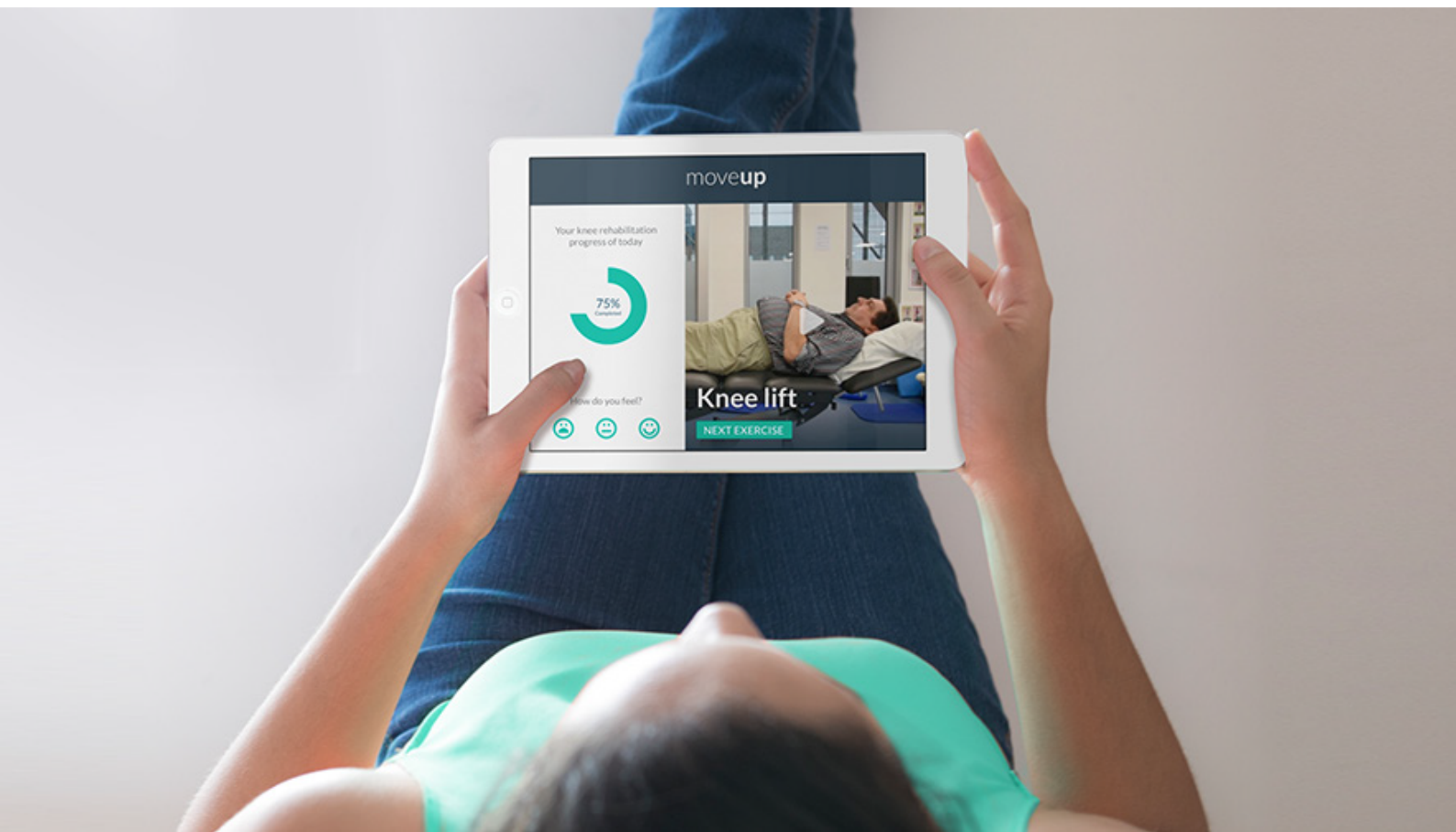


moveUP



Manual for patients

moveUP – A smart and personalized way of informing, follow-up and treatment for patients.

App version: 1.24.3

Manual version: 10

Welcome to moveUP!



Carefully read all information and precautions in this manual. Make sure you understand the use, the screens and the limitations of the moveUP App before using the service. If you have any questions about the use, contact moveUP.



For security reasons, moveUP recommends that the user carefully reads and understands the manual of the devices used in conjunction with the moveUP App.

During the full use of the service, the necessary technical assistance and therapeutical assistance will be provided. In case of a defect or problem with the App, you will be able to contact the moveUP team via the message function of the App, by phone or by e-mail.

Intended use

For healthcare providers, moveUP provides efficient clinical management of pathologies and treatments. With the use of moveUP, valuable insights are given to the HCP/care team of the status of the patient and its evolution.

For patients, moveUP provides personalised information and instructions to help them managing their symptoms and progress in their rehabilitation. The intensity of follow-up is adapted based on patients' needs and timepoint in the patient pathway:

moveUP companion = monitoring and information, no active follow-up

moveUP companion offers targeted information and evolution reports to patients. Their care team takes the evolution reports into account in their further recovery when appropriate.

moveUP coach = active follow-up by healthcare team

moveUP coach offers targeted information and evolution reports to patients. Their care team is more actively involved and takes the evolution reports into account and can provide advice and exercise suggestions through the digital platform.

moveUP therapy = active follow-up by healthcare team, with data driven validated care protocol

moveUP therapy offers a data-driven validated care protocol with certain category and level of exercises and activities, specifically targeted to the individual patient. Their care team can manually adapt the data driven validated protocol when needed. Patients can fully rehabilitation with moveUP without leaving their home environment.

Optional functionality that can be enabled: interoperability with Class IIa continues passive motion (CPM) medical device. For knee and hip patients who are using a Class IIa CPM medical device, moveUP can interoperate with the Class IIa CPM software. moveUP acts as a facilitator to easy assign a designated CPM exercise protocol chosen by a physician to a patient and to display the performed CPM exercises in the medical dashboard.

Intended users

moveUP is intended to be used by patients and healthcare providers. The main user of the mobile app and patient website is the patient.

Inclusion:

- Age: minimum 18 years / maximum no limit
- Health & condition: capable of performing basic activities of daily living
- Language: understanding one of the available languages of the app (Dutch, French, German, English)

Exclusion:

- Patients who are mentally incompetent or having troubles to express what they are feeling (for instance, mentally diseased people, people staying in elderly care centres, ...) are excluded.
- Patients who are not capable of operating a tablet/smartphone and activity tracker.
- Patients who can't understand one of the available languages of the app (Dutch, French, German, English)

The main user of the medical web interface is a healthcare practitioner (group) or clinical researcher (group), named the care team. The care team is able to operate a web interface via web browser on PC/tablet/smartphone. The healthcare practitioner needs to understand one of the available languages of the web interface (today only available in English).

Target population / indication for use

moveUP companion & coach is used by musculo-skeletal, oncologic, respiratory, gastro-intestinal, cardiovascular and neurologic patients, such as patients:

- who underwent or planning a gastric bypass or gastric sleeve operation
- who have or had a stroke, multiple myeloma, covid, familial hypercholesterolemia
- who have or had back or joint problems or operations

moveUP therapy is used by knee & hip arthroplasty patients.

