



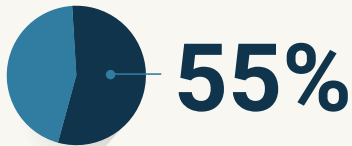
Don't Let Pain Gain on You

From worries about hospital safety to fear of going out for rehabilitation, the COVID-19 pandemic has created additional concerns for people navigating the path to joint replacement.

Not an Actual Patient

Joint pain can negatively impact every aspect of day-to-day life

Chronic, debilitating joint pain that requires joint replacement affects nearly 1 in 4 adults in the United States¹



of adult joint replacement candidates indicate that joint pain holds them back from living a normal life²



adults require joint replacement¹



Pain can impact²:



Driving a car



Exercise & sports



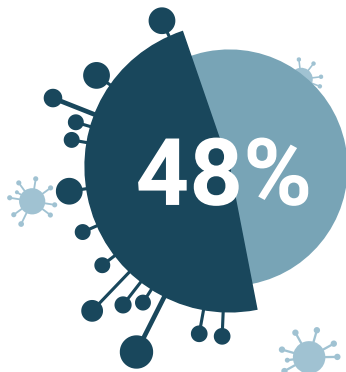
Family activities

Even though joint pain may be holding them back, many people delay addressing it. Reasons for delaying joint replacement surgery include post-operative (47%) and financial (8%) concerns.³

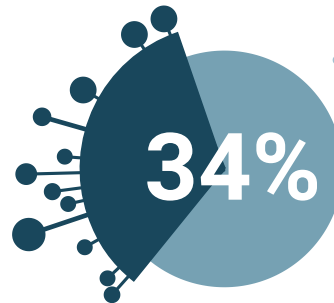
The Pandemic's Impact

Results of a national survey, commissioned by Zimmer Biomet, consisted of people who have recently had or are considering joint replacement surgery³

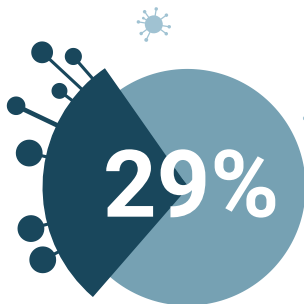
If you've been putting off joint replacement surgery, you're not alone



48% of people surveyed have postponed elective joint replacement surgery due to fears stemming from the pandemic, despite resumption of elective surgeries in most areas



34% are scared of undergoing surgery during COVID-19



29% are concerned about safety and health due to COVID-19



Those who postponed their surgery report that their daily lives were disrupted by:

Increased pain



71%

Mobility changes



58%

Worsening sleep



36%

Many states have implemented requirements for additional precautions for surgery during the pandemic⁴

Most hospitals and outpatient surgery centers offering joint replacement surgery have been subject to state mandates on COVID-19 safety protocols and procedures to minimize risk of COVID-19, including recommendations for virtual follow-up visits⁴



mymobility[®], with **Apple Watch**^{®*}, a digital platform using an **iPhone**[®] mobile device helps surgeons communicate with qualifying patients** pre- and post-surgery to guide patients through their episode of care, and may help avoid unnecessary in-person office visits



83%

of people surveyed who had postponed their joint replacement surgery said they were not aware of virtual options to support post-operative recovery prior to their surgery being cancelled due to the pandemic³

Of those surveyed who had joint replacement surgery during the COVID-19 pandemic³:



70%



82%



56%

strongly agreed with the statement “I am glad I proceeded with the elective joint replacement surgery and did not postpone any further”

said that **they felt safe**, relative to the pandemic, and **64%** said they **did not feel at risk** for contracting COVID-19 at the site of their surgery

of caregivers strongly agreed that moving ahead with joint replacement surgery without additional delay was the right choice for their loved one

Do you feel as if joint pain is gaining on you, but concerns are holding you back?

Get information that may help you move forward in addressing your joint pain at dontletpaingain.com

*iPhone® and Apple Watch® are registered trademarks of Apple, Inc., registered in the U.S. and other countries. mymobility® is a registered trademark of Zimmer Biomet or its affiliates. **Patients must have a compatible iPhone to use the mymobility mobile app; not all patients are suitable for therapy at home.

**mymobility can only be used if prescribed by a surgeon for patients with a compatible smartphone deemed appropriate for remote care.

Methodology Statement: Zimmer Biomet Joint Replacement Patient and Caregiver U.S. Perception Survey. Accessed September 25, 2020. About the Survey: This survey was conducted online within the United States by Wakefield Research on behalf of Zimmer Biomet, from August 25-September 24, 2020 among 1,200 U.S. adults ages 45-80. Survey participants included those who recently (since October 2019) had joint replacement surgery prior to COVID-19, had joint replacement surgery during COVID-19 or postponed their joint replacement surgery as a result of COVID-19, and those who are a caregiver to someone in these groups. This online survey is not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated.

¹ Weinstein SI, Yellin EH, Watkins-Castillo SI. Chronic Joint Pain. On: The Burden of Musculoskeletal Diseases in the United States. <https://www.boneandjointburden.org/2014-report/ib2/chronic-joint-pain>. ² The 2017 Gallup Study of Joint Replacement Surgical Candidates. Princeton, NJ: Multi-sponsor Surveys, Inc. ³ Zimmer Biomet Joint Replacement Patient and Caregiver U.S. Perception Survey. Accessed September 25, 2020. ⁴ American College of Surgeons. COVID-19: Executive Orders by State on Dental, Medical, and Surgical Procedures. Available at: <https://www.facs.org/covid-19/legislative-regulatory/executive-orders>.

Talk to your surgeon about whether joint replacement or another treatment is right for you and the risks of the procedure, including the risk of implant wear, loosening or failure, and pain, swelling and infection. Zimmer Biomet does not practice medicine; only a surgeon can answer your questions regarding your individual symptoms, diagnosis and treatment.