

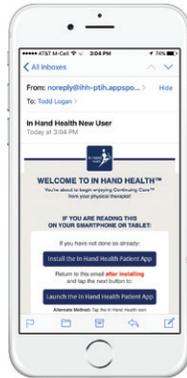
Introduction to the In Hand Health Patient App

Successful physical therapy rehabilitations require adherence to a plan of care (i.e. doing your exercises as prescribed) and effective communication with your physical therapist. The In Hand Health Patient App, part of the Continuing Care service from your physical therapy clinic, enables you to securely meet these objectives from the convenience of your smartphone or tablet.

Installation

When your physical therapist creates your patient record, you will receive an email that looks like this.

Recommended: View the email on your primary smartphone or tablet (Apple or Android) and follow the instructions to quickly install the In Hand Health Patient App from your device's app store, establish a password, and sign into the app.



Tutorial

After signing in for the first time, a tutorial will step you through key features of the app.

You can access the app anytime thereafter from the main menu if you need a refresher on how the app works.

Notes and Requirements

- Apple (iOS) or Android.
- For smartphones or tablets. (Some Android eReader devices may not be supported.)
- Screenshots in this document may vary on your device depending your operating system



Access the Menu and Settings

Tap the home icon (Android) or the three small bars (Apple/iOS) in the upper left corner to access the Menu.

Access the Settings from the main Menu of the app to customize reminders and how the video exercises display and sound on your smartphone or tablet.

Many of the other Menu options are explained in this document.



Your Home Workout Program ★

Access all details about the home exercise program your physical therapist developed specifically for you by tapping through these screens.

Each exercise will include written instructions and a video complete with timers and a narrator to guide you.

Prop your phone or tablet on the floor or a table while the videos play and complete each exercise as prescribed.



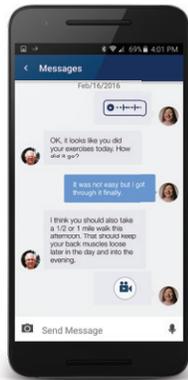
See Stats and Messages descriptions on Page 2.

★ **Your physical therapist securely receives activity information from the app when you exercise – and even when you don't! This feature keeps your PT up to date on your progress in between office visits and helps your rehabilitation stay on schedule.**

Messages (HIPAA Compliant)

If you have a question or comment about your exercises or your condition, you don't need to wait until your next session to discuss it with your physical therapist.

You can securely (HIPAA compliant) send and receive text, images, voice clips, or videos in the Messages section of the app.



Submit Feedback

The app will ask you a few quick questions about your pain and recovery levels and your opinion of your rehabilitation progress before and after you complete your exercises.

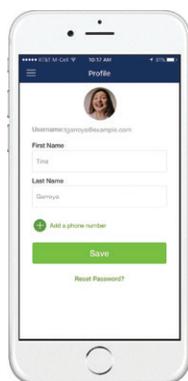
Completing these quick questions (should take just a few seconds) helps build a data history that you and your physical therapist share to gauge your progress. (See Stats.)



Your Profile

From the Menu, tap the Profile link to set your profile picture and to confirm your username in the In Hand Health system and spelling of your first and last name.

You can also add a phone number to your record or reset your password from this screen.



Alerts

Tap the bell icon in the upper right corner of the Home screen or the Alerts link in the Menu to access general messages from your physical therapy clinic such as an adjustment in office hours because of a holiday for example. (Direct messages from your PT will appear in your Messages.)

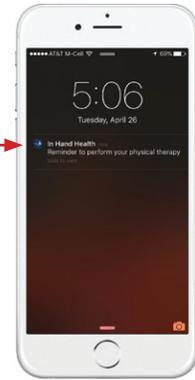


Reminders

The app can prompt you to perform your exercises at a time you determine.



Tap Settings in the Menu to access or adjust the days and times for Reminders.



Stats

Stats (accessible from your exercise overview screen) charts your Feedback data. The Compliance chart shows the days you exercised and how completely you performed them based on your prescription.

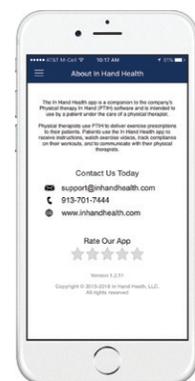
The CaRe Index™ computes all pain, recovery, and compliance data as a score from 0 to 100 with higher scores generally indicating better progress than lower scores.



About or Contact In Hand Health

From the Menu, tap the About link to access the phone number and email for In Hand Health should you have any technical questions or problems with the app. For reference:

- support@inhandhealth.com
- 913-701-7444
- www.inhandhealth.com



Forgot or Reset Your Password

If you have forgotten your password or need to reset it:

- Open the In Hand Health Patient App and tap the "Forgot password?" link on the Sign In screen.
- Enter your email to receive instructions to reset your password.

