

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

You can send messages by text to clients with text enabled phones from MyVR. **Clients can respond to the text from their phone.**

You may already text clients so you might be thinking **why is this a big deal?**

- Daily conversations between Nebraska VR staff and the client will be **automatically written to a QE2 task note.**
- Team members can navigate to MyVR clients served by your team to respond and/or initiate messages.

## Cardio Boost

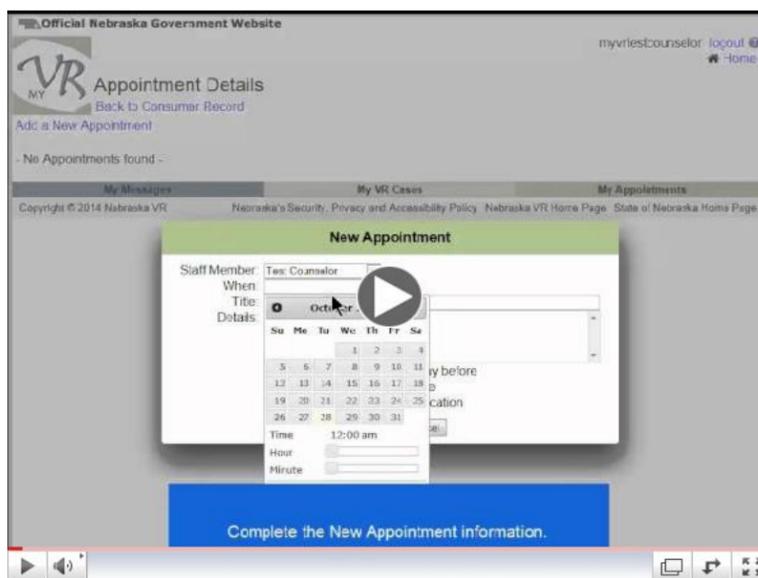


The MyVR training objective was to teach Nebraska VR staff how to access and navigate the client engagement application. The next step is to help you feel comfortable talking to clients MyVR. See [Conversation Starters](#) and [MyVR in 3 Steps](#).

## Smart Snacking

Once you are logged into **MyVR**, you can find the instructional videos by clicking on the blue question mark icon .

Watch one of the instructional videos now!



Counselor Cases

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

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