



your journey.
your progress.
your story.

Wherever you are on your orthopedic journey, Zimmer Biomet's mymobility® with Apple Watch® has the information you need to prepare for and recover from treatment*. Our app gives you constant connection to your care team, so you'll receive helpful reminders, progress reports and support that's unique to you. It's a personalized way to keep you moving and keep you connected like never before.

*mymobility can only be used with certain iPhones and Android models.



To learn more about Zimmer Biomet, obtain helpful information for patients and caregivers, or for assistance in finding a surgeon familiar with our products and surgical techniques, **call toll-free at 800-447-5633 or visit zimmerbiomet.com.**

The mymobility app is available for certain patients undergoing hip or knee replacement surgery and certain procedures for injuries affecting joint function; not all patients are candidates, and patients must have a supported iPhone or Android device to use mymobility. Apple Watch is a registered trademark of Apple, Inc. Android is a trademark of Google LLC. This material is intended for patients and general consumers interested in learning about the Zimmer Biomet Connected Health mymobility Application, distributed by Accelero Health Partners, LLC. Zimmer Biomet does not practice medicine. All mymobility app content is chosen and prescribed by your surgeon; all questions pertaining to what treatment option is right for you must be directed to your surgeon/healthcare team. ©2019 Zimmer Biomet



Personalized support*
throughout your
orthopedic journey



Not actual patients *Not all patients are candidates

your journey

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



your progress

Timely education, to-do lists and reminder notifications

Surgeon-assigned care plans used through the mymobility app provide properly timed to-do lists and notifications designed to keep you on track during your surgical preparation and recovery.



Not actual patients

Remote monitoring

Encrypted messaging within the app allows you to send videos, pictures and/or text messages to your surgeon and care team without the need for an appointment.

Exercise tutorials

After surgery, your surgeon will likely assign daily exercises aimed at regaining movement. Your surgeon may assign easy to follow video-guided exercises through the app. This allows you to perform the exercises in the comfort of your own home while your surgeon and care team track progress remotely.

Data collection

Data about your activity levels and progress with your care plan is supplied to your surgeon and care team to help them determine your need for extra direction or follow-up care. After your surgery, they will also be able to watch and compare data to aid in your recovery process.

your story

Every patient's orthopedic journey is unique. In addition to helpful reminders, progress reports, and support, the mymobility app allows you to rate and share your satisfaction with your progress in real time.

If you have joint pain, visit zimmerbiomet.com to learn more about your options and discover how Zimmer Biomet's mymobility with Apple Watch can provide personalized support for you.