Step-by-Step Recupe App Setup for Android Users

Welcome to **Recupe** – your personal recovery companion!

Your care provider has added Recupe to your treatment plan to help you recover faster, feel stronger, and stay on track, even when you're not in the clinic.

What is Recupe?
Recupe is your personal recovery companion that combines a mobile app and Recovery Dot that work together to guide you through your home exercises. It helps you stay on track, shows your progress, and keeps your care team connected to your recovery every step of the way.

Patients who stay engaged with tools like Recupe often stay more motivated and on track. Skipping Recupe could mean missing out on extra support that makes recovery feel smoother. Why make it harder than it has to be?

Let's Get You setup (It's Easy!)
- ✓ You can **watch the short setup video** or **follow the steps below** to get started:
  www.plethy.com/recupeguide
- ✓ Download the **Recupe app** from the Google Play Store.
- ✓ You'll also need to install **Health Connect** (free app) to help monitor your movement.
- ✓ Your username is your **email address**, and your temporary password is **Temp1234$**

Need help? Our Recupe Care Support team is here to walk you through it.
- 📞 **Call us** at (669) 288-6588
- 📧 **Email us** at support@plethy.com

Don't Wait to Feel Better!
Many patients just like you are already using Recupe and getting ahead in their recovery. We don't want you to fall behind. Every day counts, let's get started today.

We're excited to support you every step of the way!
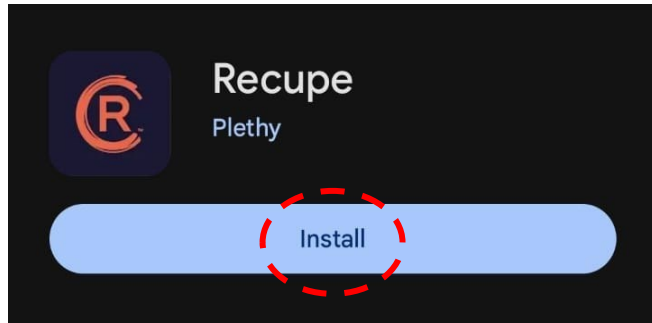
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STEP 1: Download the Recupe app on your Android Device from the link below.

Google Play Store: https://play.google.com/store/apps/details?id=com.plethyreactnative

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

STEP 2: Open the Recupe App

STEP 3: Log In
- Your username is your email (lowercase), and your temporary password is: **Temp1234$**

STEP 4: Log In

- Your username is your email (lowercase), and your temporary password is: **Temp1234$**

Recupe
PLETHY.

LOG IN

Username

Password

☐ Sign in as a clinician   I FORGOT MY PASSWORD

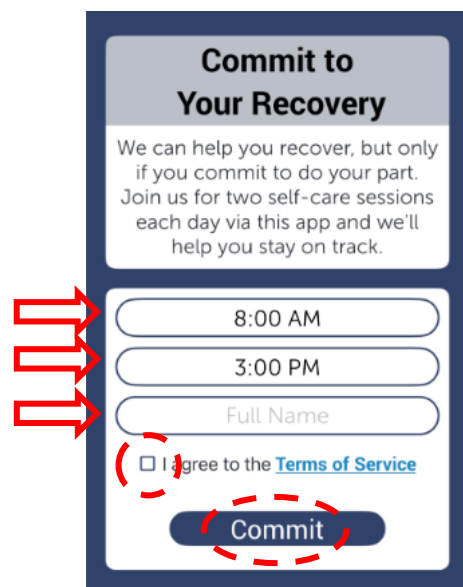View our privacy policy

LOG IN

STEP 5: setup Your New Password

- Enter and repeat your new password.

- Your new password must meet the minimum requirements. As you type in your new password, you will see in Red lettering what is needed.

- Click **"Change Password"** to continue.

Password

Enter new password

Repeat new password

Change Password

STEP 6: Select the time for your sessions

- Commit to (1) (2) time(s) in the day to do Home Exercises & Care Session. You can change the time of your care session(s) by tapping on the time and selecting a new one.

- Keep in mind these session time(s) are flexible and can be changed at any time.

- Enter your full name, you may use a nickname if preferred.

- Check the box next to **"I agree to the Terms of Service"**

- Tap **"Commit"**

Commit to Your Recovery

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.

