



## Recupe Set Up Guide:: Android Phone

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Welcome to Recupe!

To support your recovery, your care provider has prescribed you Recupe as part of your care plan. Recupe is a program that includes a mobile app and wearable sensor that helps guide you through your home exercises and other care instructions. Recupe allows you and your care provider to see how you are recovering between visits, so that you can get the best care.

You can easily get started on Recupe.

This instructional video shows you how to set up the Recupe - [Recupe Setup video](#).

If you need additional help, you can call your Recupe Care Support at **(669) 288-6588 Ext 2**.

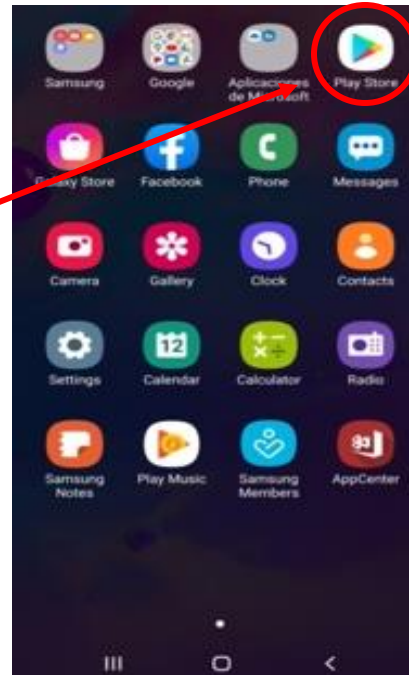
You can also email us at [support@plethy.com](mailto:support@plethy.com).

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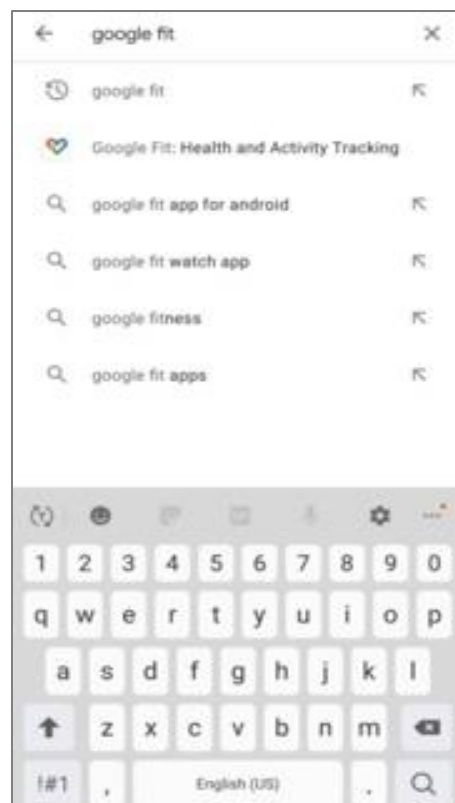
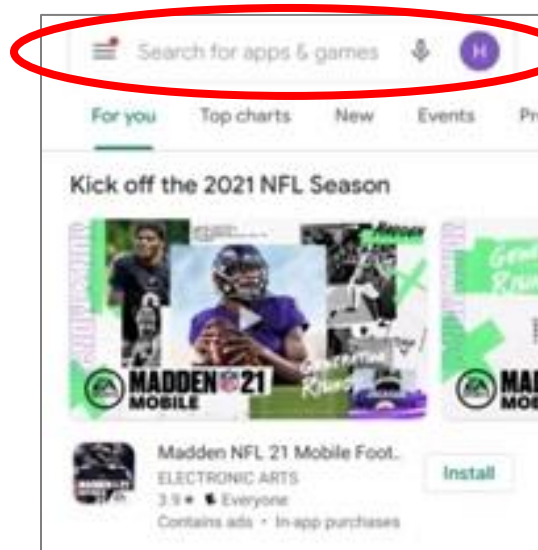
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# 1. Set up Google Fit

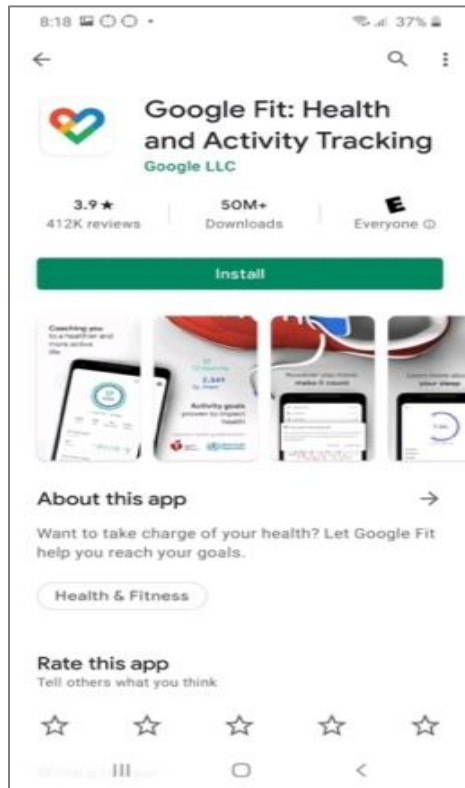
**STEP 1:** Go to the Google Play Store



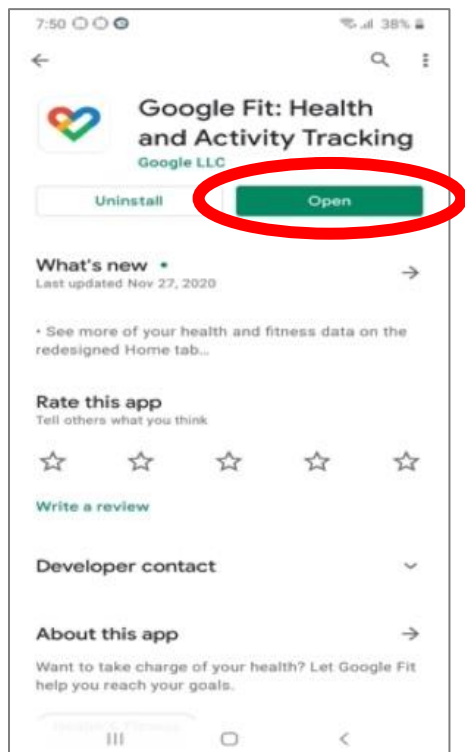
**STEP 2:** Search for Google Fit and Download App. (The Google Fit App is FREE)