Warnings and precautions



- **moveUP is not an emergency tool. In case of emergency please contact your doctor or call 112.**
- **moveUP is not intended to monitor/treat vital parameters of critical diseases.**



- moveUP companion is not a replacement of any treatment you need to follow, but is used as an addition.
- Patients need to be aware if questionnaires are not filled out on frequent basis or not filled out trustworthy, the care team has more difficulty to know their health situation & evolution.



- The moveUP App offers personalized healthcare based on the patient's profile and therefore can not be shared, borrowed or traded between users. The information and advice of the moveUP application do not apply to a patient other than the one whose profile is stored in the application. The patient may not grant access to the moveUP App to third parties. Any other person can, even accidentally, send wrong information or change the profile of the patient, with the result that the moveUP-guided advice no longer corresponds to the needs of the patient.

Contra-indications and potential side effects

There are no contra-indications or known side effects.

Human body contact

No human body contact with patient or user, due to nature of the product (software).

Accessories/products used in combination

There are no accessories. If the patient has no compatible tablet/smartphone or activity tracker, moveUP can lease these devices to the patient. The leased devices are CE marked devices that meets the compatibility criteria outlined in the IFU for the app.

Device lifetime

A device lifetime is not applicable to moveUP, since moveUP is a software application that is subject to a software maintenance plan.

Claims

moveUP companion/coach/therapy

The intensity of follow-up is adapted based on the needs of the patient, via the moveUP Symptom & QoL monitoring tool.

- moveUP enhances the clinical management of the patients, because early detection & management of complications is possible via the symptom & QoL monitoring tool
- More efficient clinical management, such as the number of consultations can be reduced
- Enforces therapy compliance / adherence
- The correct information is provided at the right time

moveUP therapy

With the use of moveUP therapy knee & hip arthroplasty patients can fully rehabilitate via the in-app care team without leaving their home environment.



moveUP cv

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www.moveUP.care



In case of questions about the App, the tablet or the smart bracelet, you can contact moveUP via the following channels - in order of priority:

- Via the message system of the App. Please preface the message with **“Technical question:”**
- Via email to **support@moveup.care**
- Via phone during office hours: **0800 88 008**

Table of content

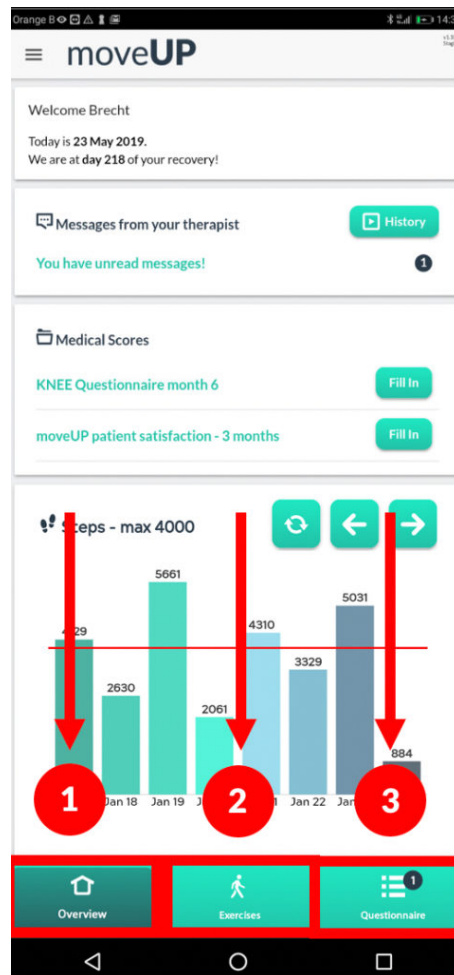
- Overview of the main moveUP windows
- Messages
- Survey & info modules
- Steps
- Exercises
- Daily questionnaire
- Activity tracker

Overview of the main moveUP windows

Support orthopedics – moveUP

Quick start guide

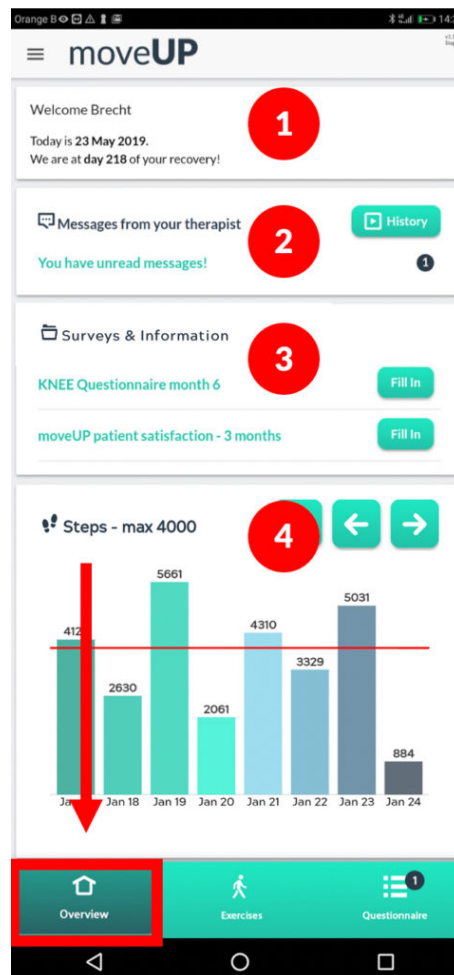
There are 3 main tabs in the app. You can switch between them by tapping the respective symbols at the bottom of your screen.



1. Overview
2. Exercises
3. Questionnaire

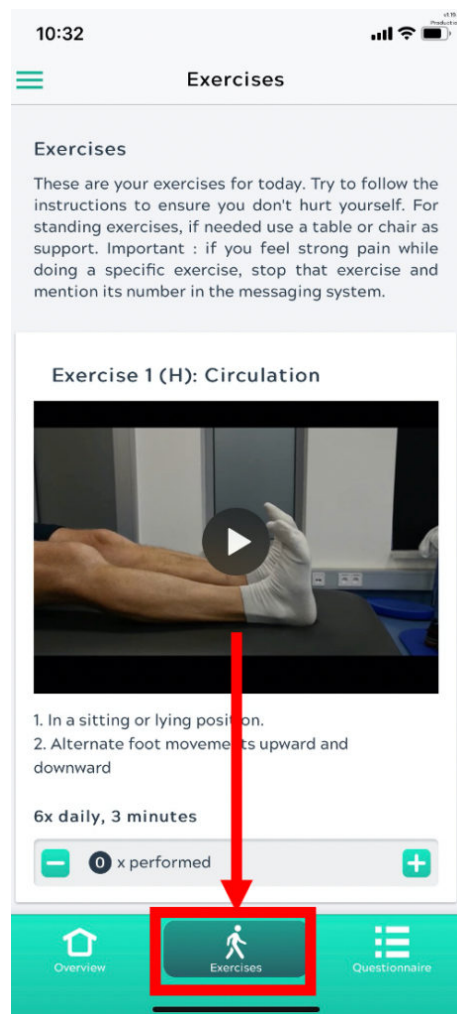
Tab 1: Overview

When you open the moveUP app you will automatically be taken to the overview tap. This tab has 4 sections:



1. **Welcome message**
2. **Messages** — here you can communicate with your health provider
3. **Survey & Information** — here you can find your questionnaires that still need answering. Also, your video-recording requests will appear here.
4. **Steps** — here you can see the steps you did over the past week

Tab 2: Exercises



In the second tab “Exercises” you can find your daily exercises.

