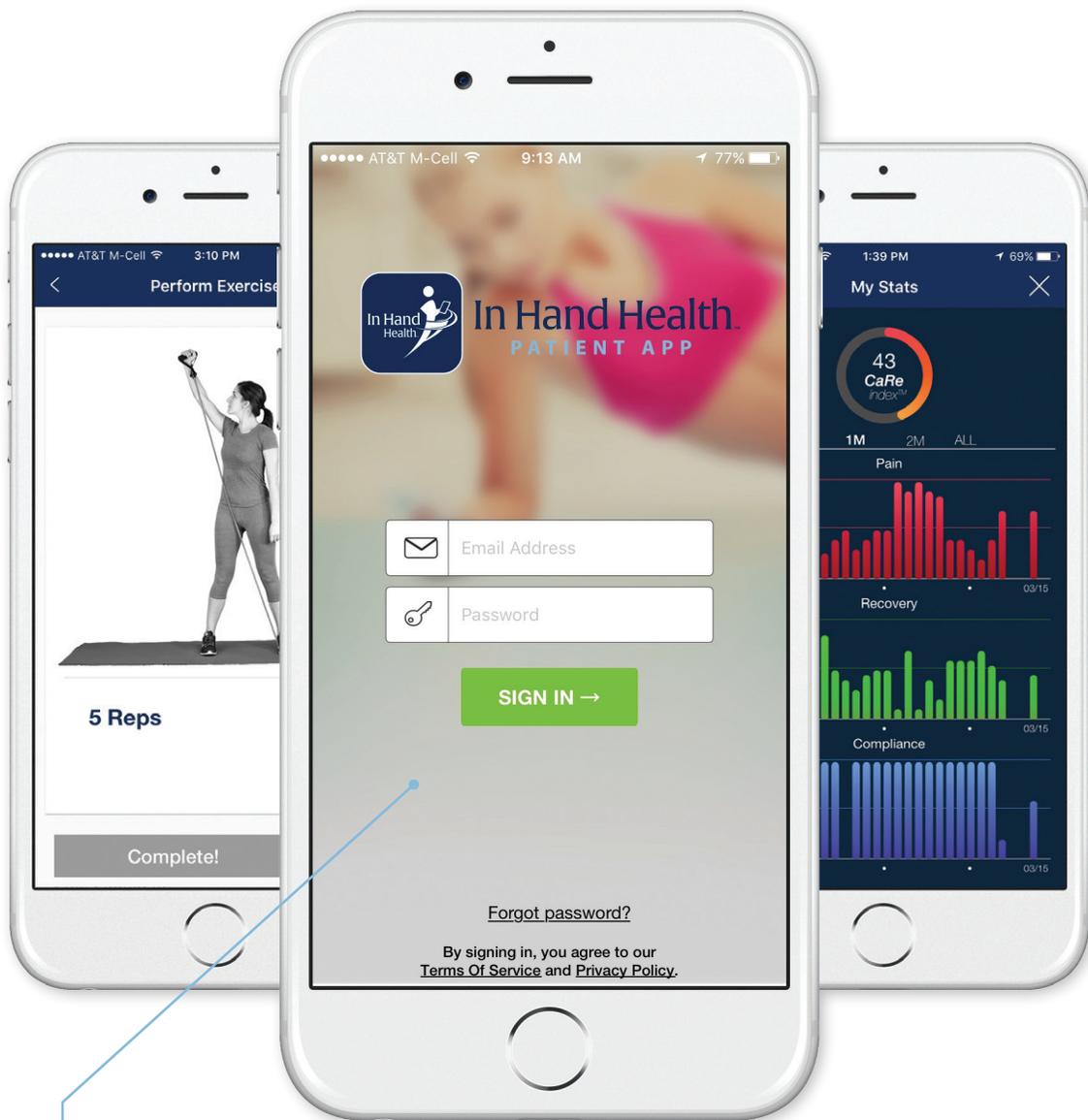


Powered by In Hand Health

# Introduction to the Patient App



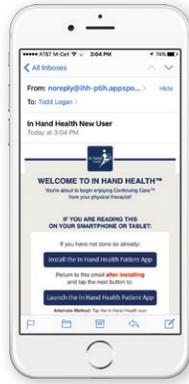
**Does your Patient App look different than this?**

If so, don't worry. Your physical therapy practice may have their logo and a different image on the splash screen. Once you sign in, the contents of this brochure apply to your app.