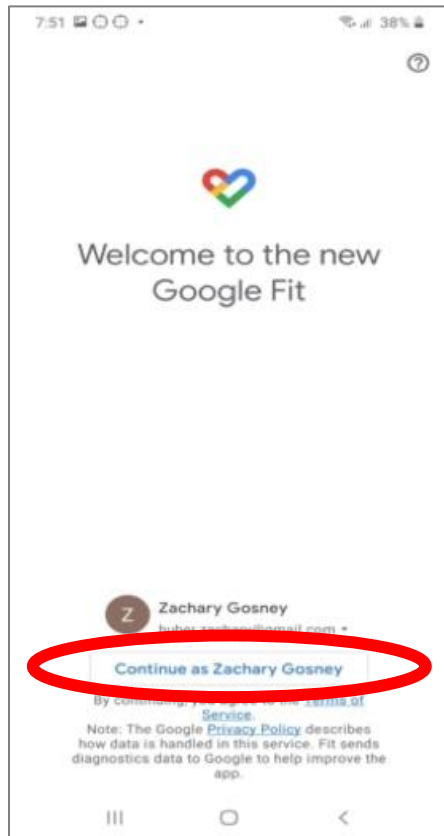
### STEP 3: Click to Install



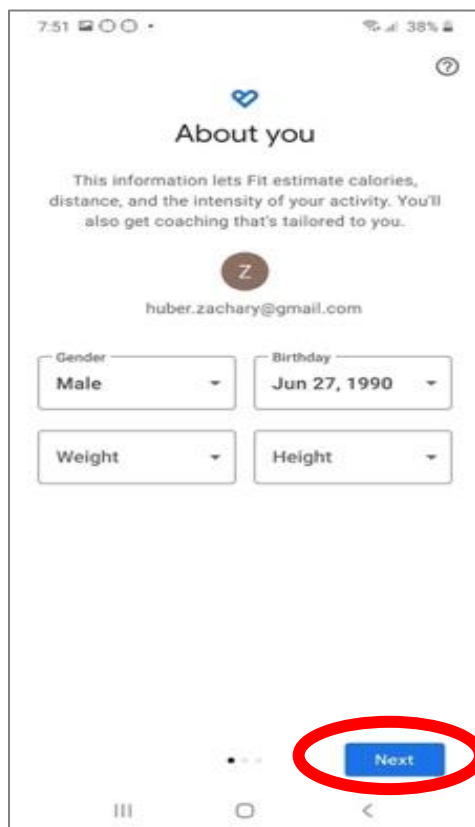
### STEP 4: Click Open



**STEP 5:** Click on continue as (your name)

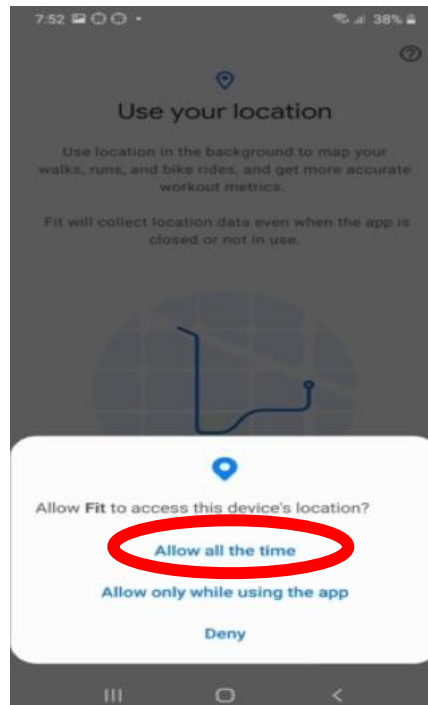
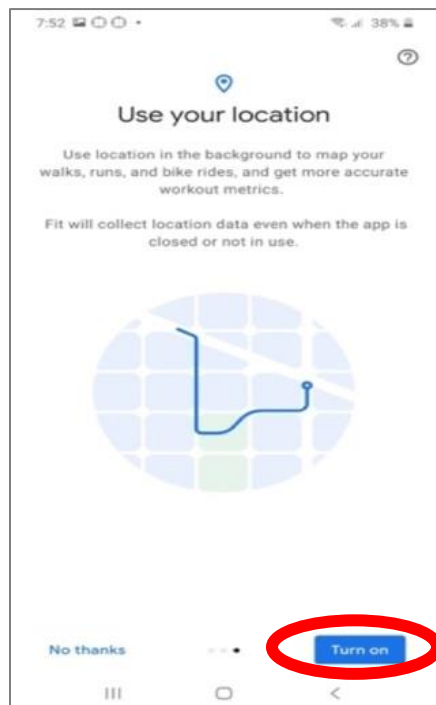
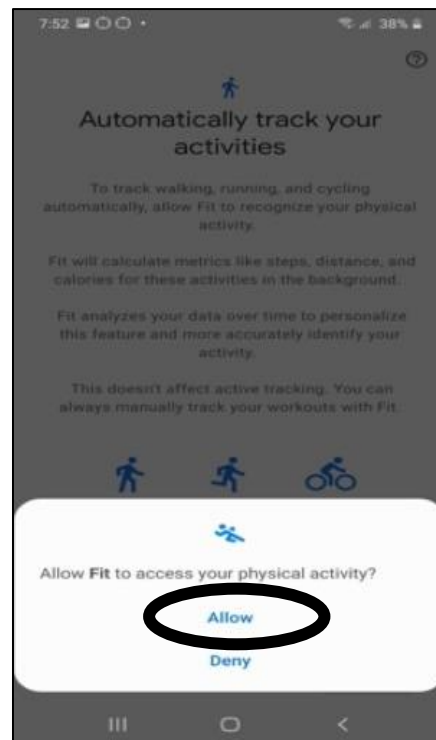
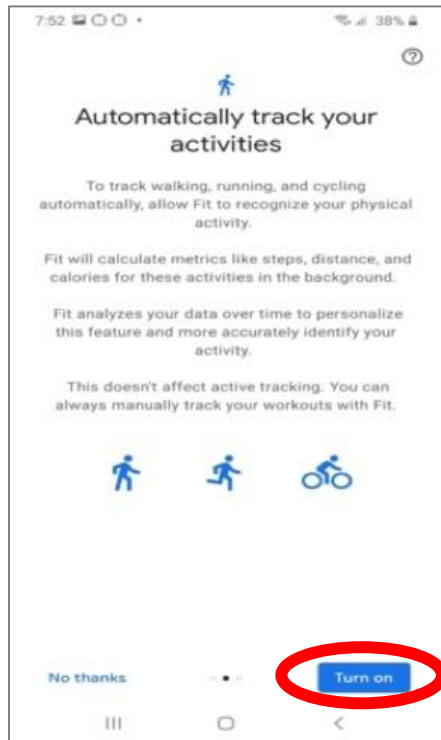