8:00 AM

3:00 PM

Full Name

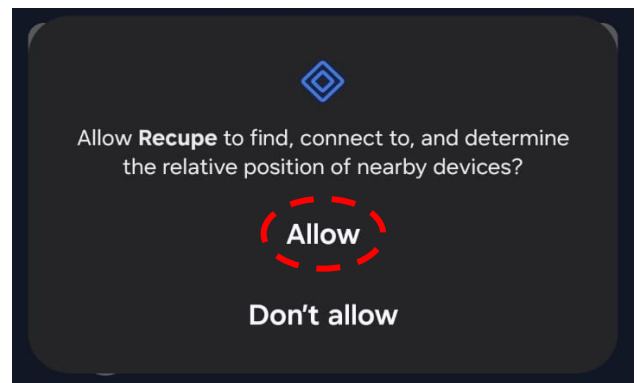☐ I agree to the **Terms of Service**

Commit

Step 7: **Allow Location Access**
- This is necessary for bluetooth connection.

- Make sure **"Precise"** is chosen, then click on **"While using the app"**
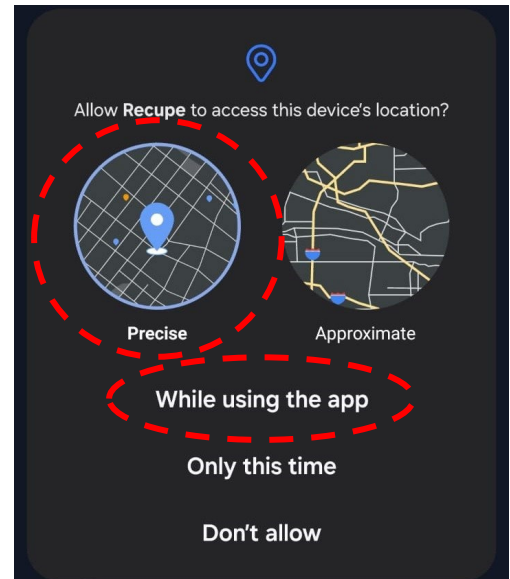
Step 8: **Allow Device Nearby Device Connection**
- This is also necessary for bluetooth connection.

- Click on **"Allow"**

STEP 9: **Allow Recupe to send you notifications**
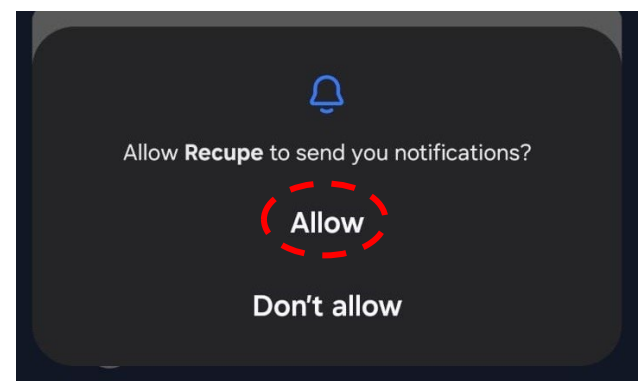
Starting Your Recupe Care Sessions

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

STEP 2: Record your pain

- It is important to record your pain before and after you begin your home exercises.

- 0 means no pain, while 10 indicates severe pain.

