



Your mymobility pathway is starting prior to surgery and can go up to 365 days post surgery. You can access the education folder on your phone anytime and read what exercises and information are scheduled for you.

## Education

The mymobility app will deliver educational material specific to your procedure at the appropriate time in your surgical preparation and recovery process.

## Exercises

Your surgeon will assign video guided exercises for you to conveniently complete. mymobility will track your progress performing these exercises, allowing your surgeon and care team to intervene remotely, changing your activity plan if needed.

## Surveys

Throughout your surgical journey, mymobility may ask you a series of survey questions. These questions help your surgeon and care team to gauge the improvement in your recovery at varying intervals following your surgery.

## Communication (optional)

Encrypted video, picture and text messaging between you, your surgeon and care team aims to create a more connected experience.

## Statistics

If you have an Apple Watch, information about your activity levels, steps, stand hours, floors climbed, and heart rate can be collected. If you are an Android user, or an iPhone user without an Apple Watch, your phone can collect your steps if you carry it on you during your daily activities.

## iPhone 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 the App Store. When you click on the link, you will be directed to the App 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 is up to date. To check if your phone is up to date:

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

If a newer version of iOS is available, tap "Download and Install". Once completed, you can download ZB mymobility from the App Store.



### 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: READY TO BEGIN

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



### STEP FIVE: PAIRING APPLE WATCH (OPTIONAL)

If you have your own Apple Watch, you can pair it with your iPhone for use with the mymobility app. Before pairing, perform all system updates for your watch. To check if your Apple Watch is up to date:

1. Open the Apple Watch app on your iPhone
2. Tap the My Watch tab
3. Tap General
4. Tap Software Update

Download the update if needed.



### STEP SIX: SIGN IN

Sign in to the mymobility app on your phone and open the app on your watch, if applicable.

\* To check compatibility of your device, please visit <https://support.zbmymobilitysolutions.com>

## Android 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 the Google Play Store. When you click on the link, you will be directed to the Google Play Store with instructions on how to download the mymobility



### STEP TWO: DOWNLOAD

Before downloading the app you will want to ensure that your Android is up to date. To check if your phone is up to date:

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

If a newer version of Android is available, download and install the update. Once completed, you can download ZB mymobility from the Google Play Store.



### 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.



### STEP FOUR: READY TO BEGIN

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



### STEP FIVE: SIGN IN

Sign in to the mymobility app on your phone.



### STEP SIX: USING GOOGLE FIT

Download the Google Fit app from the Google Play Store.

After signing in, the mymobility app will assist you in linking Google Fit to your mymobility app.

\* To check compatibility of your device, please visit <https://support.zbmymobilitysolutions.com>

## 24/7 Support

For technical questions, please visit: [support.zbmymobilitysolutions.com](https://support.zbmymobilitysolutions.com) or call the mymobility support team freephone in your country:

Belgium:	0800 262 66	Austria:	0800 232 909
France:	0805 081 754	Luxembourg:	800 901 88
Germany:	0800 180 2140	Spain:	900 998 731
Ireland:	0180 0817229	Sweden:	0201 093 52
Italy:	800 684 332		
Netherlands:	0800 022 5596		
Switzerland:	0800 561 282		
UK:	0808 189 0371		

All content herein is protected by copyright, trademarks, and other intellectual property rights, as applicable, owned by or licensed to Zimmer Biomet or its affiliates unless otherwise indicated, and must not be redistributed, duplicated or disclosed, in whole or in part, without the express written consent of Zimmer Biomet.

The mymobility app is available for certain patients undergoing hip or knee replacement surgery and certain procedures for injuries affecting joint function; not all patients are candidates, and patients must have a supported iPhone or Android device to use mymobility. Patients must have a compatible smart phone to utilize mymobility. Not all patients are candidates for the use of this product and surgeons should evaluate individually to determine which patients are appropriate for therapy at home. Apple, Apple Watch, iPhone, App Store, Touch ID and Face ID are trademarks of Apple, Inc., registered in the U.S. and other countries. Android, Google Fit and Google Play are trademarks of Google LLC. This material is intended for patients and general consumers interested in learning about the Zimmer Biomet Connected Health mymobility Application. Zimmer Biomet does not practice medicine. All mymobility app content is chosen and prescribed by your surgeon; all questions pertaining to what treatment option is right for you must be directed to your surgeon/healthcare team. ©2021 Zimmer Biomet

mymobility<sup>®</sup>  
by  ZIMMER BIOMET