**STEP 6:** Validate the “About you” fields



And click NEXT

**STEP 7: Click on Turn on activity tracking.**



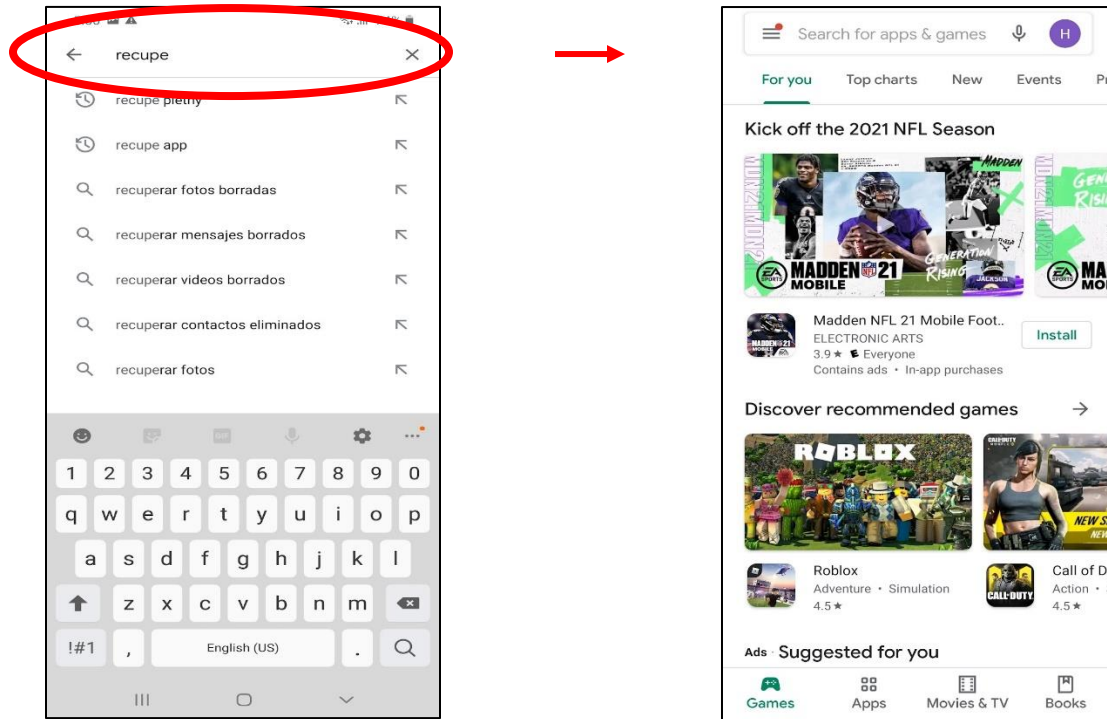
**You are all set with Google Fit**

## 2. Recupe set up on Android Phone

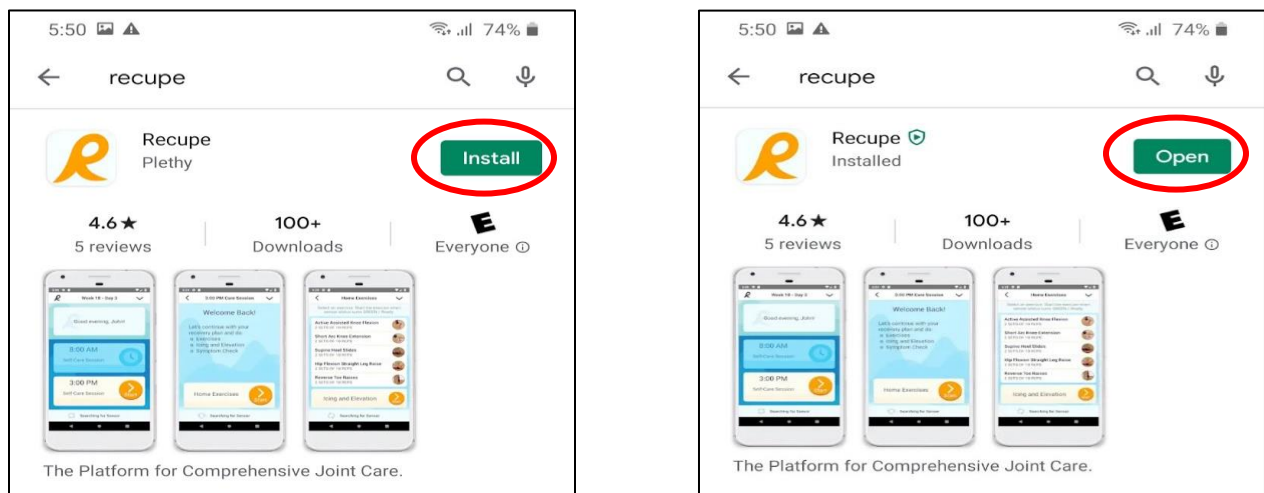
**STEP 1:** Download the Recupe app on your smart device from the link below.

Google Play Store: [recupe/playstore](https://play.google.com/store/apps/details?id=com.plethymed.recupe)

