Step-by-Step Recupe App Setup for iPhone 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 Apple App Store.
- ✓ When asked, allow Recupe to access **Apple Health** so we can monitor your movement and activity.
- ✓ 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!
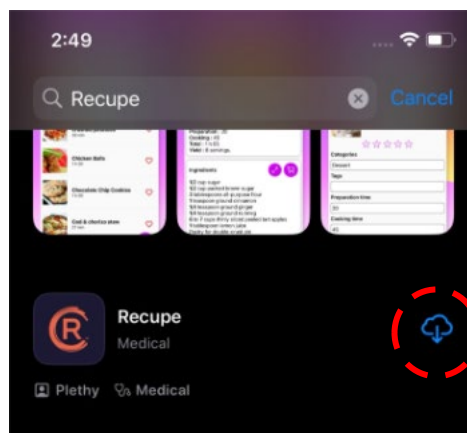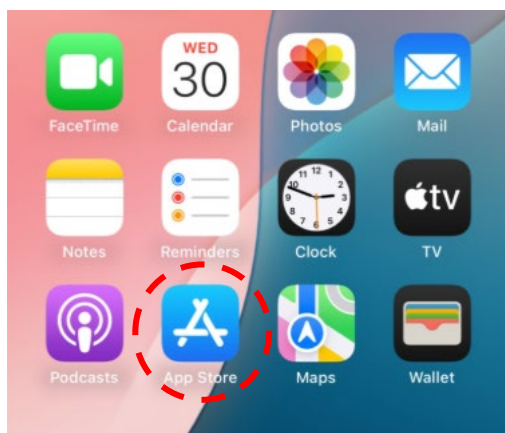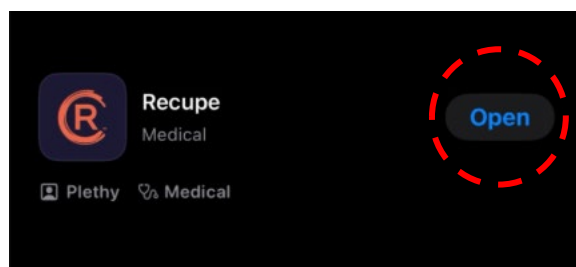
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Recupe Setup on iPhone

<u>STEP 1</u>: **Download the Recupe app** on your iPhone from the link below.
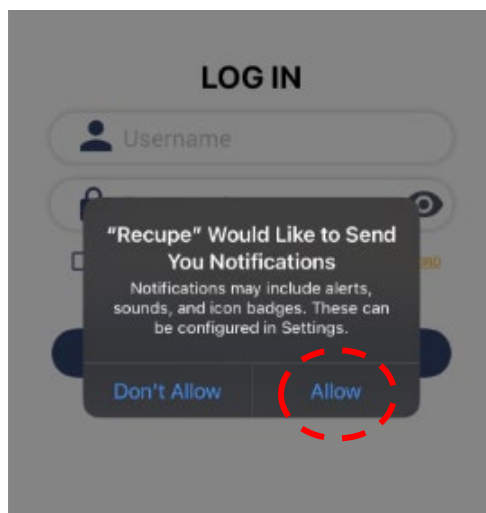
App Store: recupe/appstore

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

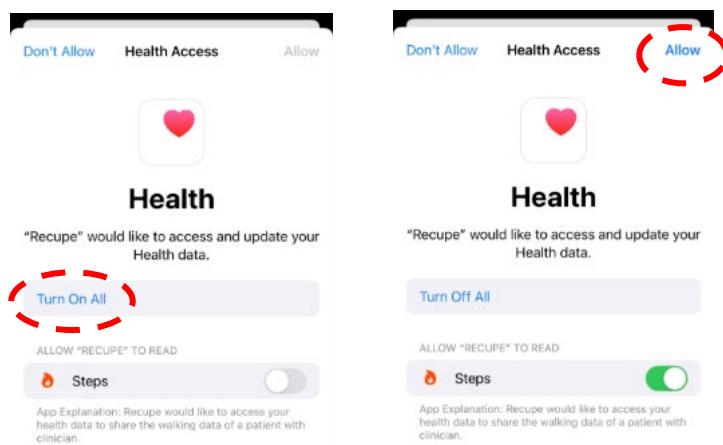**<u>STEP 2</u>: Open the Recupe App**

<u>STEP 3</u>: Allow Notifications

STEP 4: Log In

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

STEP 5: Allow Apple Health Access

- Click "Turn All On" in the middle of the screen.

- Tap "Allow" in the top right-hand corner of the screen.
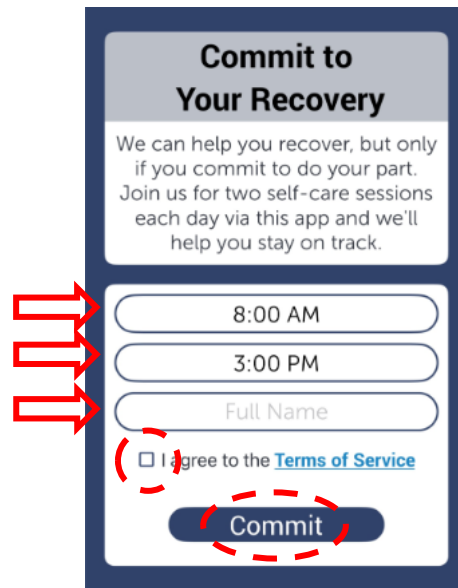
STEP 6: setup Your New Password

- 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.