Tab 3: Questionnaire

17:26

Questionnaire

Your questionnaire for today

How are you feeling today?
Indicate on the scale.

Good Bad

😊 😊 😐 😞 😡 😡

How was your night?
Indicate on the scale.

Good Bad

😊 😊 😐 😞 😡 😡

Did you experience any morning stiffness in your affected joint?
Indicate on the slider.

None Very stiff

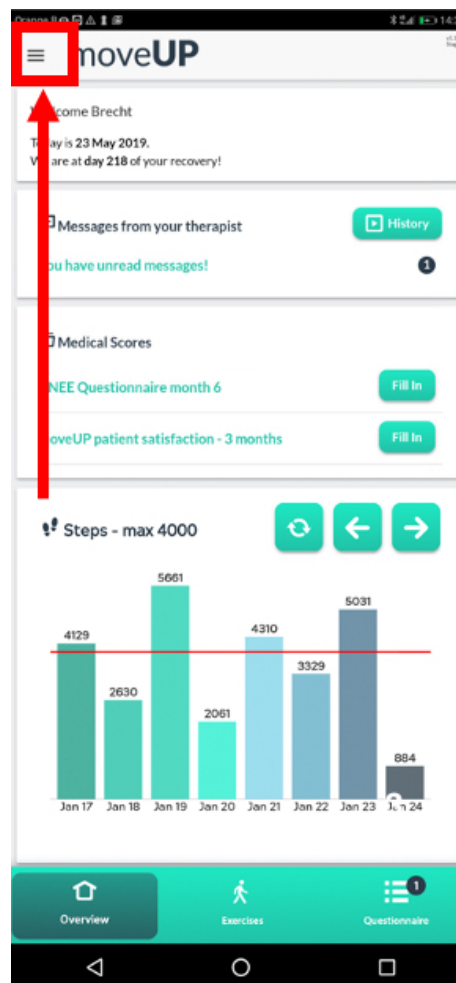
Overview Exercises Questionnaire

In the 3rd tab "Questionnaire" there will appear a daily questionnaire after 4pm each day. The questionnaire is available until midnight. It should be filled out every day, starting 14 days before surgery.

Read more on the daily questionnaire

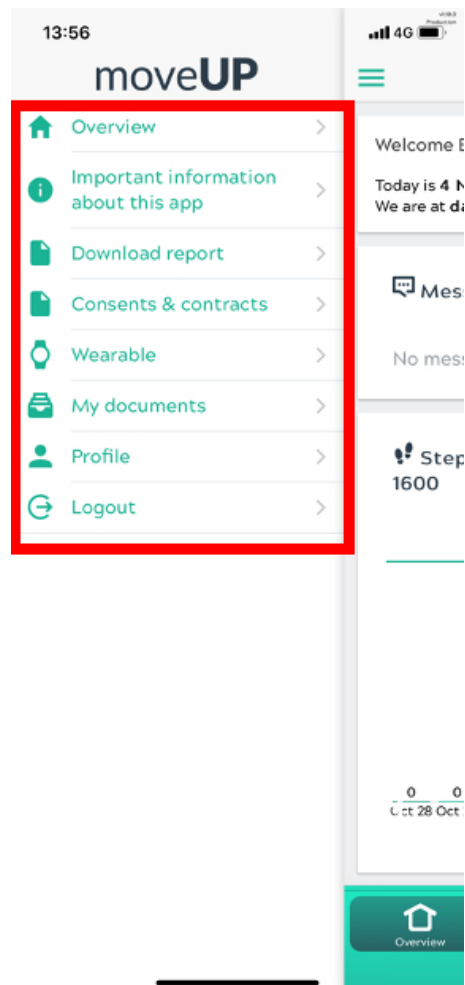
It is important you start answering the daily questionnaire starting 14 days before your operation. This way we can better help you after the operation.

Menu



At the top left of the moveUP you will find the menu.

When you click on this icon the menu appears.



This menu contains important sections that are not directly related to your rehabilitation.

- **Overview:** Exits the menu and returns to the overview screen
- **Important information about this app:** some info and warnings on the app
- **Download report:** This link is not working at the moment. Work in progress!
- **Consents & contracts:** Here you can read the general terms and conditions and privacy statement.
- **Wearable:** Here you can link your smart bracelet to the moveUP App or see which application is linked.
- **Profile:** your name and national registration number
- **Log out:** Here you can log out of your account and return to the registration and login page.

Messages

Support orthopedics – moveUP

Messages

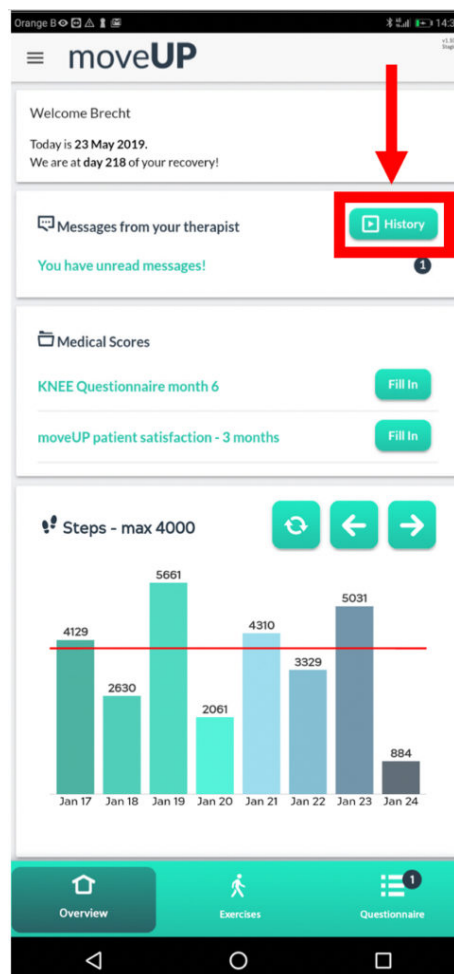
In the overview tab, below the greeting, you find the “Messages” section. This is the section where you can communicate with your physiotherapist.

You can send your physiotherapist a message each moment of the day. You will receive an answer within 24 hours.

If the question is a medical urgency, don't use the messaging system as it is too slow. Call your hospital or medical practitioner instead.