- Once recorded, click **"Next"**

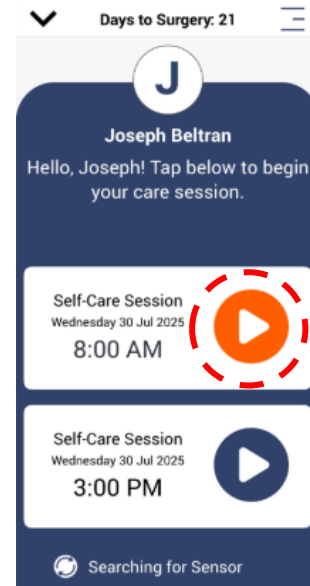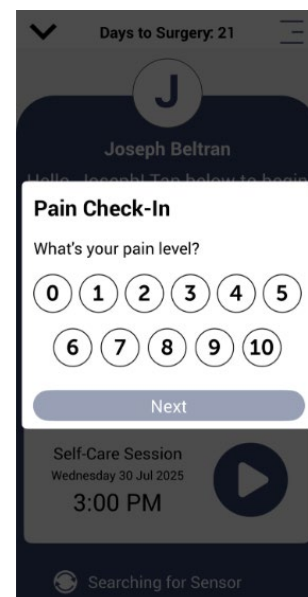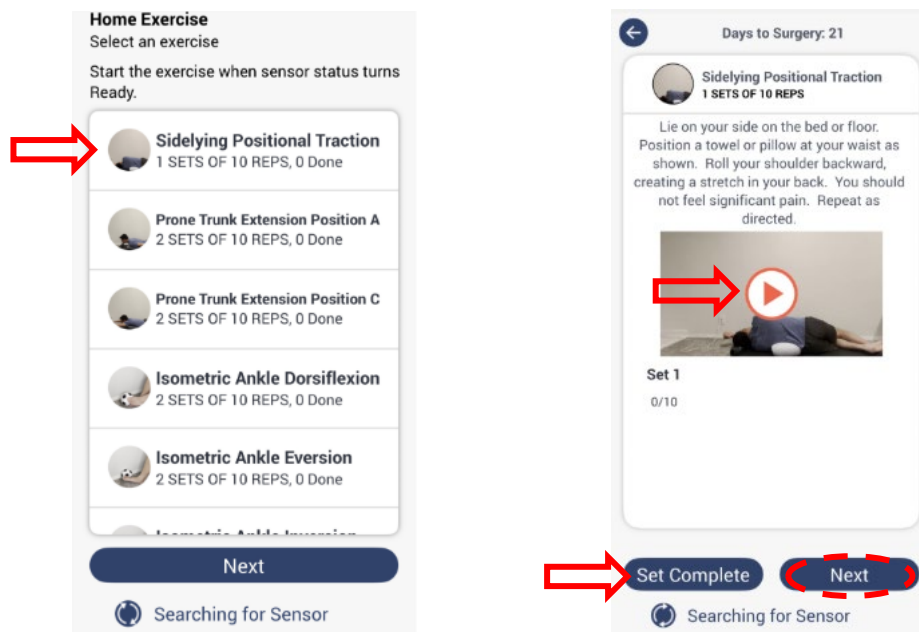## STEP 3: Do your exercises

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

- Tap **"Mark as Complete"** (If you have a timed exercise, perform within the allotted time).

- Now, go to the next exercise by clicking **"Next"**

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

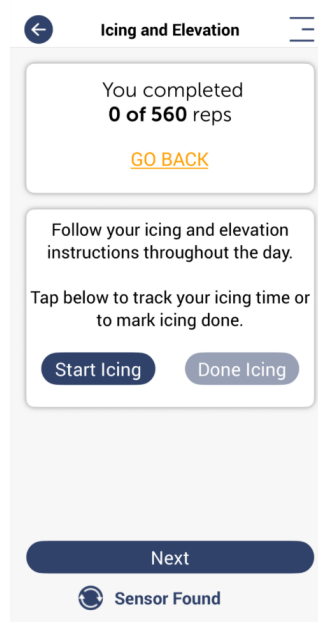
STEP 4: Complete Exercises
- As you finish your exercises, you will be taken to an end of session summary.

STEP 5: 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 6: Medication Reminders (if asked to do so).

- Respond by pressing the quantity you took.

- Click **"Next"** to continue.

STEP 7: Symptom Check (if asked to do so).

- Respond to the symptom questions by pressing **Yes** or **No**.

- Click **"Next"** to continue.

Walking Setup on Android

Installing Health Connect

Health Connect is a health and fitness tracking app developed by Google. Health Connect will sync up Walking Tracking between Google Fit and Health Connect. Syncing up Google Fit with Recupe is crucial information for your doctor and allows you to see how you are progressing.

1. Go into Google Play Store and search for **"Health Connect"**
   Link: https://play.google.com/store/apps/details?id=com.google.android.apps.healthdata

2. Once Health Connect is enabled, you may move onto the next Steps, which will cover Installing Google Fit.

Installing Google Fit

Google Fit is a health and fitness tracking app developed by Google. Walking tracking is collected through Google Fit to work in sync with the Recupe app.

