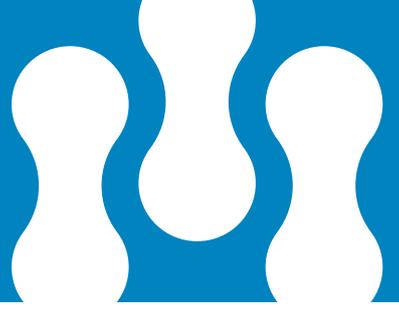


# Getting Started with mymobility<sup>®</sup> and Android<sup>®</sup>



Based on your surgeon's protocol, you may receive content through the mymobility app regarding education, exercises, surveys, communication and statistics.

## 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 monitor your reported 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 will 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.

## Statistics

Your phone can collect your steps if you carry it on you during your daily activities.

## 24/7 Support

For technical questions, view the online guides and FAQs at:

<https://support.zbmymobilitysolutions.com>

Or contact the mymobility support team:

[support@zbmymobilitysolutions.com](mailto:support@zbmymobilitysolutions.com)

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

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

## 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 app.



### STEP TWO: DOWNLOAD

Before downloading the app you will want to ensure that your Android is up to date. You need Android operating system 8 or newer installed for the mymobility app to work. You also require a compatible screen resolution. You can check the requirements at: <https://support.zbmymobilitysolutions.com/patients/device-support/?lang=en-au>

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.

Please activate your mymobility  
account no later than

\_\_\_\_\_ at

\_\_\_\_\_



Scan the QR code  
to view a video

This material is intended for patients using the Zimmer Biomet mymobility application.  
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2514.1-ANZ-en-REV1020A

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