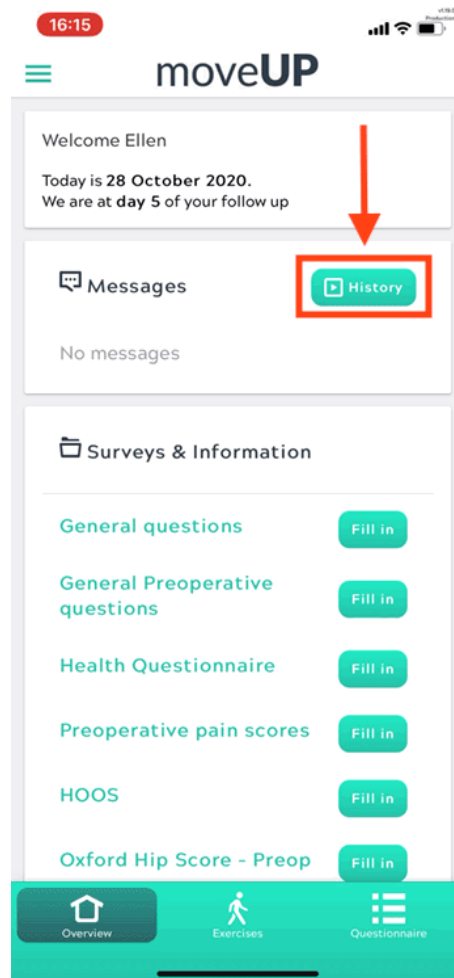
Open the message functionality



Click on the history button to open the message functionality.

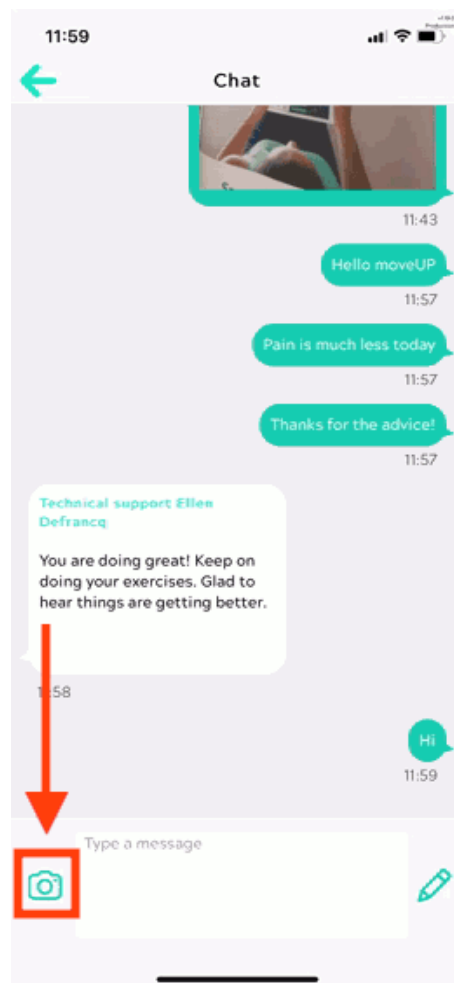
Sending messages

You can send us messages every moment of the day. We will respond within 24 hours



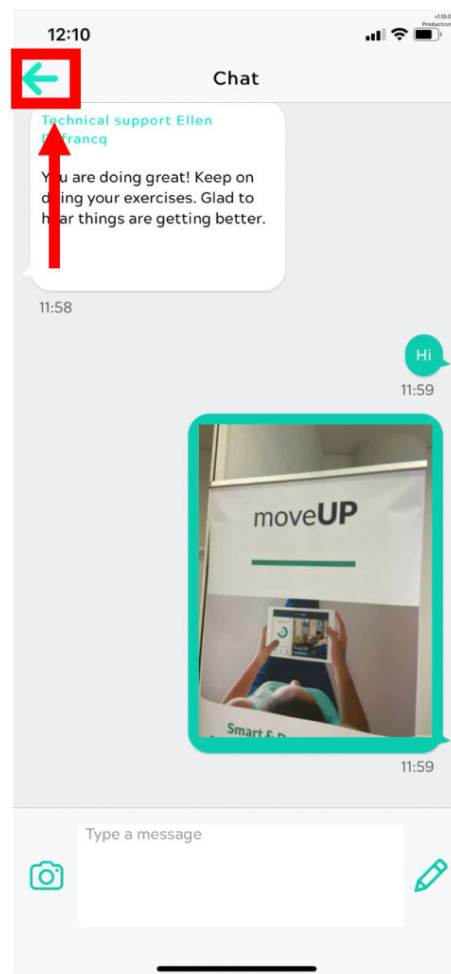
To send a message click in the “type a message” box. The keyboard will appear. After typing your message click on the send symbol (airplane).

Sending a picture



You can send us a picture (of the wound for example) by clicking on the picture symbol in the left lower corner.

Go back to the overview screen



By clicking on the arrow in the left upper corner you can go back to the overview screen.

Updated on May 12, 2021

Survey & info modules

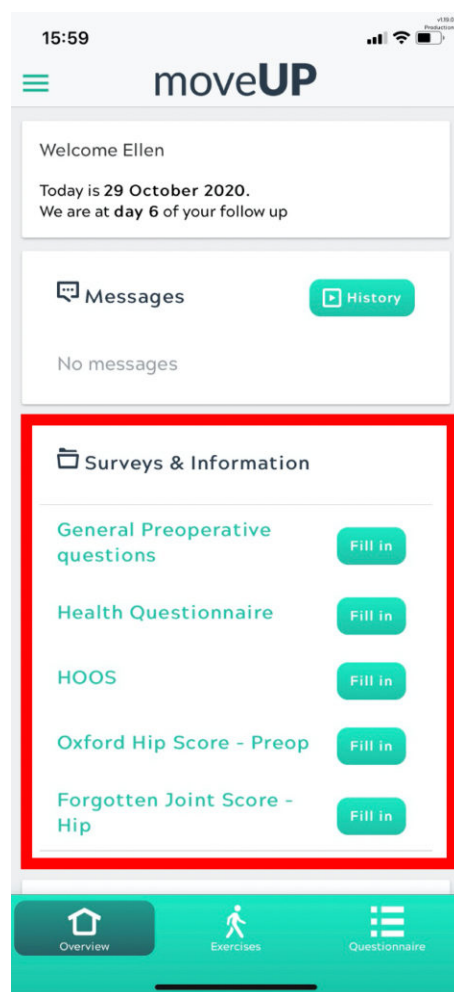
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Surveys & Information

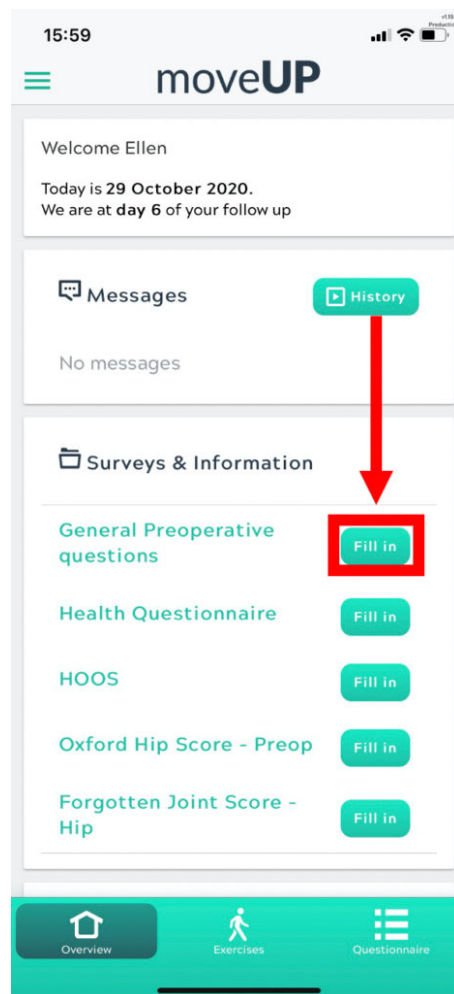
Medical questionnaires are available at various moments before and after the surgery.