1. Go into Google Play Store and search for **"Google Fit"**
   Link: https://play.google.com/store/apps/details?id=com.google.android.apps.fitness

2. Proceed to downloading the app, once installed and ready to open, please open the app.
3. You will then see a **Google Account** to choose from.
4. Select their preferred account.
5. Select **"Continue as [selected gmail account]"**

You will then be prompted to fill in the following info:
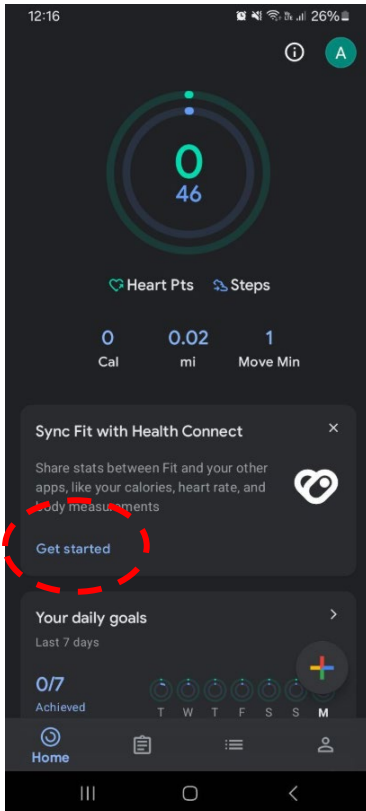1. Gender
2. Birthday
3. Weight
4. Height

You will then get a page saying, **"Track your activities"**
1. Select **"Turn On"** on the bottom right.
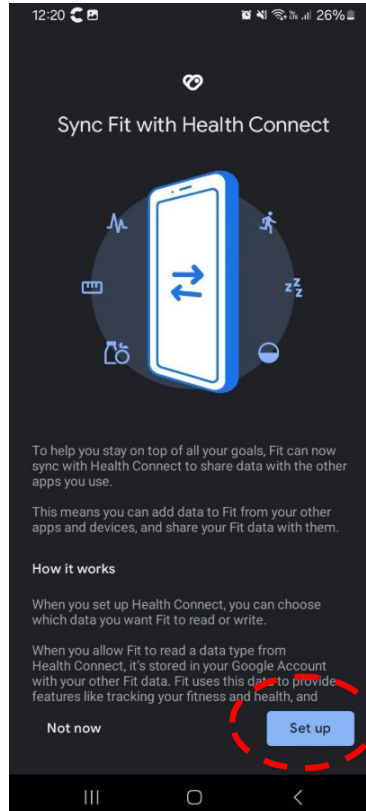2. Then **"Allow Fit to access your physical activity",** select **"Allow"**

Keep Google Fit open and proceed to the next page, we will be syncing the apps together in the next page.
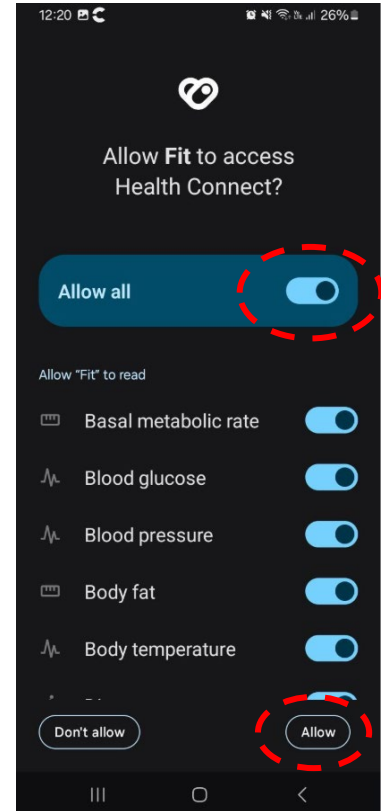
Walking Setup on Android

