



Recupe Set Up Guide:: iPhone

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 Coach at **(669) 288-6588 Ext 2**.

You can also email us at support@plethy.com.

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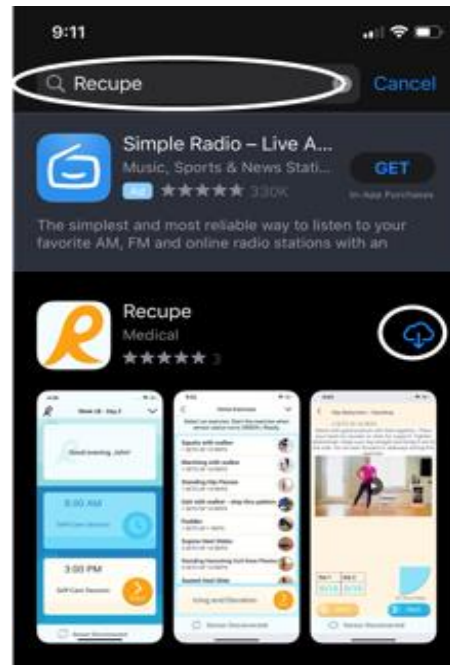
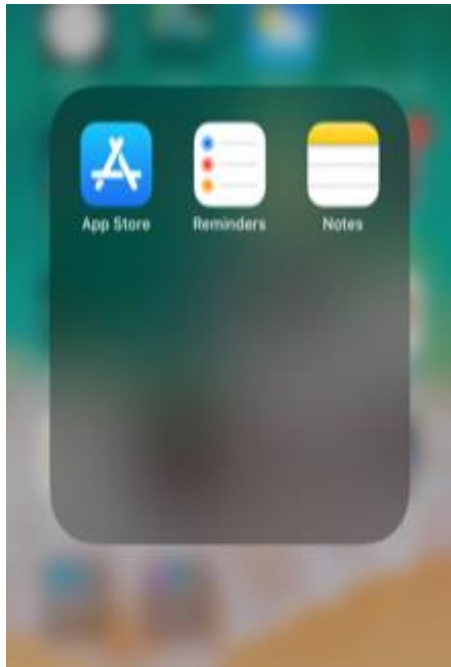
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1. Recupe set up on iPhone

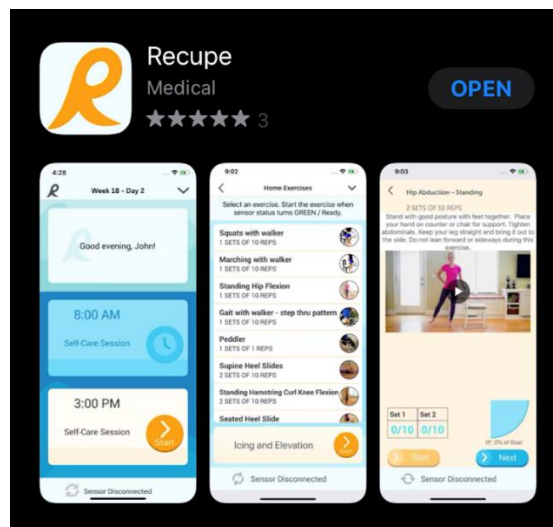
STEP 1: Download the Recupe app on your smart device from the link below.

App Store: [recupe/appstore](https://recupe.appstore)