These questionnaires are of critical importance to evaluate the outcome of your surgery and to guide your physiotherapist in his decision making.

From the moment a questionnaire becomes available, we ask you to start filling it out as soon as possible.



Submitting a survey



To fill out a survey you click the “Fill in” button.

16:09 4G LTE Signal Battery

General Preoperative questions

☐ Never

☐ Sometimes, during walks

☒ Always

Do you experience problems with your balance?

Select from the list.

☐ Never

☐ Sometimes

☒ Often

☐ Always

Weight


Your weight (kg)

84

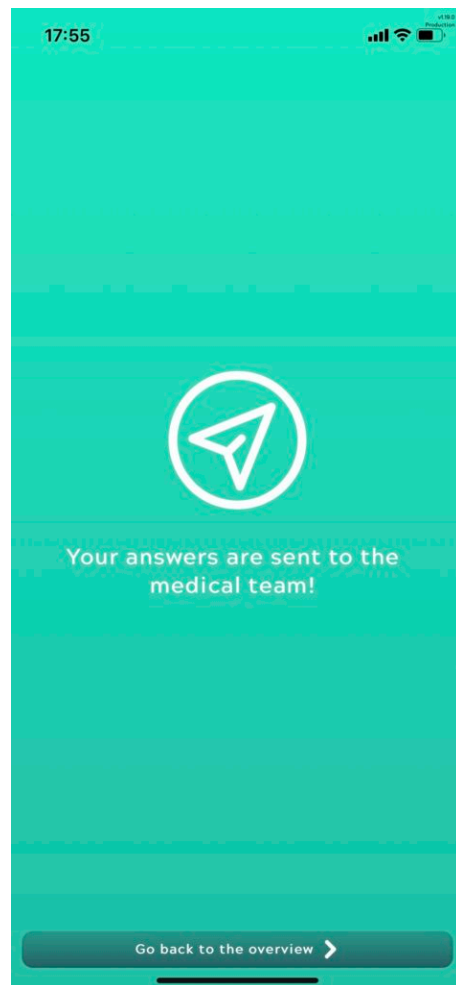
Height

Your height (cm)

178

 send

After filling out the question click on the “send” button.



You will see the following screen if the answers are sent to us correctly.

Updated on January 14, 2021

Steps

Support orthopedics – moveUP

Steps

Your steps are automatically counted by the step counter, and you have the step counter coupled to the app.

Steps graph



- Activity data from the past week is visualized in a graph.
- The different colors only indicate the different days and have no further meaning
- Activity is represented in number of steps.
- Every activity with arm movement will contribute to the count.

Steps synchronisation



Don't forget to synchronise your steps daily by clicking on the round with 2 arrows

Personalised step max



Every day, a personalized step maximum is displayed by a number and a red line. Try not to exceed the step maximum with > 20%

The step maximum is not a goal! It is a limit to avoid overloading the operated joint.

Updated on January 27, 2021

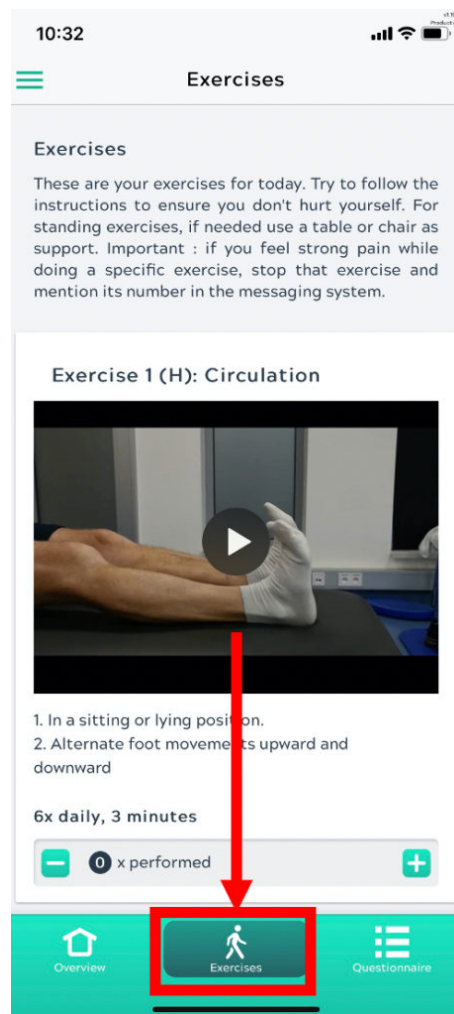
Exercises

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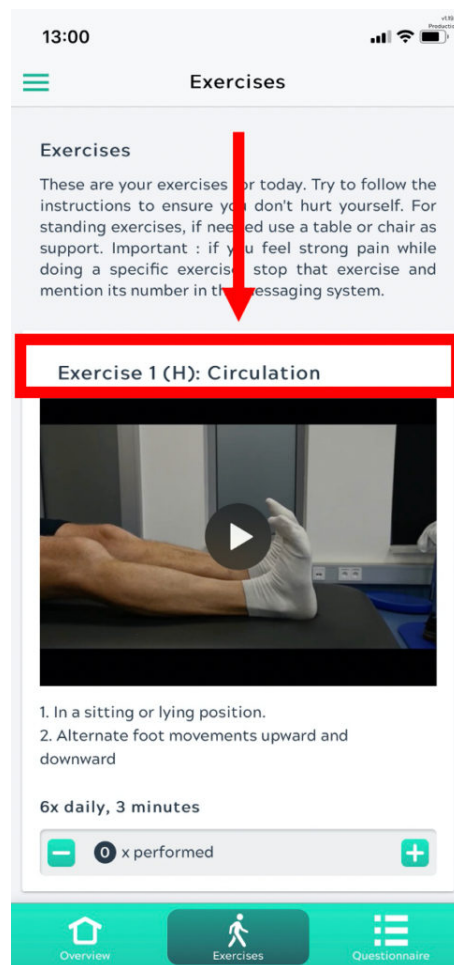
Exercises

The second tab contains your exercise program for the day. Day by day you will only see prescribed exercises specific for that day.

If you feel strong pain while doing a specific exercise, stop that exercise and mention its number in the messaging system.



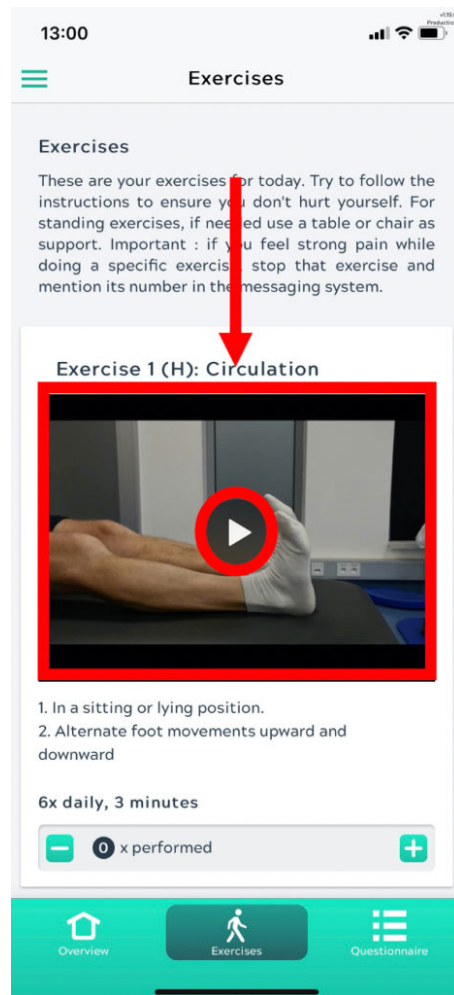
Number and name of the exercise



On top of each exercise you can find it's number and the name of the exercise.

