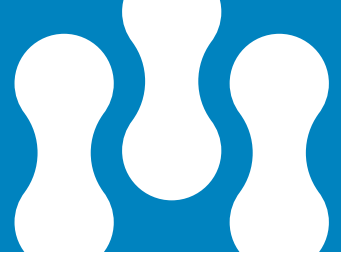
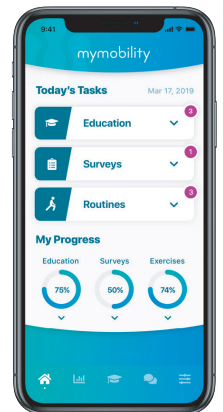


Welcome to mymobility®



Preparing for and recovering from surgery can seem overwhelming. Knowing what to expect and receiving timely reminders can help ease the process as you approach your surgery date. mymobility keeps you connected to your surgeon and care team throughout this process to assist you in many ways, including:

- Understanding your condition and optimising your health prior to surgery
- Learning what to expect the day of surgery
- Knowing some steps you can take to help minimise complications after surgery
- Offering guidance as you work towards regaining mobility
- Reviewing data about your activity levels and progress with your care plan
- Sharing information with your surgeon and care team to help them determine your need for extra direction or follow-up care. It can also be used after surgery to aid in your recovery



Scan the QR code to learn more about mymobility



Getting started is easy!



Look for the Text message
on your phone



Click on the link in the text and download
the mymobility app or use the desktop URL
(provided in the text message) on your
computer to access mymobility



Activate your account

Then you're all set. You can start logging in for information and to track your progress.

Customer Support

For any questions about the app or instructions on how it works please contact the mymobility support team:

Website: <https://support.zbmymobilitysolutions.com>

Email: support@zbmymobilitysolutions.com

Phone: 1-800-097-261 (Australia toll free)

0-800-002-403 (New Zealand toll free)

Smartphone Set Up Instructions



STEP ONE: TEXT MESSAGE ACTIVATION

You will receive a text message to the mobile phone number provided to the Care Team Member who enrolled you in mymobility.

In the text message, there will be a link to download the app. When you click on the link, you will be directed to the App Store or Google Play Store with instructions on how to download the mymobility app.



STEP TWO: DOWNLOAD

Before downloading the app you will want to ensure that your iPhone or Android device is up to date.

To check if your device is up to date:

iPhone Instructions:

1. Tap the Settings Icon
2. Tap General
3. Tap Software Update

Android Instructions:

1. Tap the Settings Icon
2. Scroll down until you reach the Systems Menu
3. Tap on System Updates
4. Tap on Check for Updates



STEP THREE: INITIAL SIGN IN

When you open the app for the first time, select "activate account". Sign in using your date of birth and mobile phone number provided to the Care Team Member. Once you have signed in, you will receive a text message with a temporary code. This code will let you access the mymobility app. In the future you will be able to use both Touch ID and/or Face ID.



STEP FOUR: ANDROID USERS ONLY-PAIRING GOOGLE FIT

Download the Google Fit app from the Google Play Store.



STEP FIVE: YOU ARE READY TO BEGIN

You are ready to begin your journey using the mymobility app.

Desktop or Laptop Users



STEP ONE: TEXT MESSAGE ACTIVATION

You will receive a text message to the mobile phone number provided to the Care Team Member who enrolled you in mymobility.

In the text message, there will be a link to download the app as well as a link for a desktop URL. Tap and hold the desktop URL, a menu will pop up, select "Share", and then choose "email". You can send the URL to yourself so you can click on it from your computer or tablet and activate your account. Or, you can simply type in the desktop URL into your computer.



STEP TWO: INITIAL SIGN IN

When you open the app for the first time, select "activate account". Sign in using your date of birth and mobile phone number provided to the Care Team Member. Once you have signed in, you will receive a text message with a temporary code to your mobile phone. This code will let you access the mymobility app.



STEP THREE: READY TO BEGIN

You are ready to begin your journey using the mymobility app.

This material is intended for patients using the Zimmer Biomet mymobility application. Apple, Apple Watch, iPhone, App Store, Touch ID and Face ID are registered trademarks of Apple, Inc. Android, Google Fit and Google Play are trademarks of Google LLC.

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