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

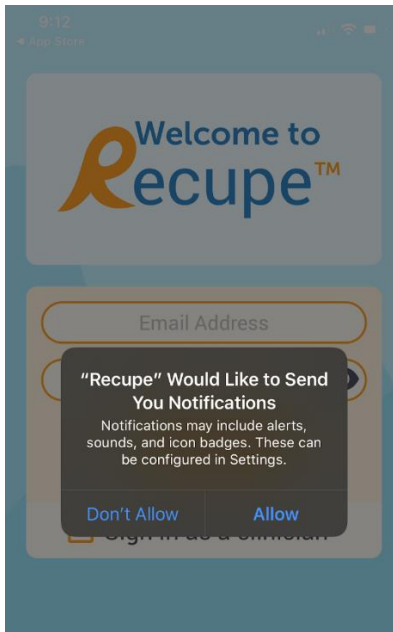


STEP 2: Open the Recupe App



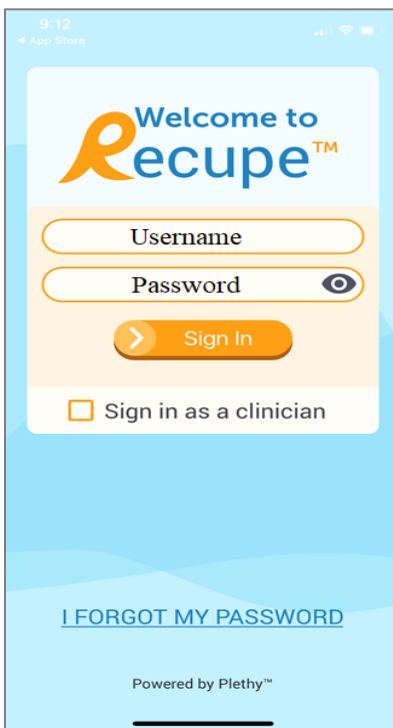
STEP 3: Allow Notifications.

This will let the Recupe app remind you when it is time for your care sessions.



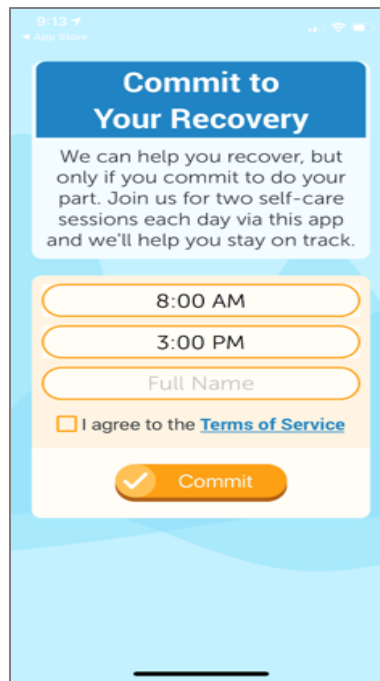
STEP 4: Log in!

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



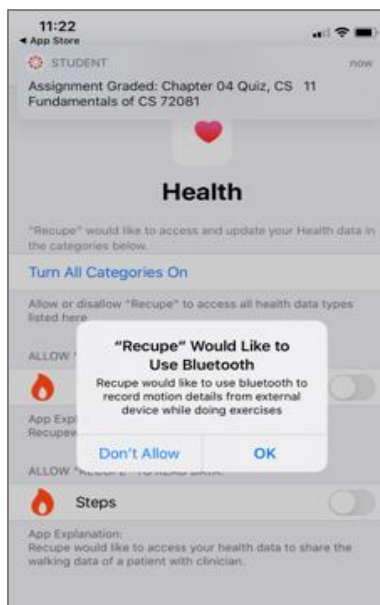
STEP 5: Select the time for your sessions. Tap the time to change it.

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



The screenshot shows a mobile app interface with a light blue background. At the top, the status bar shows the time 9:13 and the App Store icon. The main heading is "Commit to Your Recovery" in white text on a dark blue rectangular button. Below this, a paragraph of text reads: "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." Underneath the text are three rounded rectangular input fields. The first two contain the times "8:00 AM" and "3:00 PM". The third field is labeled "Full Name". Below the input fields is a checkbox with the text "I agree to the [Terms of Service](#)". At the bottom is a large orange button with a white checkmark icon and the word "Commit".

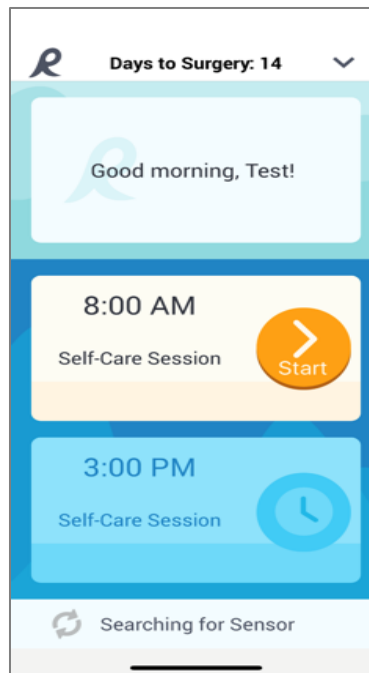
STEP 6: Tap OK, then Turn On all Categories, then tap Allow.