## 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 tutorial anytime thereafter from the menu. (See **Access the Menu and Settings**.)



### Notes and Requirements

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

Tap "Settings" on 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 Exercise Program

Access all details about your home exercise program by tapping through these screens.

Each exercise will include text-based instructions. There are also overview and exercise videos complete with a timer and narrator to guide you.

Use the videos for reference or set your phone or tablet within view and exercise along with the video model.



Your physical therapist securely receives activity information from the app when you access the exercise videos and complete your workout – 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.

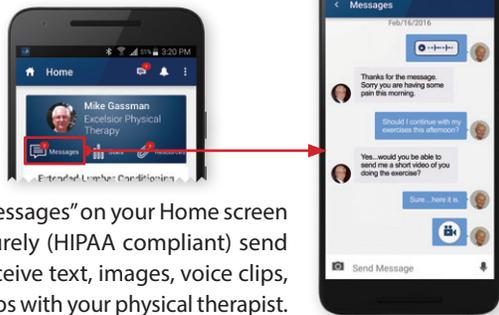
Your therapist might give you the option to exercise on your own without using the app for guidance. If so, you will see these "MARK DONE" circles next to your list of exercises. Be sure to tap them and submit your workouts as completed when you are done so your physical therapist knows you exercised that day.

Tapping the checked flags icon immediately ends your workout. Completed exercises (indicated by checks in the "MARK DONE" circles or the number of videos viewed during the session) are recorded in your account.

Tap the clipboard icon while the exercise video is playing to return to the overview video or access the text-based instructions about an exercise.

## Messages (Secure and HIPAA Compliant)

Don't wait until your next session to ask your physical therapist a question.



Tap "Messages" on your Home screen to securely (HIPAA compliant) send and receive text, images, voice clips, or videos with your physical therapist.

## Resources

In addition to video exercises, your physical therapist might send informational files, webpages, or videos about your treatment or condition.



Tap "Resources" from your Home screen to view this data in the app.

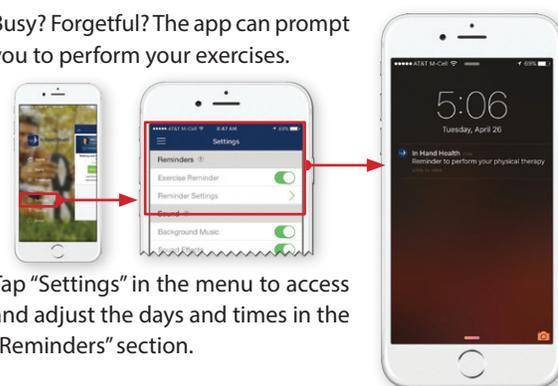
## Stats

Tap "Stats" on your Home screen to see charts based on your pain and recovery feedback. The Compliance chart shows the days you worked out and percentage of completed exercises. The CaRe Index™ combines this data into a composite score from 0 to 100. Try to keep your score as high as possible!



## Reminders

Busy? Forgetful? The app can prompt you to perform your exercises.

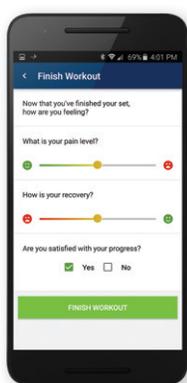


Tap "Settings" in the menu to access and adjust the days and times in the "Reminders" section.

## 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**.)

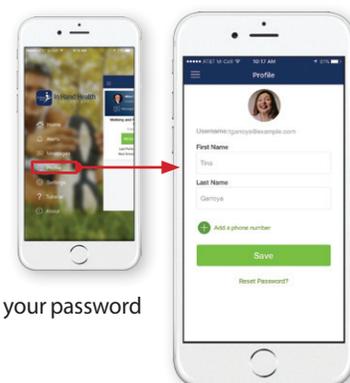


## Your Profile

From the menu, tap the "Profile" link.

Set your profile picture and confirm your username and spelling of your name.

You can also add your phone number 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.)

