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 optimizing your health prior to surgery
- Learning what to expect the day of surgery
- Knowing some steps you can take to help minimize complications after surgery
- Offering guidance as you work toward 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

Use the camera app on your smart phone and hover over the QR Code Reader or type in **zimmerbiomet.com/wearable-technology** on your browser 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 in your activation text message on your computer or tablet to access mymobility

Activate your account

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

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

If a newer version of iOS or Android is available, download and install the update. Once completed, you can download ZB mymobility from the App Store or 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 the 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: iOS USERS ONLY- PAIRING APPLE WATCH® (OPTIONAL)

If you have ordered or 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 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, Laptop or Tablet 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 to the desktop or tablet URL:
https://patient.zbmymobilitysolutions.com.
Tap and hold the 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 and/or tablet and activate your account.
Or, you can simply type in the URL:
https://patient.zbmymobilitysolutions.com
into your computer or tablet.

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 the 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 cell 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.

mymobility®

by **ZIMMER BIOMET**