The screenshot shows the Health app interface. At the top, the status bar shows the time 11:22 and the App Store icon. Below the status bar, there is a notification for a "STUDENT" assignment graded. The main heading is "Health" with a red heart icon above it. Below the heading, a message states: "Recupe" would like to access and update your Health data in the categories below. A link "Turn All Categories On" is provided. Below this, there is a section titled "Allow or disallow Recupe to access all health data types listed here". A modal dialog box is open in the center, titled "Recupe" Would Like to Use Bluetooth. The dialog contains the text: "Recupe would like to use bluetooth to record motion details from external device while doing exercises". At the bottom of the dialog are two buttons: "Don't Allow" and "OK". In the background, there are toggle switches for "Steps" and "App Explanation".

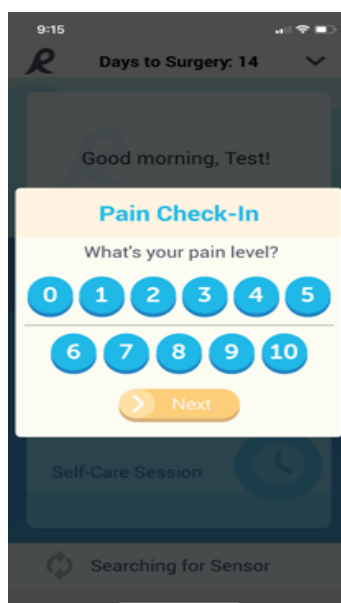
2. Starting your Recupe Care Sessions

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

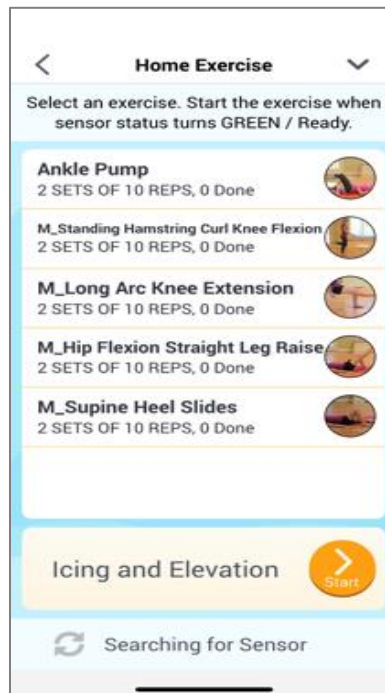


STEP 2: You will be asked to record your pain

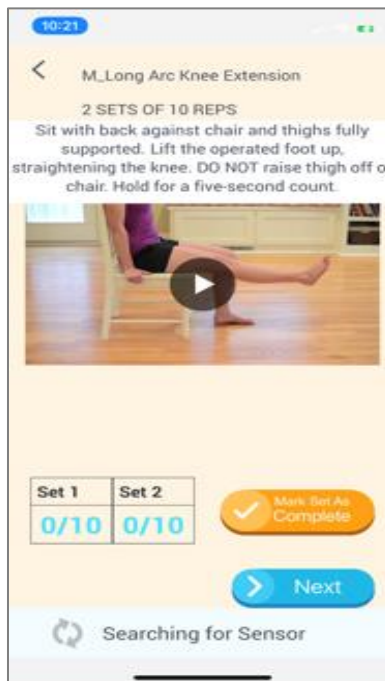
- a. 0 is no pain and 10 is severe pain.
- b. It is important to record your pain before you begin your home exercises.
- c. Once recorded, hit Next.