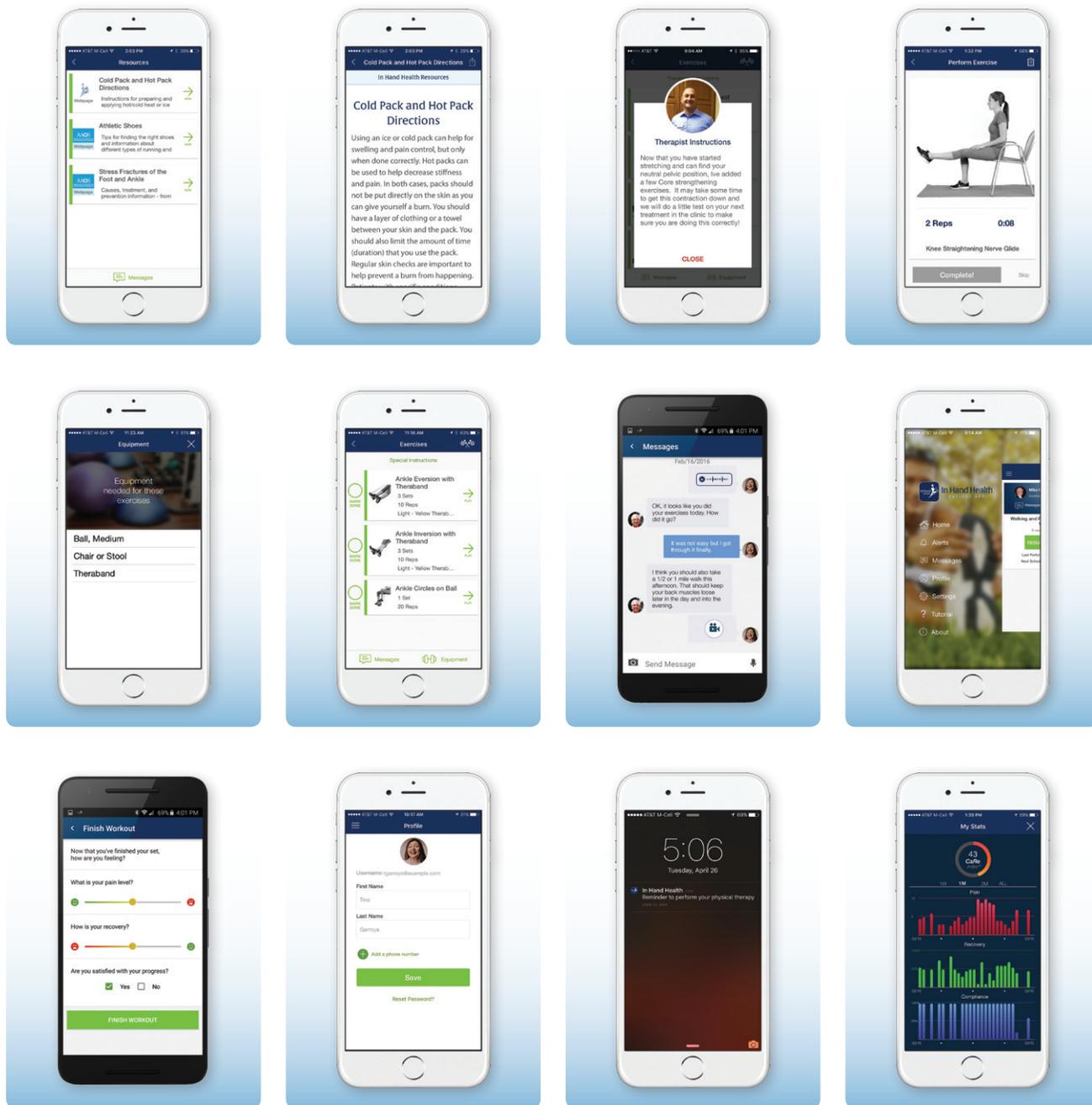


## Forgot or Reset Your Password

If you are signed in, reset or create a new password from the "Profile" page. (See **Your Profile**.) If you are not signed in, tap the "Forgot password?" link on the bottom of the Sign In screen. In both cases, instructions will be sent to the email address (same as your username) you enter.



# Access and manage your physical therapy from an app!



Successful physical therapy treatments require exercising as directed and communicating effectively with your physical therapist between sessions. The Patient App enables you to securely and efficiently meet these objectives from the convenience of your smartphone or tablet.