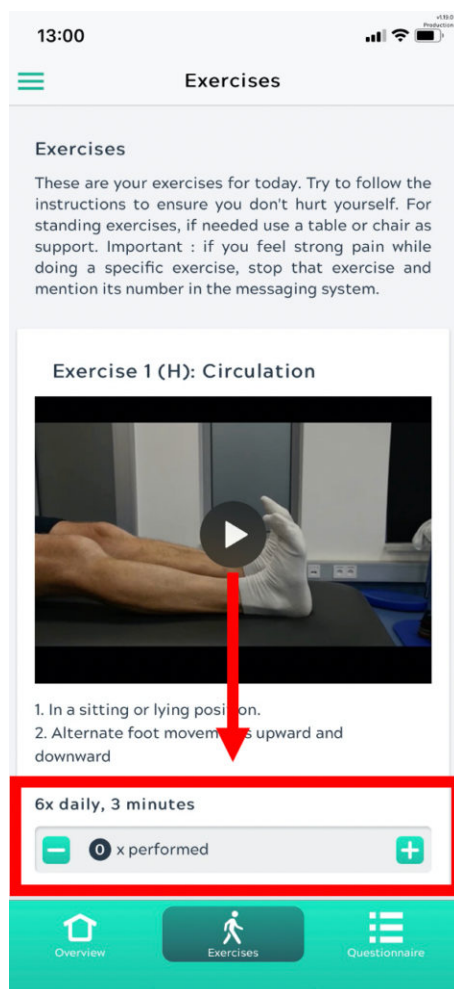
Video

There is also a short video per exercise that indicates how the exercise should be performed.



To start the video, click on the “Play” icon (triangle) on the top of the video..

Frequency and intensity



You will find the frequency and intensity per exercise (eg: 3x a day, 10 repetitions).

You report the number of sessions via the + and – symbol. It is important to enter this accurately so that your moveUP physiotherapist is kept informed of your progress.

We recommend that you do **not** exceed the number of prescribed sessions and repetitions.

Updated on January 25, 2021

Daily questionnaire

Support orthopedics – moveUP

Daily questionnaire

The daily questionnaire is our compass to guide you through your revalidation. It is very important you fill it out daily after 4 pm.

By filling out the daily questionnaire you give your doctor and healthcare team more insight into the progress of your treatment: your symptoms, your complaints, your evolution. It consists of questions about your general well-being, complaints, activities, sleep quality etc... These questions are adapted to the type of treatment you are having. These daily questionnaires take approximately 45-60 seconds to complete. Your doctor and healthcare team will also see how you experience the impact of your condition on your quality of life.

The combination of the information retrieved from questionnaires, photo's, video's and your activity profile via the smart bracelet allows your doctor and care team to follow you up and adapt your treatment.

For optimal results, you need to use the App and follow the given instructions within the App on a daily basis.

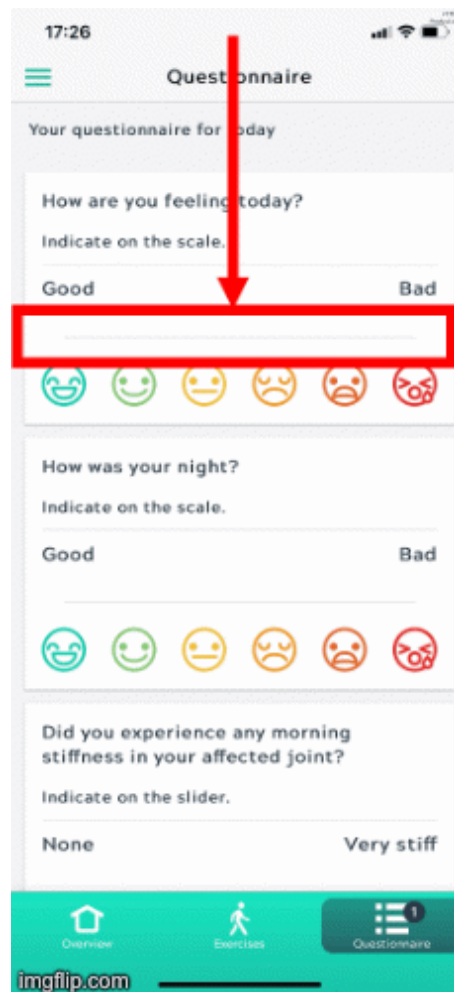
It is important we have a good baseline of your situation before the operation. That is why we ask you to start filling it out every day, ***starting 14 days before your operation.***

The screenshot shows the 'Questionnaire' screen in the moveUP app. At the top, the time is 17:26. The screen is titled 'Questionnaire' and 'Your questionnaire for today'. It contains three sections, each with a question, a scale indicator, and a set of icons or a slider.

- Section 1:** 'How are you feeling today?'. 'Indicate on the scale.' with a slider from 'Good' to 'Bad' and six emoji icons ranging from happy to angry.
- Section 2:** 'How was your night?'. 'Indicate on the scale.' with a slider from 'Good' to 'Bad' and six emoji icons ranging from happy to angry.
- Section 3:** 'Did you experience any morning stiffness in your affected joint?'. 'Indicate on the slider.' with a slider from 'None' to 'Very stiff'.

A red arrow points from the 'Questionnaire' icon in the bottom navigation bar to the 'Questionnaire' section of the app.

The questionnaire can be found in the 3rd tab of your app every day after 4 pm.



To indicate your pain level you can tap on the line above the faces and/or slide to the appropriate position.

17:46

Questionnaire

This can be either because of complaints or on prescription according to the medication scheme given by your surgeon

☒ No

☐ Yes

Did you take these anti-inflammatories because of complaints NOT related to the operated joint?

☒ No

☐ Yes


Have you taken any medication other than painkillers or anti-inflammatory drugs today?

(with the exception of daily medication such as contraception, diabetes medication, ...)