Alternatively, open the Play Store on your phone. Search for "Recupe" and tap the download button.

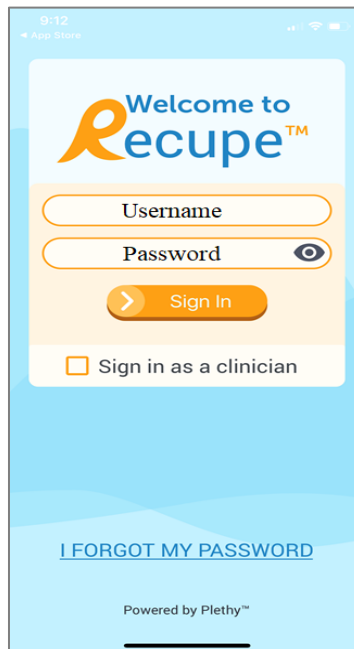


**STEP 2:** Click Install and then open

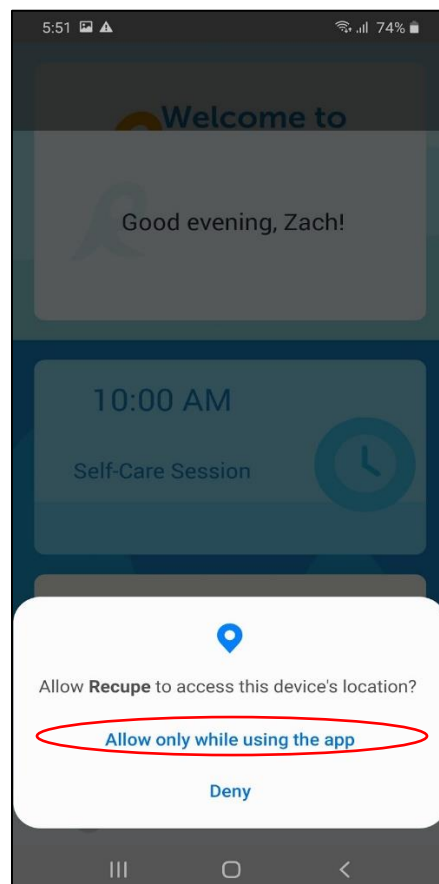


### **STEP 3: Log in!**

Your username is your email (lowercase) and your temporary password is 1234.



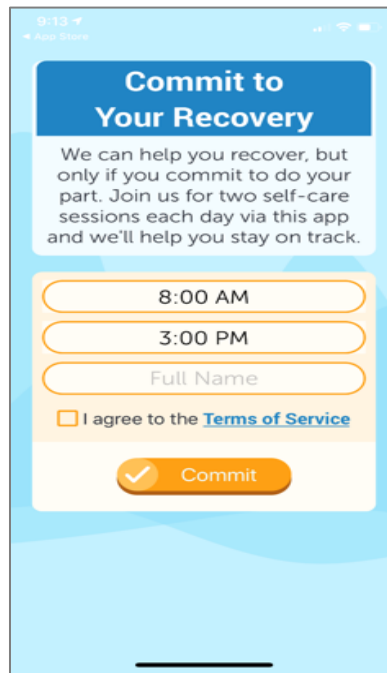
### **STEP 4: Allow Recupe to access your device location**





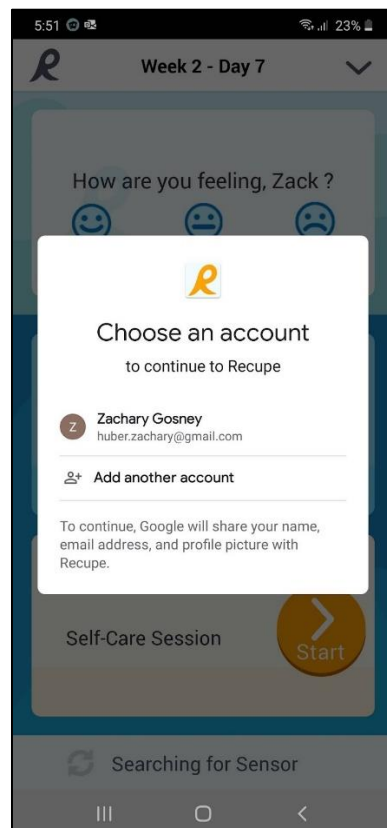
**STEP 5: Select the time for your sessions. Tap the time to change it.**