STEP 3: Do your exercises



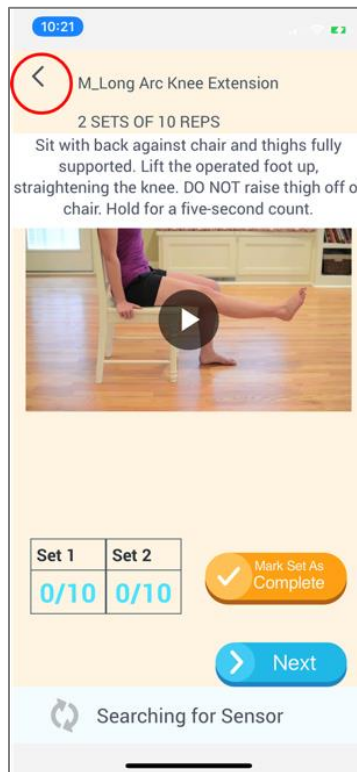
a. Tap on the first exercise and watch the video to see how to do the exercise.



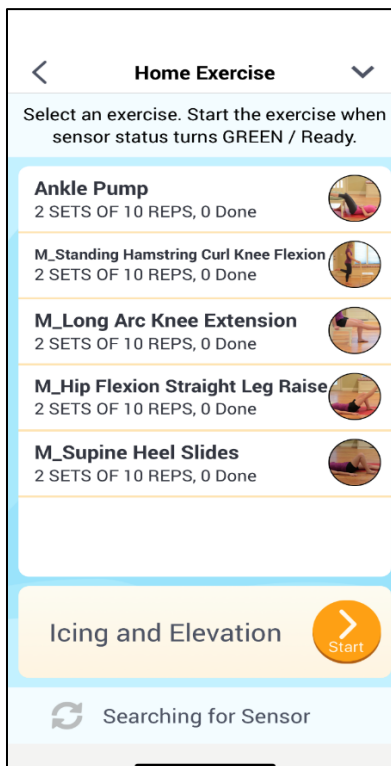
- b. Tap Mark as Complete. (If you have a timed exercise, perform within the allotted time).
- c. Now go to the next exercise.

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

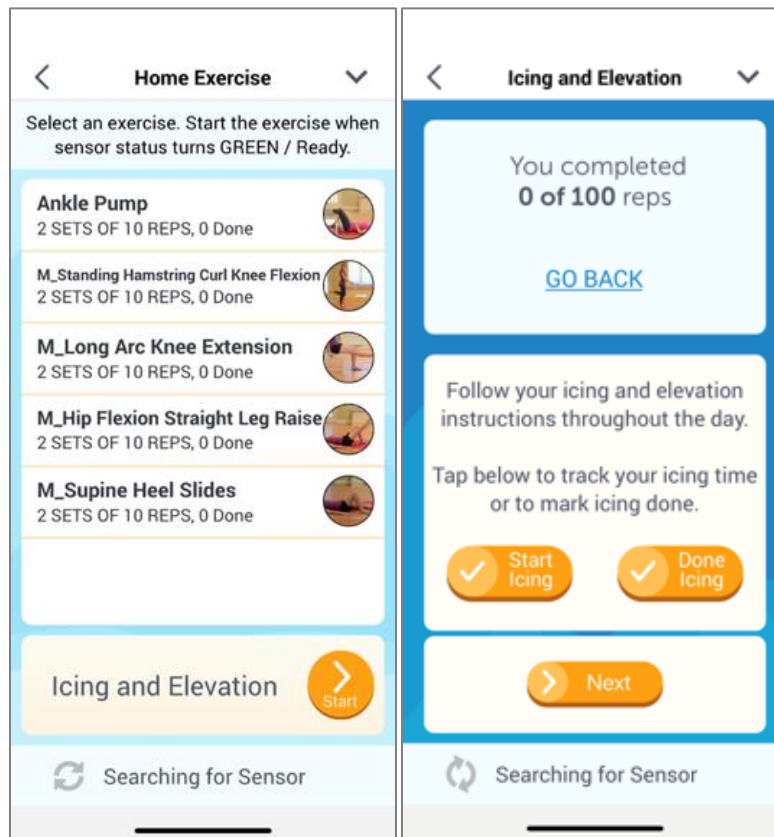


STEP 5: When you are done with your exercises, press the ORANGE start at the bottom of the screen.



