



## How to Register for Cryotherapy

Prior to your first session, we ask that you register. A smartphone, tablet, or touch screen computer can be used to register, as a digital signature is required. Please visit [lifestyle.cryoinnovations.com](http://lifestyle.cryoinnovations.com) to register:

1. Click on REGISTER in the upper right corner of the page.
2. You will then be asked to enter your EMAIL, establish a PASSWORD (combination of capital letters, lowercase letters and numbers only. Do not use special characters), and CONFIRM PASSWORD, then click SUBMIT. Please remember the email and password you use, as you will need this at your first session.
3. Fill in the INFORMATION required.
4. Answer the CONTRAINDICATIONS ACKNOWLEDGEMENT. Please note, that if you answer YES to any of the questions, you will not be allowed to use cryotherapy until you have a doctor's clearance turned into the Exercise Physiology department.
5. Read and *digitally sign* the WAIVER and RELEASE AGREEMENT. Minimum age of 16 can use cryotherapy; however, a parent/guardian signature is required digitally when registering. Parent/guardian must accompany minor to first session and sign a waiver.
6. Lastly, read and agree with the WHOLE BODY CRYOTHERAPY PROTOCOL.

If you have questions or need assistance with registration, please contact the Exercise Physiology department at (559) 624-3450.