



Understanding how mymobility® can help before and after surgery

mymobility® with Apple Watch® is designed to provide you with the information you need to prepare before and after your treatment*.

This brochure will explain the app and how it can work with your care team to provide helpful reminders, progress reports and support that's unique to you. It's a personalised way to keep you moving and connected.

*mymobility can only be used with certain iPhone and Android devices



mymobility® with Apple Watch®

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What is mymobility®?

mymobility® is a digital interactive care plan designed in the form of a mobile application made for an iPhone and Android. The application prompts and encourages users to complete tasks assigned by their surgeon, as part of the surgeon's care plan.



Before and after surgery

Timely education, to-do lists and reminder notifications

Your care team will select an appropriate care plan for you that is designed to help you before and after surgery.

Remote monitoring

Encrypted messaging will allow you to send videos, pictures and/or text messages to your surgeon and care team without the need for an appointment.

Exercise tutorials

After surgery, your surgeon will likely assign daily exercises aimed at regaining movement. Your surgeon may assign easy to follow video-guided exercises.

This allows you to perform the exercises in the comfort of your own home while your surgeon and care team track progress remotely.

Data collection

Data about your activity levels and progress with your care plan is supplied to your surgeon and care team to help them determine your need for extra direction or follow-up care. After your surgery, they will also be able to review data to aid in your recovery process

Summary

We hope that this brochure has helped you to understand mymobility®. This brochure is intended to explain how the mymobility® program works by allowing care teams to track progress through the care plans created to prepare you before and after surgery.