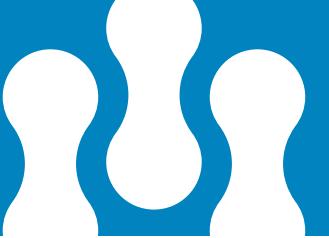
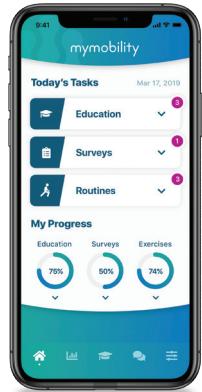


# Welcome to mymobility®



The mymobility application allows you to have the information you need to prepare for and recover from surgery in the palm of your hand. You will have access to:

- Information and education when you need it
- To-do lists with reminder notifications
- Data about your activity levels and progress with your care plan
- Information is also supplied to 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



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 steps you can take to help minimize complications after surgery
- Offering guidance as you work toward regaining mobility

Use the camera app on your smart phone and hover over the QR Code Reader or type in [zimmerbiomet.com/wearable-technology](http://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



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](mailto:support@zbmymobilitysolutions.com)

Phone: 1-844-799-8208

# 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: 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 FIVE: YOU ARE READY TO BEGIN

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

# 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 Google Play with instructions on how to download the mymobility app.



## 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: 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.



## STEP FIVE: READY TO BEGIN

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

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