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. At the top, there is a back arrow and a dropdown menu. Below this, there 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?
- Is your pain level between 7-10?

Below the questions, there is a blue bar with a white upward arrow. Underneath that, there is a yellow box with black text: 'Remember: If you have chest pain, difficulty breathing, sweating or confusion call 911 immediately.' Below this, there is a yellow button with a right arrow and the text 'Next'. At the bottom, there is a grey button with a circular arrow icon and the text 'Searching for Sensor'.

- 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.

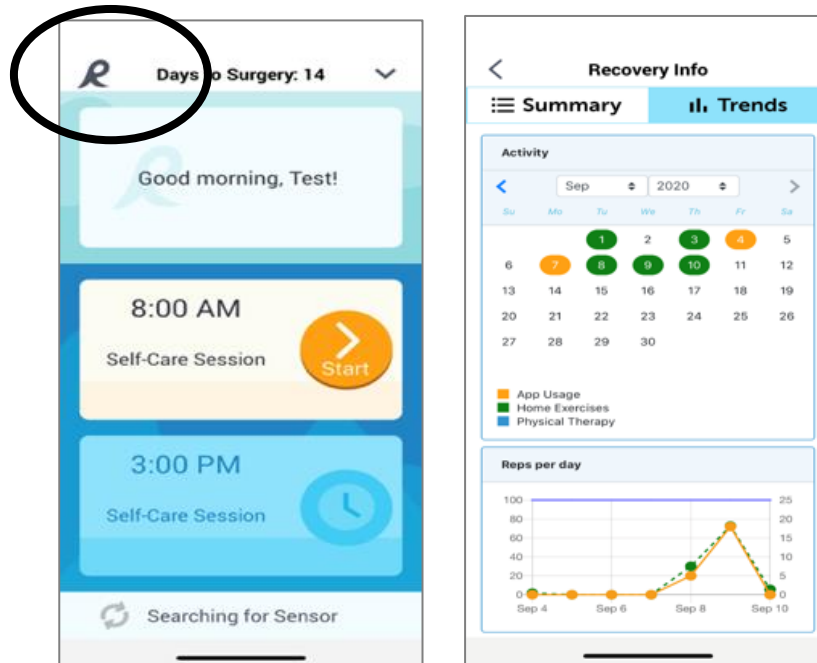
The four screenshots show the 'Surgery Site Picture' screen in different states:

- First screenshot:** Shows the 'Symptom Alert' dialog box. The text says: 'Would you like to contact your care team or send them pictures of the surgery site?'. There are 'No' and 'Yes' buttons. Below the dialog, there is a yellow box with black text: 'Remember: If you have chest pain, difficulty breathing, sweating or confusion call 911 immediately.' Below this, there is a yellow button with a right arrow and the text 'Next'. At the bottom, there is a grey button with a circular arrow icon and the text 'Searching for Sensor'.
- Second screenshot:** Shows the 'Surgery Site Picture' screen. It has a back arrow and a dropdown menu. Below this, there is a yellow box with black text: 'A. If you have any immediate concerns, please tap below to call the clinic'. Below this, there is a yellow button with a right arrow and the text 'Next'. Below this, there is a yellow box with black text: 'Recupe is not an emergency service. Your data is not monitored 24/7.' Below this, there is a yellow box with black text: 'If you think you are experiencing medical emergency, call 911 immediately.' Below this, there is a yellow button with a right arrow and the text 'Next'. Below this, there is a yellow box with black text: 'B. Tap camera icon to send picture of Surgery Site to your clinic.' Below this, there is a yellow button with a right arrow and the text 'Next'. Below this, there is a yellow button with a right arrow and the text 'Next'.
- Third screenshot:** Shows the 'Surgery Site Picture' screen. It has a back arrow and a dropdown menu. Below this, there is a yellow box with black text: 'A. If you have any immediate concerns, please tap below to call the clinic'. Below this, there is a yellow button with a right arrow and the text 'Next'. Below this, there is a yellow box with black text: 'Recupe is not an emergency service. Your data is not monitored 24/7.' Below this, there is a yellow box with black text: 'If you think you are experiencing medical emergency, call 911 immediately.' Below this, there is a yellow button with a right arrow and the text 'Next'. Below this, there is a yellow box with black text: 'B. Tap camera icon to send picture of Surgery Site to your clinic.' Below this, there is a yellow button with a right arrow and the text 'Next'. Below this, there is a yellow button with a right arrow and the text 'Next'.
- Fourth screenshot:** Shows the 'Surgery Site Picture' screen. It has a back arrow and a dropdown menu. Below this, there is a yellow box with black text: 'A. If you have any immediate concerns, please tap below to call the clinic'. Below this, there is a yellow button with a right arrow and the text 'Next'. Below this, there is a yellow box with black text: 'Recupe is not an emergency service. Your data is not monitored 24/7.' Below this, there is a yellow box with black text: 'If you think you are experiencing medical emergency, call 911 immediately.' Below this, there is a yellow button with a right arrow and the text 'Next'. Below this, there is a yellow box with black text: 'B. Tap camera icon to send picture of Surgery Site to your clinic.' Below this, there is a yellow button with a right arrow and the text 'Next'. Below this, there is a yellow button with a right arrow and the text 'Next'.