- a. Commit to (2) times in the day to do your Home Exercises & Care Session
- b. Enter your Full Name, then Select I agree to the Terms
- c. Hit Commit



The screenshot shows a mobile app interface with a light blue background. At the top, there's a blue header with the text "Commit to Your Recovery". Below this, a paragraph states: "We can help you recover, but only if you commit to do your part. Join us for two self-care sessions each day via this app and we'll help you stay on track." There are two orange-outlined buttons for selecting times: "8:00 AM" and "3:00 PM". Below these is a text input field labeled "Full Name". A checkbox is followed by the text "I agree to the [Terms of Service](#)". At the bottom is a large orange button with a checkmark icon and the text "Commit".

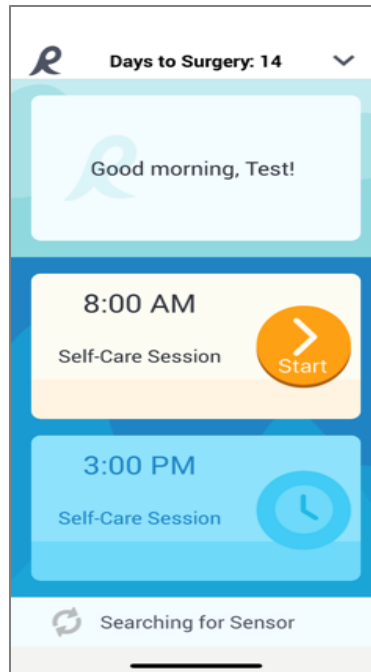
**STEP 6: Select the account you used to sign into Google Fit.**



The screenshot shows a mobile app interface with a dark blue background. At the top, it says "Week 2 - Day 7". Below this, a question "How are you feeling, Zack?" is followed by three smiley face icons. A white modal dialog is open in the center with the title "Choose an account to continue to Recupe". It lists one account: "Zachary Gosney" with the email "huber.zachary@gmail.com". Below the account list is a link "Add another account". At the bottom of the modal, it says "To continue, Google will share your name, email address, and profile picture with Recupe." Below the modal, there's a "Self-Care Session" label and a large orange "Start" button with a right arrow. At the very bottom, it says "Searching for Sensor".

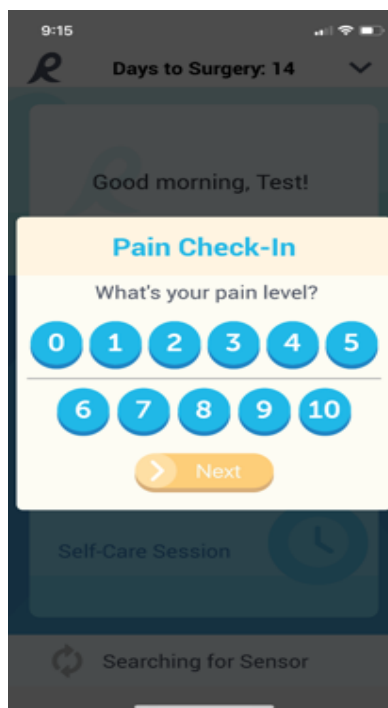
## 2. Starting your Recupe Care Sessions

**STEP 1:** Tap the ORANGE START to begin your care session

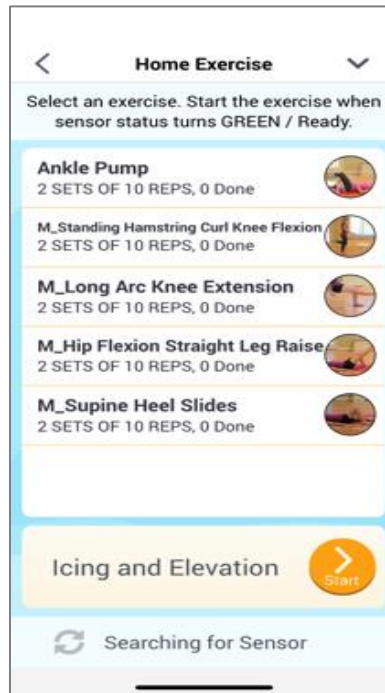


**STEP 2:** You will be asked to record your pain

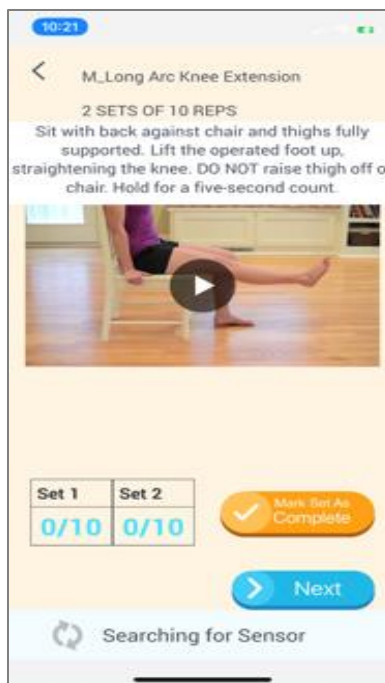
- a. 0 is no pain and 10 is severe pain.
- b. It is important to record your pain before you begin your home exercises.
- c. Once recorded, hit Next.