1. Select "**Sync Fit with Health Connect**"
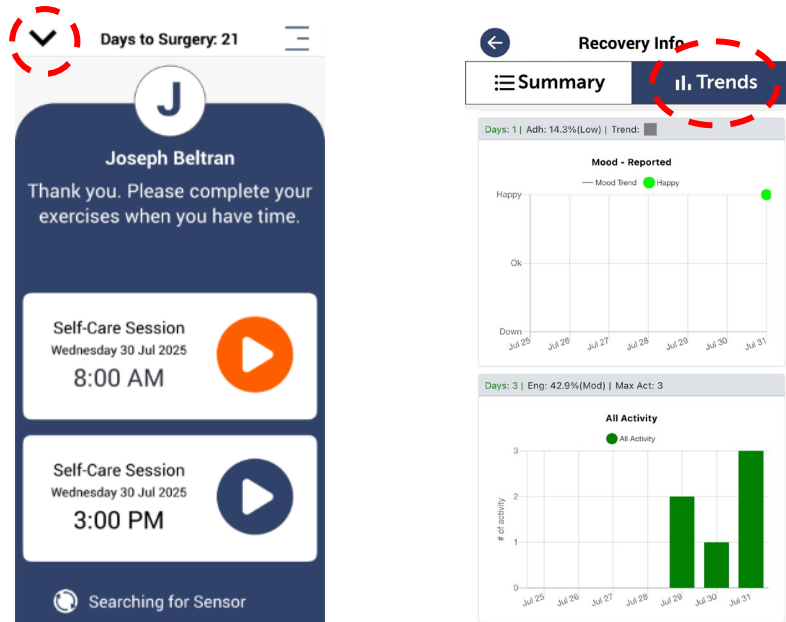
2. Select "**setup**"

3. Toggle on "**Allow all**" & then select "**Allow**" on the bottom right

"How To" Guide

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

- Tap on the arrow at the **top left-hand** corner of the home screen to see Summary and Trends.

b. How to: Connect the Recovery Dot and do the exercises

- Watch **"Patient Education"** videos, accessible from the drop-down menu at the **top right-hand** corner of the home screen to learn how and where to apply the Adhesive and Recovery Dot.

- Follow more in depth steps for utilizing the Recovery Dot provided in your **Recupe Kit**.
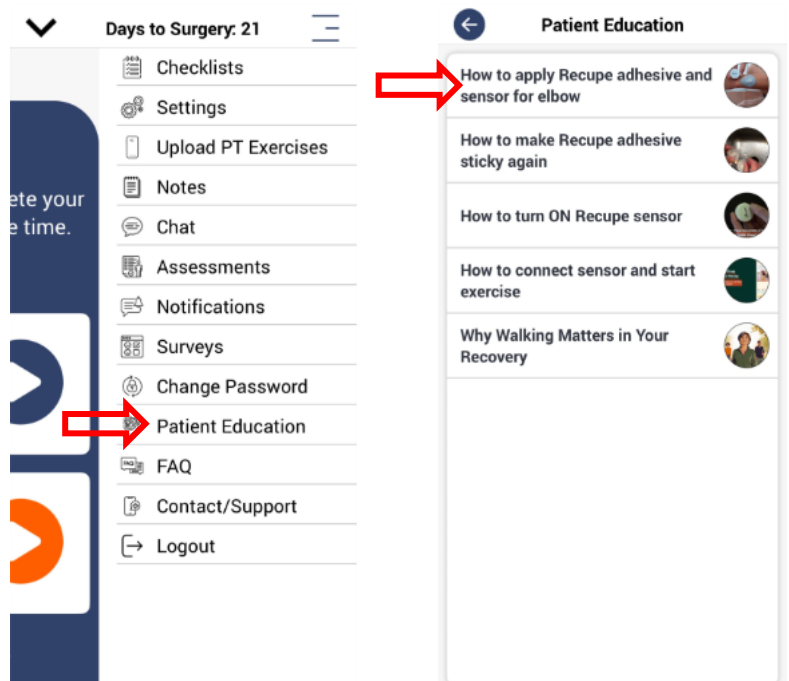
**c. How to: Upload the exercises your PT gave you**

- 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 menu at the top **right**-hand corner of the home screen, choose Upload PT Exercises, click the **Camera Icon**, upload your photos, and click **Send**.
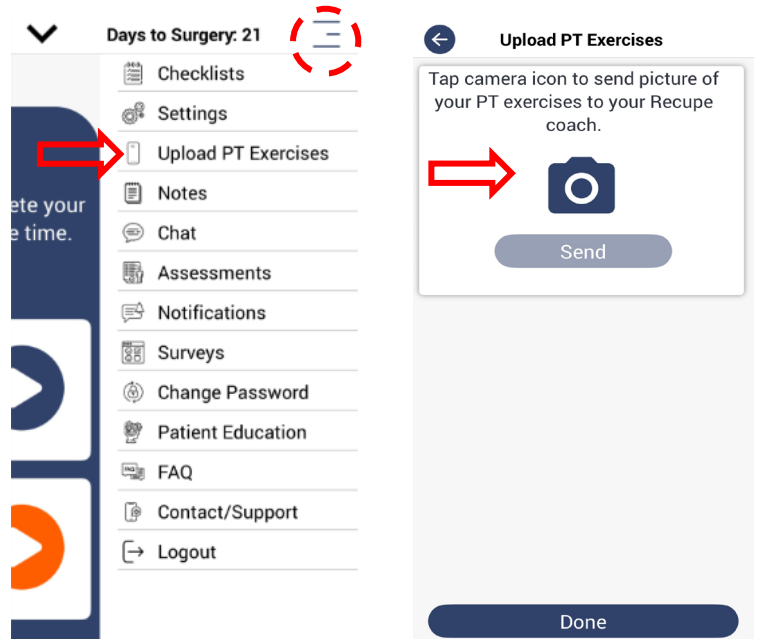
**You can upload 5 pictures at a time.**

d. How to: Change your Password

- You can change your password at any time.