☒ No

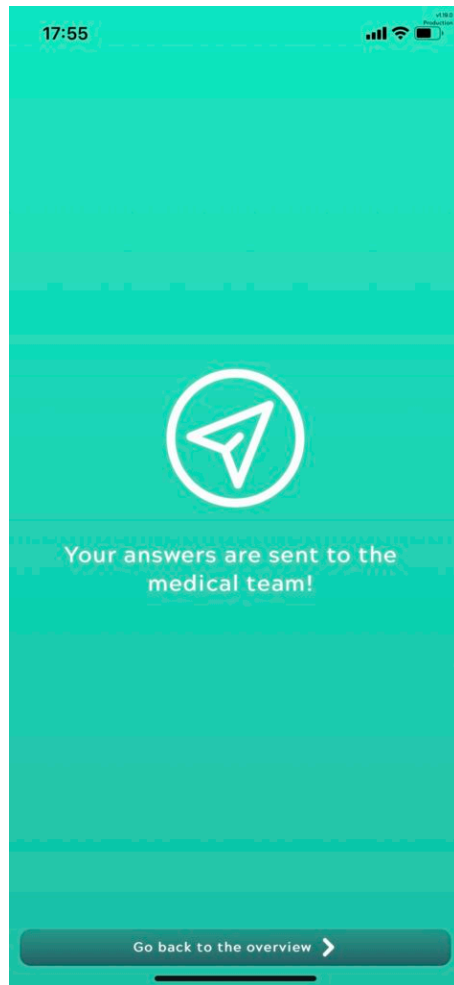
☐ Yes



 send

Overview Exercises Questionnaire 1

When finished click on the “send” button to share your answers with us.



The following screen appears if answers are sent to us correctly.

Updated on January 25, 2021

Activity tracker

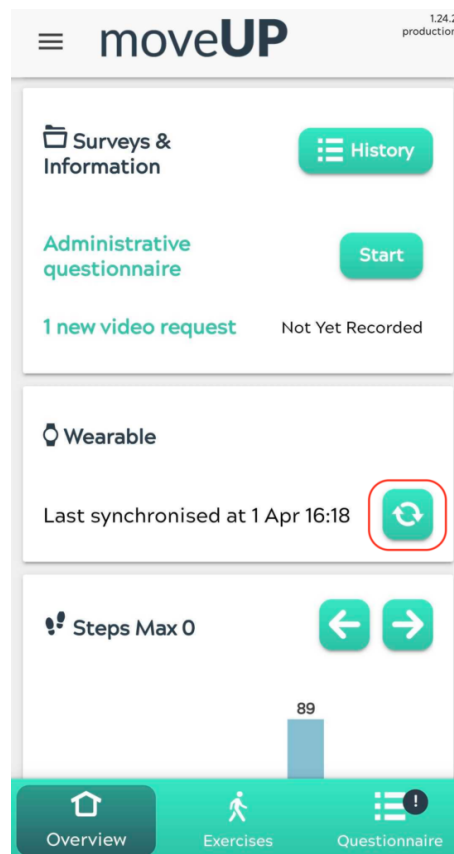
Support orthopedics – moveUP

How to synchronise my steps daily?

You should manually sync your data **daily** to track your progress in the moveUP app. In this info module you will find out how to do this.

If this is the first time that you use the step counter. You should first pair it with the moveUP app. You can find the instructions [here](#).

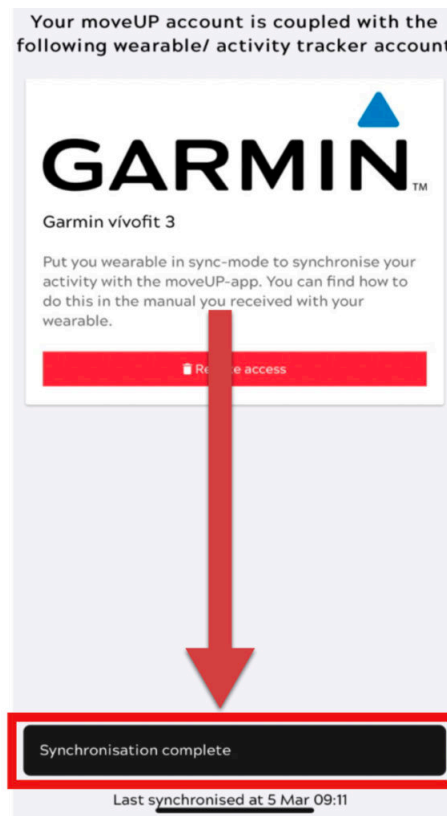
Synchronize my steps in the moveUP app once it is paired:



1. Check if your bluetooth is activated on your device.
2. Open the moveUP app.
3. Go to “wearable” on the overview page.
4. Press the button marked in red.

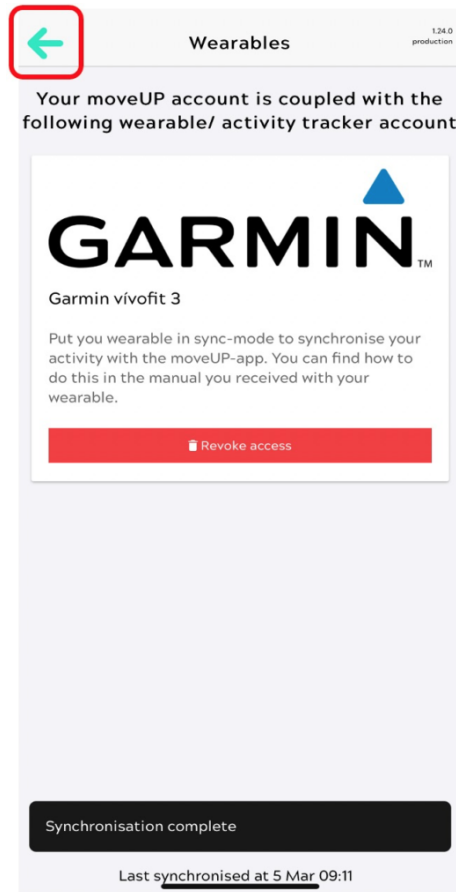


5. Hold your the device key (1) OF THE STEP COUNTER for 2 seconds until the wifi icon is visible.



6. Wait while your data syncs.

7. "Synchronisation complete" should appear at the bottom of your smartphone screen