### **STEP 3:** Do your exercises



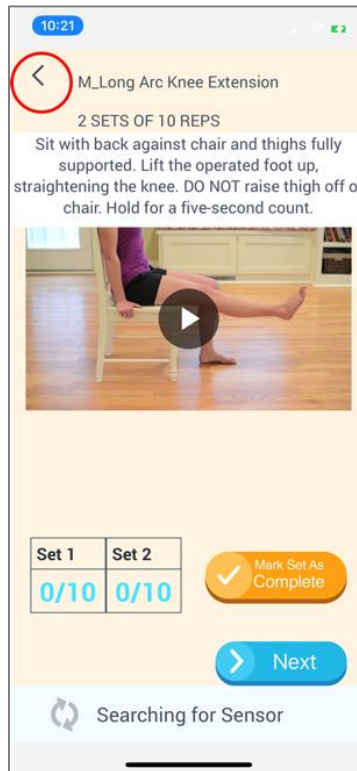
- a. Tap on the first exercise and watch the video to see how to do the exercise.



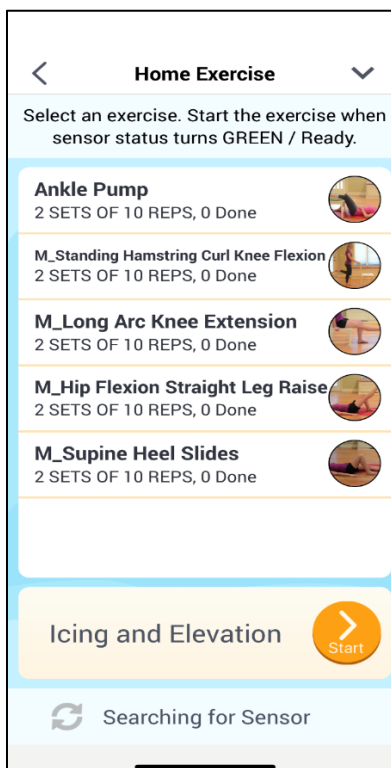
- b. Tap Mark as Complete. (If you have a timed exercise, perform within the allotted time).  
c. Now go to the next exercise.

**Note:** Do the best you can to get through all the exercises. If you are experiencing too much pain, then skip exercise and go to the next exercise.

**STEP 4:** Go back to Home Exercise List. Tap the arrow on the top left-hand side of the screen

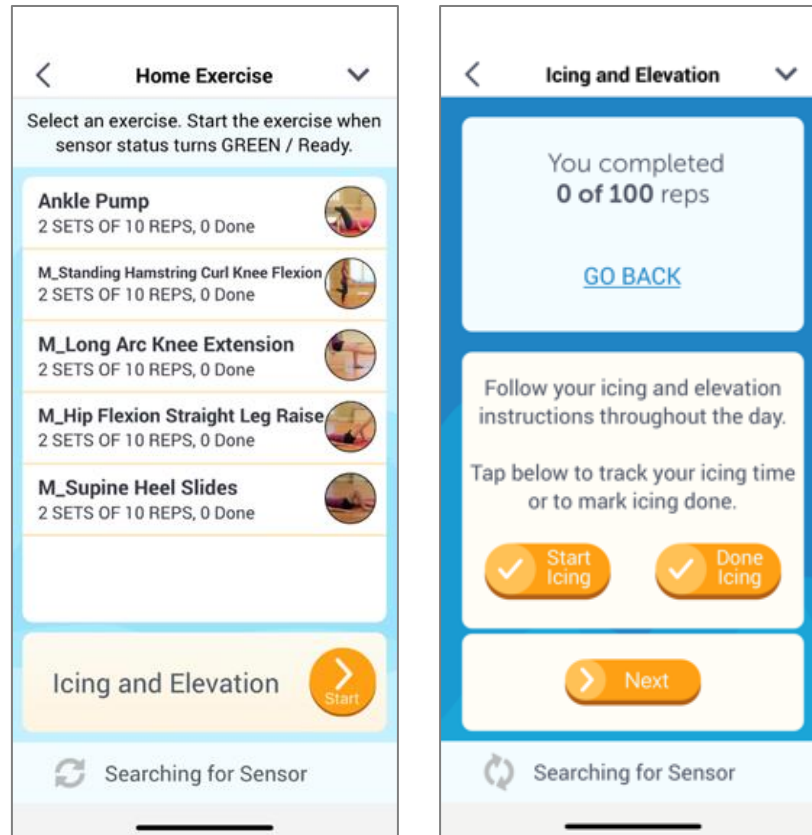


**STEP 5:** When you are done with your exercises, press the ORANGE start at the bottom of the screen.



**STEP 6: Time to Ice and Elevate (if asked to do so).**

Tap Start Icing to start 15 min timer. Timer will sound once it's been 15 min.



**STEP 7: Medication Reminders (if asked to do so).**

Respond by pressing the quantity you took.



## **STEP 8: Symptom Check (if asked to do so).**

- a. Respond to the symptoms questions by pressing Yes or No.

The screenshot shows the 'Symptom Check' screen. It has a title bar with a back arrow, 'Symptom Check', and a dropdown arrow. Below the title bar are four questions, each with 'Yes' and 'No' buttons: 'Is there worsening redness at your surgical site?', 'Is there worsening swelling near your surgical site not relieved by rest, ice or elevation?', 'Do you have a fever greater than 101.5?', and 'Is your pain level between 7-10?'. Below these questions is a blue bar with a 'Next' button. At the bottom, there is a 'Searching for Sensor' indicator with a circular arrow icon.

