, Jocelyn, and Erin.
- WCB Assessment TeleHealth Session 60 minutes - \$0.00 - Offered by Erin, Prue, Jocelyn, and Naomi.
- TeleHealth Assessment 60 minutes - \$100.00 - Offered by Erin, Jocelyn, Naomi, and Prue.
- TeleHealth Rx 30 minutes - \$70.00 - Offered by Jocelyn, Prue, Erin, and Naomi.