

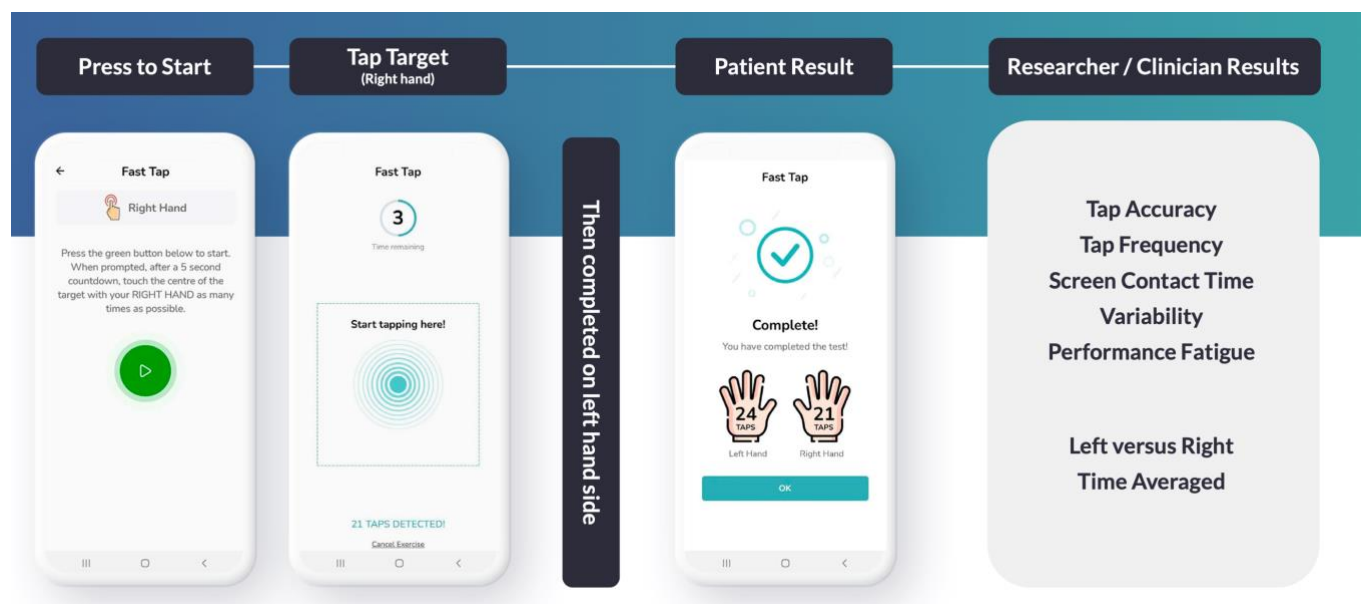
MoveMed is a new remote monitoring tool for Degenerative Cervical Myelopathy [DCM]. It was developed in response to the patient demand for an assessment that could capture the ups and downs of the disease, often overlooked in short and/or infrequent doctor's appointments.

*"As no two days are the same it would be good to have a record of how symptoms are and seeing if things are degenerating with something to show to a doctor"*

**A Person with DCM**

## How does MoveMed work?

MoveMed is an application for Apple (iOS) or Android based mobile phones with a touch screen. The application is downloaded from the application stores. It contains a number of 'interactive' assessments. These are specific tasks to be completed using the phone, [such as standing still with the phone outstretched](#), or [tapping a target as fast as possible](#). An example of the screen interface for the tapping test is below, or the links above will lead to video demonstrations.



The application also includes some background monitoring. These are assessments performed whilst the phone might be in a pocket, such as activity monitoring. This enables the disease to be measured during routine life. These measurements do not include any position data such as GPS.

The feedback from patients has been extremely positive:

*This will enable you to get the whole picture of the disease, symptoms as a whole and not just a snapshot*

**Anonymous User with DCM**

## Frequently Asked Questions

*How is my data stored and protected?*

Data is collected and stored securely, to protect your confidentiality. This is compliant with international standards including ISO13485 and ISO27001. Assessment data is initially stored on your phone, and sent encrypted to a secure internet storage facility, when your phone is connected to the internet.

*Does the application affect my phone?*

MoveMed does not affect the performance of the phone.

Our performance testing has shown that the device uses very little battery or phone capacity. We have not experienced or had it reported to us, that MoveMed changed the performance of their phone. The data captured from the phone is transmitted over the internet, which will use a phone's data allowance. However, the file sizes are extremely small – a few kilobytes per test.

*How frequently are the tests performed?*

The phone will prompt the user to complete interactive tasks at least once every 4 days. This is only a suggestion and can be ignored. Users can perform a task as frequently as they like by opening the application at any point.

*Can I remove the application?*

The application can be removed and/or reinstalled at any time.

**For further information or support please contact [admin@movemed.io](mailto:admin@movemed.io)**