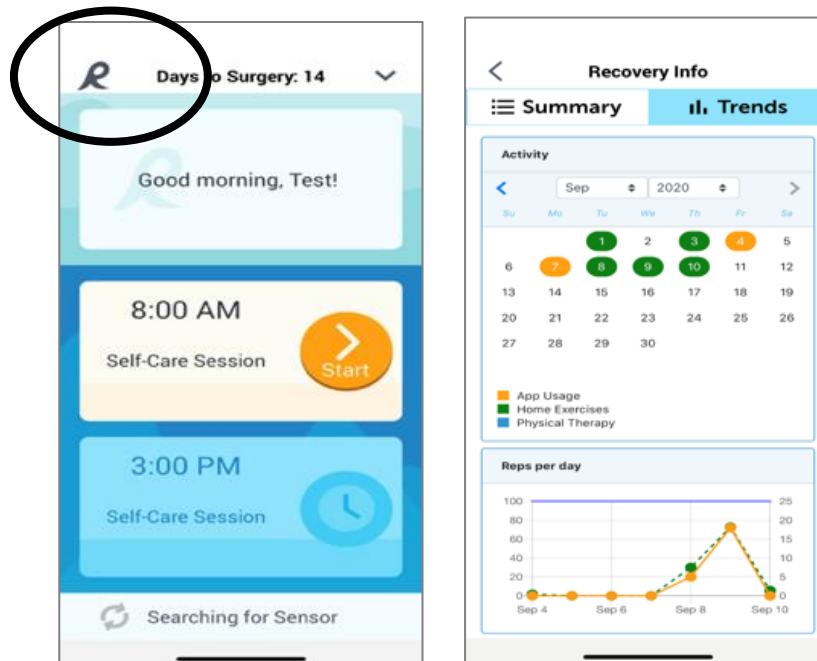
- b. If you select **YES** to a Symptom, a screen appears where you can call the clinic or take a picture of your surgery site and send to the clinic.

The four screenshots show the 'Surgery Site Picture' screen in different states. The first screenshot shows a 'Symptom Alert' dialog box with the text 'Would you like to contact your care team or send them pictures of the surgery site?' and 'No' and 'Yes' buttons. The second screenshot shows the 'Surgery Site Picture' screen with a 'Take a Photo' dialog box. The third and fourth screenshots show the 'Surgery Site Picture' screen with a camera icon and 'Send' and 'Next' buttons. The text on the screen includes: 'A. If you have any immediate concerns, please tap below to call the clinic', '+1 (916) 827-4813', 'Recupe is not an emergency service. Your data is not monitored 24/7.', 'If you think you are experiencing medical emergency, call 911 immediately.', and 'B. Tap camera icon to send picture of Surgery Site to your clinic.'

### 3. "How to" guide

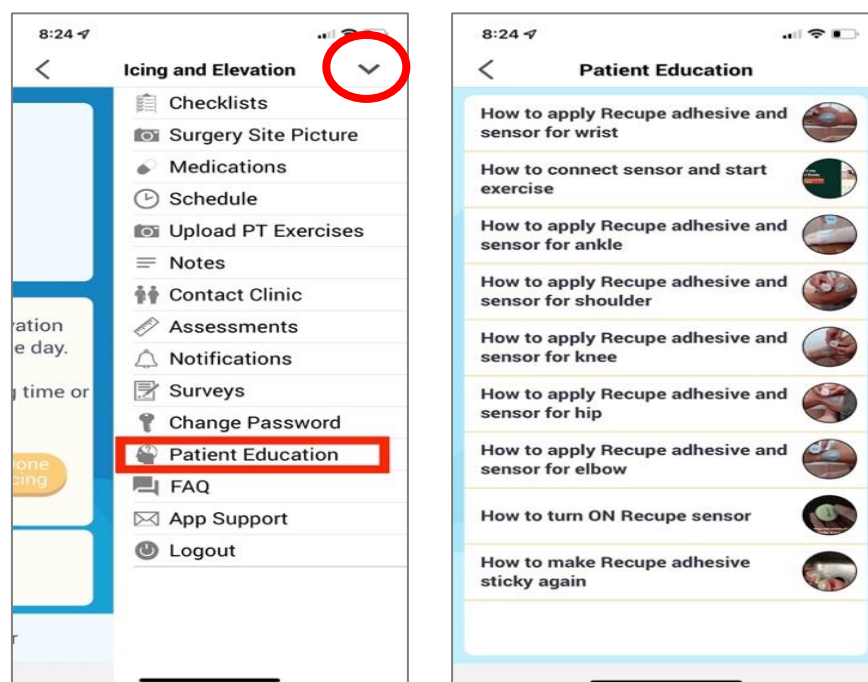
#### a. How to: Track your own progress

Tap on the "R" at the left-hand corner of the home screen to see Summary and Trends.



#### b. How to: Connect the sensor and do the exercises

Watch the "Patient Education" video, accessible from the drop-down arrow at the top right-hand corner of the home screen to learn how and where to apply the adhesive and sensor.



- i. Apply the adhesive.
- ii. Turn on the sensor by pressing the Recupe Logo – sensor will flash blue, then green once connected to the Recupe app.
- iii. Recupe app will show “Sensor Found.”
- iv. Put the sensor on the adhesive (ensure you it put on correctly, per patient education video).
- v. Press “Start” on the exercise screen.