3. "How to" guide

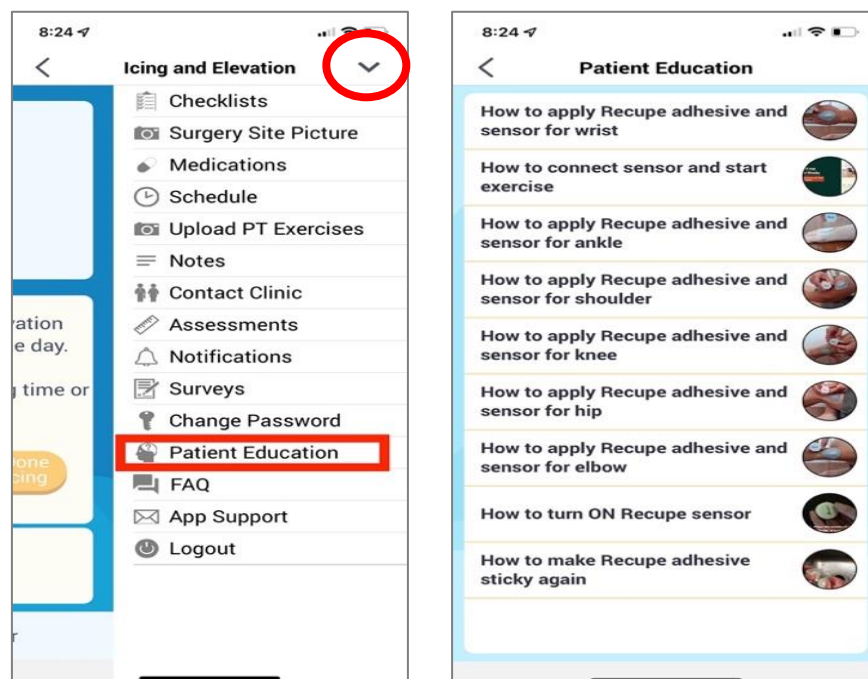
a. How to: Track your own progress

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.

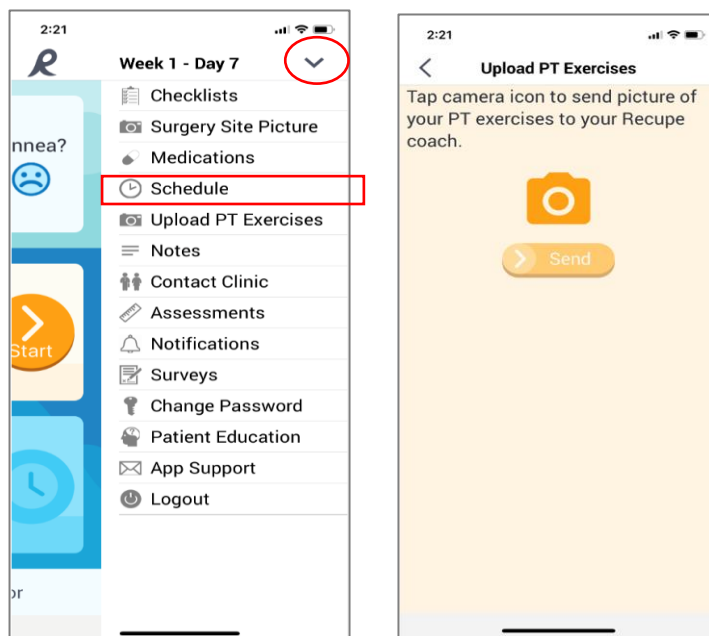
Note: Some exercises will not be tracked with the sensor. These exercises will show an orange button to mark each set as complete.