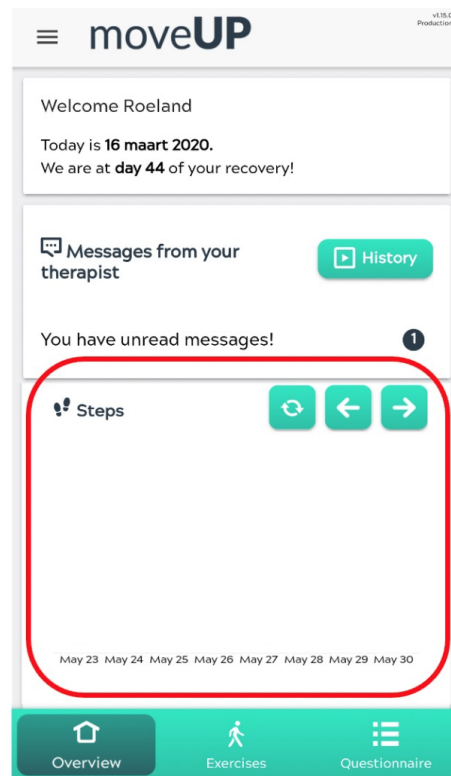


8. Go back to the main page of the moveUP app by clicking the back arrow in the upper left corner.

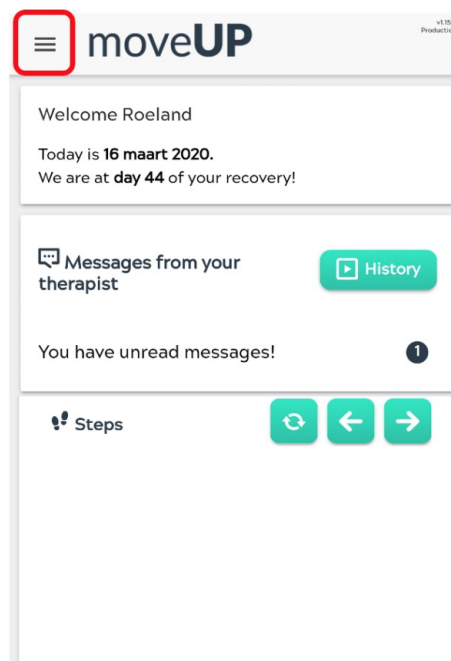
Updated on April 6, 2021

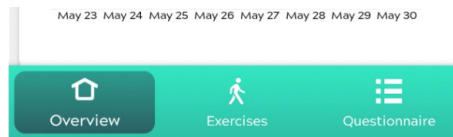
Support orthopedics – moveUP

How to pair your step counter with the moveUP app?

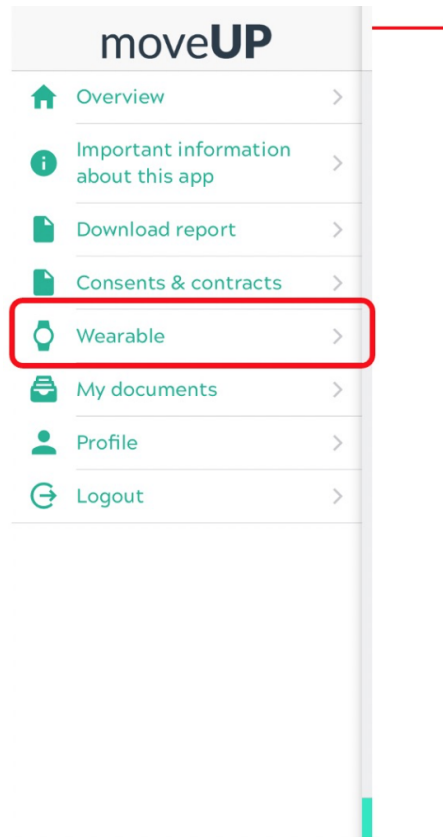


If you see an empty area below your steps, you still have to pair your step counter with the app. After the pairing, your steps will appear in this area.

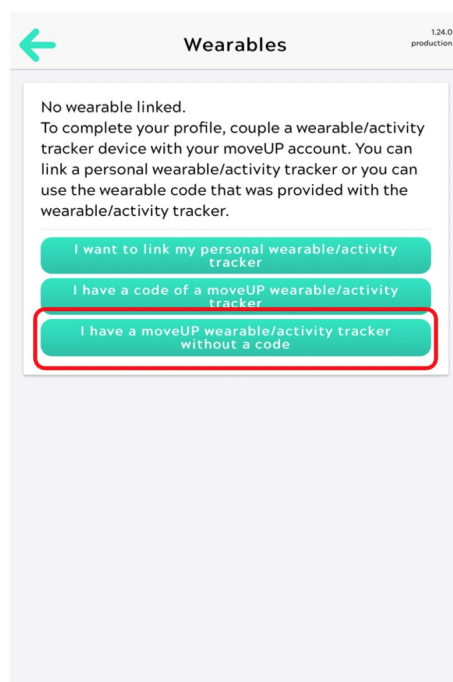




To pair your step counter click on the menu sign on the top left of your screen.



Chose “Wearable” from the menu list.



Choose the option at the bottom “I have a moveUP step counter without a code”

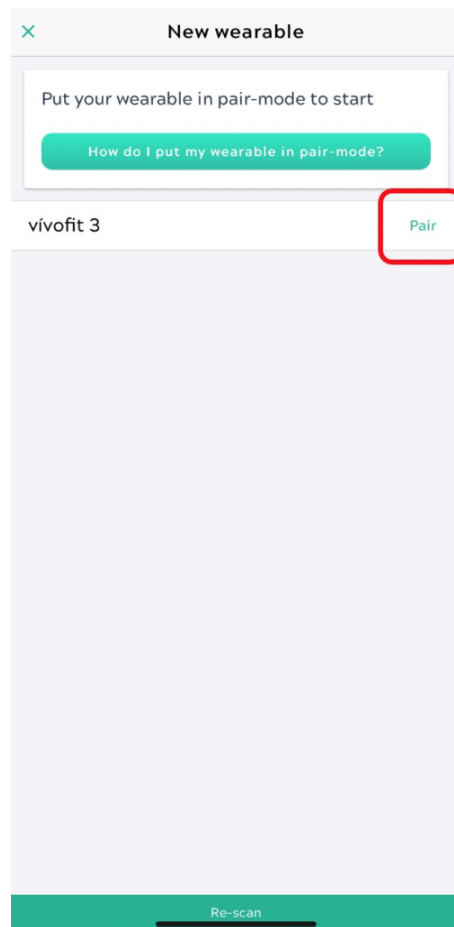
code



Click the button of your step counter for 2 seconds until the wifi symbol



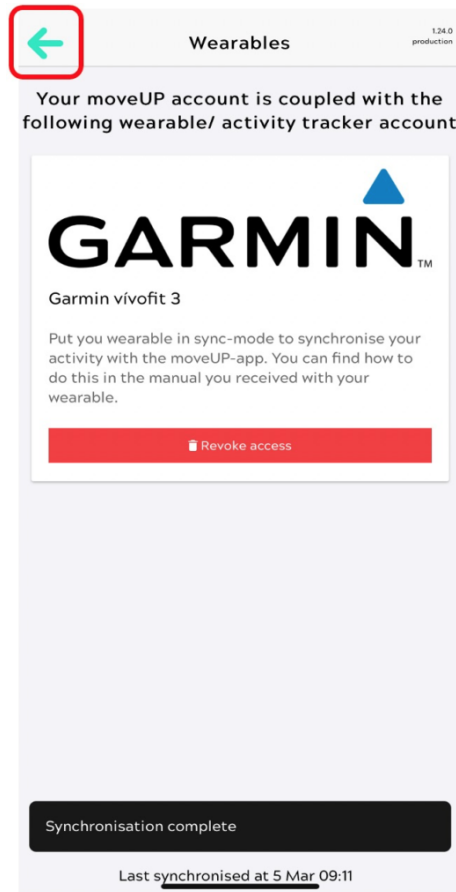
appears on the screen.



- "vivofit 3" will appear on your screen
- choose "pair" on the right of it

A screenshot of a mobile application interface titled "Complete your profile". The screen contains several input fields: "Age" with the value "29", "Weight" with the value "65", "Height" with the value "178", "Gender" with a dropdown menu showing "Male", "At what time do you typically go to sleep?" with the value "23:00", and "At what time do you typically get out of bed?" with the value "07:00". At the bottom of the screen is a green bar with a "Pair" button. A mouse cursor is pointing at the "Pair" button.

Fill out the field and click the green "pair" button at the bottom.



- You will see the following screen if the step counter is paired successfully.
- Click on the arrow to the left to get back to the home screen of the app.

Updated on May 19, 2021