- Tap on the drop-down menu at the top **right**-hand corner of your home screen.

- Tap on **"Change Password"**, and follow the directions in the app.

- You must open the email you'll receive on the same device you have the Recupe App.
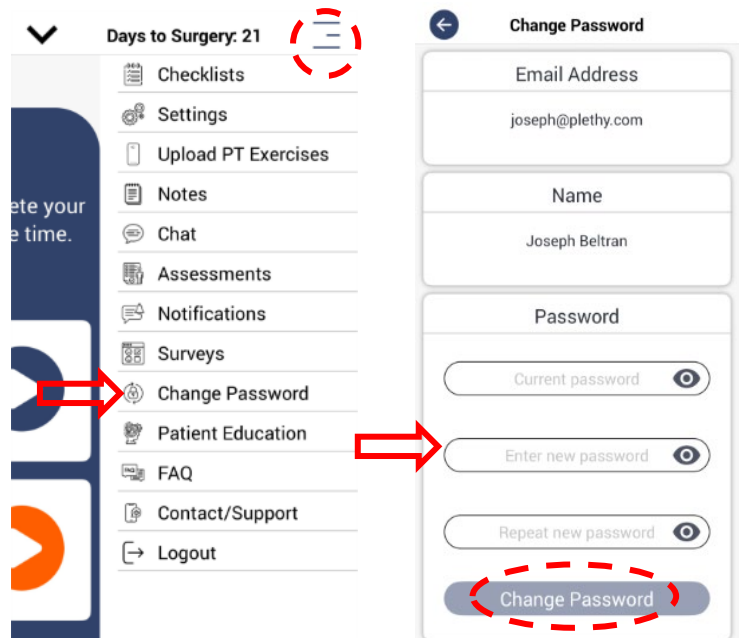
e. How to: Modify your session time

- To modify exercise session times and notifications, tap on **"Settings"** in the **top right-hand** corner drop-down menu.

- Under your Recovery Commitment, click on the **Orange "Edit"** Button.
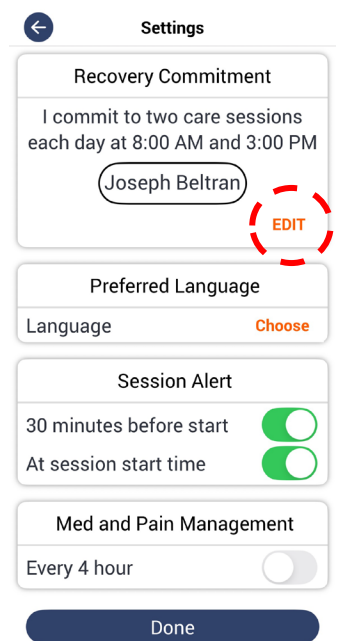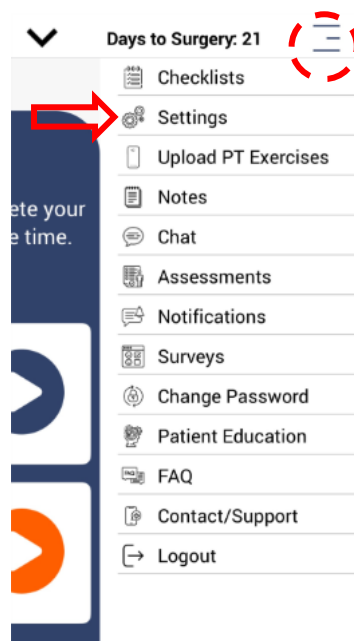
f. How to: Change your Medication Reminders

- If your 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 setup medication reminders by accessing the "Settings" on the home page menu and selecting the drop-down menu at the top right-hand corner.

- Select the "Every 4 hour" toggle button to turn this reminder on.