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.

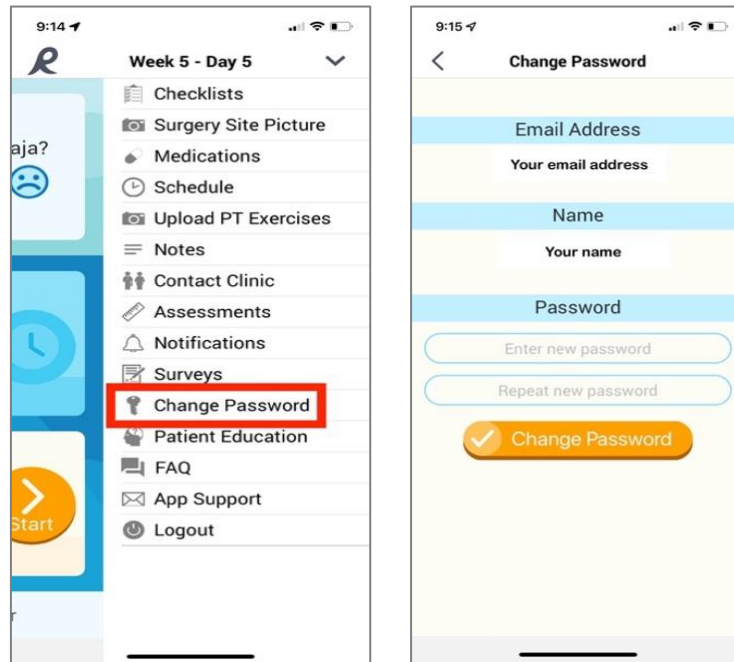


We will update your Recupe app exercises to match what your PT asked you to do.

d. How to: Change your Password

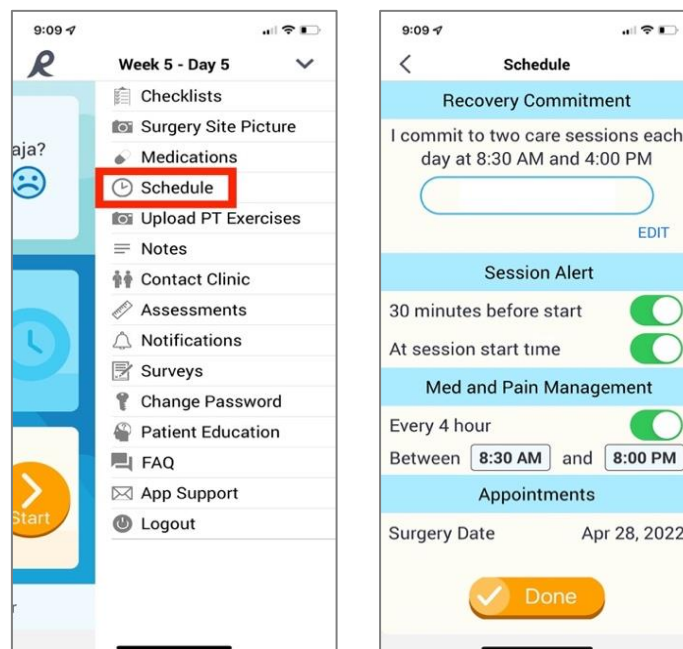
You can change your password at any time.

- 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.