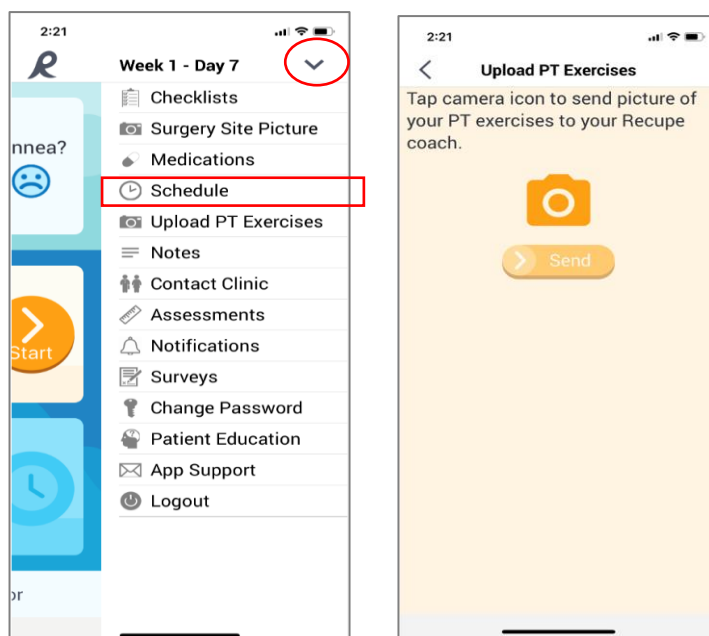
**Note: Some exercises will not be tracked with the sensor.** These exercises will show an orange button to mark each set as complete.

### c. How to: Upload the exercises your PT gave you

We make it easy for you to follow the exercises your PT asked you to do at home. Take a picture of their exercises and upload it to the app as/when your physical therapist gives you a new set of exercises.

Go to the drop-down arrow at the top right-hand corner of the home screen, choose Upload PT exercises, take a picture of the exercises, and click Send.

**You can upload 5 pictures at a time.**



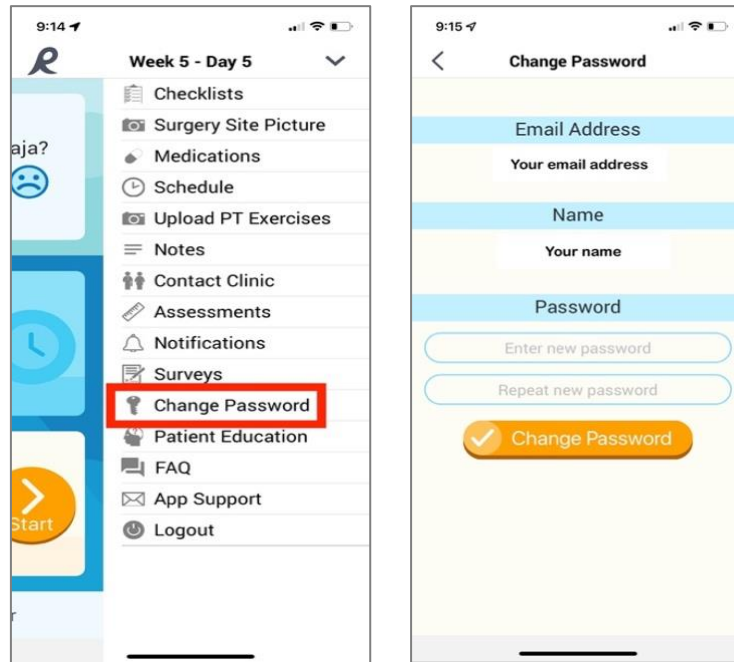
We will update your Recupe app exercises to match what your PT asked you to do.



## d. How to: Change your Password

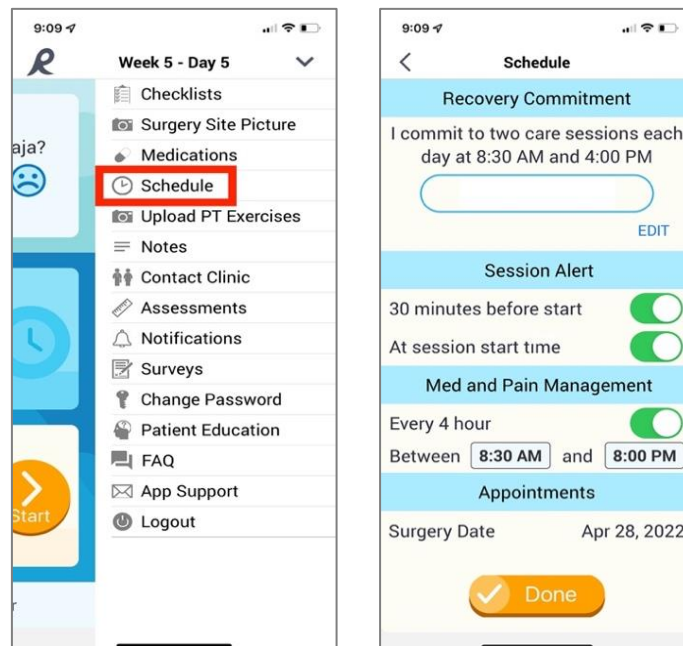
You can change your password at any time.

- i. Tap on the drop-down arrow at the top right-hand corner of your home screen.
- ii. Tap on "Change Password", and follow the directions in the app.
- iii. You must open the email you'll receive on the same device you have the Recupe App.



## e. How to: Modify your session time

To modify exercise session times and notifications, tap on "Schedule" in the drop-down menu.



## f. How to: Change your Medication Reminders

If the clinic uses the medication capability in the Recupe app, you will notice a Medication screen has been added to your daily Recupe care-sessions, after Icing and Elevation.

You can set up medication reminders by accessing the "Schedule" on the home page menu and selecting the drop-down arrow at the top right-hand corner.

- i. Select the "Every 4 hour" toggle button to turn "Reminder on."
- ii. Tap on the radio box with time to adjust time for reminder.

