

Feeling overwhelmed with the thought of using MyVR?
MyVR Fitness Fridays are designed to help you get in shape! (No actual exercise required.)



Fitness 101 for MyVR 2.0

Once you are logged into [MyVR](#), instructional videos can be found by clicking on the blue question mark icon.

If videos aren't your thing, here are some MyVR highlights.

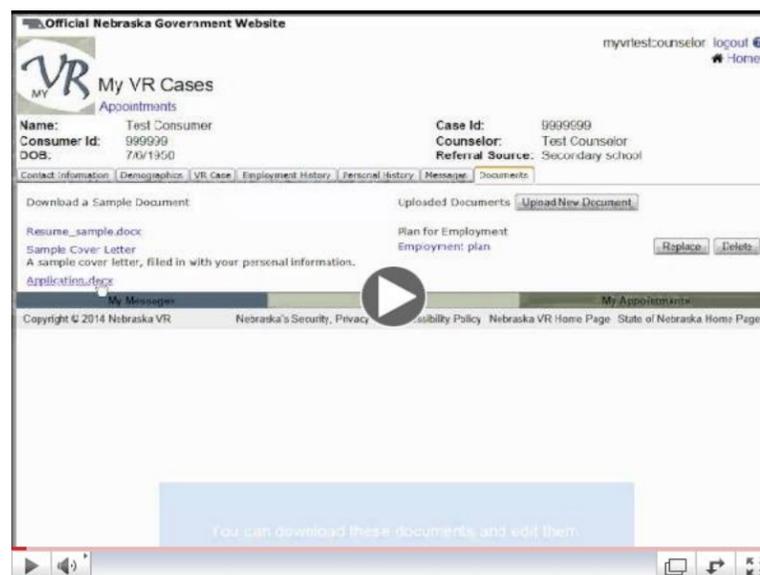


- **My Messages:** Send individual or group messages to MyVR clients by text or email depending on the client's individual preferences. **Use this feature to meet the 30 day contact standard.**
- **My VR Cases:** Navigate to MyVR cases where you are the team contact or view any of the MyVR cases served at your location. **Team members can respond to client messages when team contacts are on the road or on leave.**
- **My Appointments:** Create appointments with MyVR clients with the ability for the client to request changes to the appointment date and time. **The feature also sends automatic reminders 24 hours before the appointment. The goal is to reduce no show rates!**

Smart Snacking

Clients and staff members can download sample resumes, cover letters, and applications populated with the client's basic information.

Watch one of the instructional videos now!



Upload Documents to Share with Client

Staying Motivated

[MyVR](#)'s upload feature allows for collaboration on these documents. Don't forget you can also upload a signed and scanned Individualized Plan for Employment.

[MyVR in 3 Steps](#) | [Client Instructions](#) | [Staff Instructions](#)

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