STEP 7: 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.
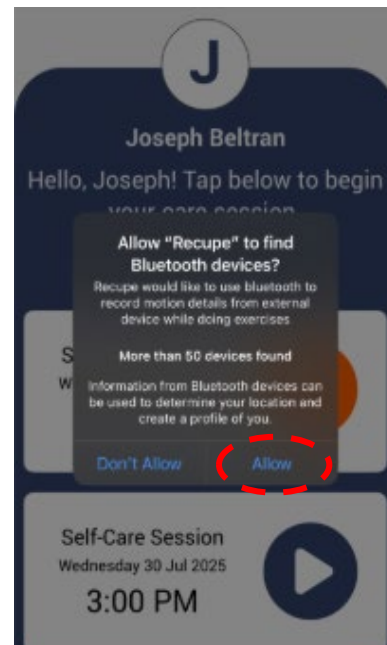
- Check the box next to **"I agree to the Terms of Service"**

- Tap **"Commit"**

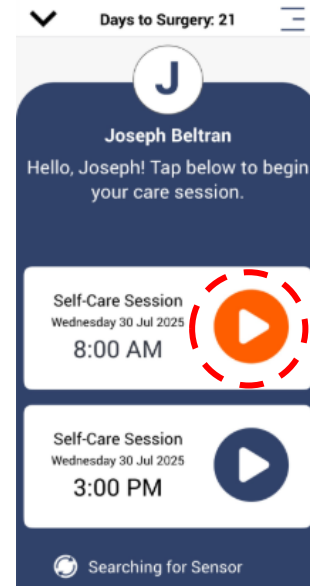**STEP 8: Allow Bluetooth Permission**

- Click on **"Allow"** to turn on bluetooth permissions.
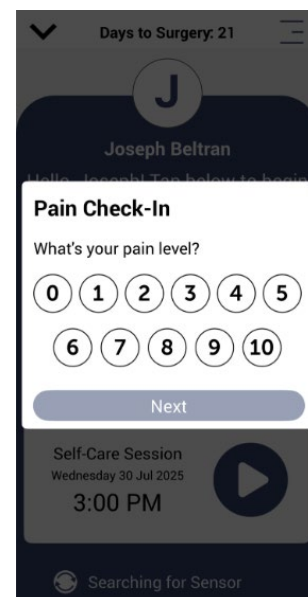
Starting Your Recupe Care Sessions

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.
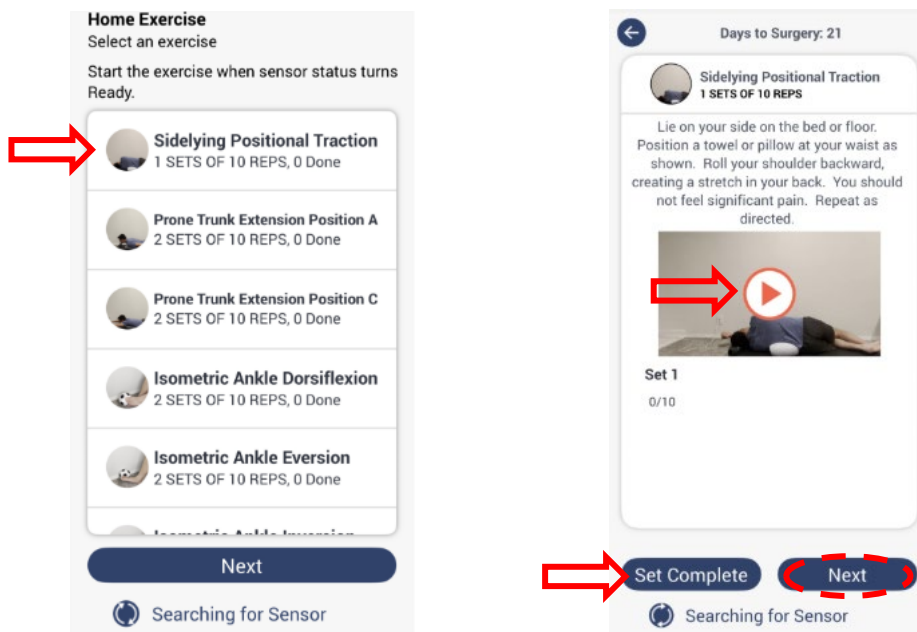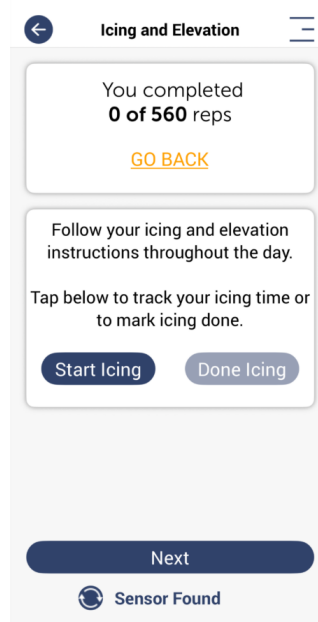

STEP 4: Complete Exercises

- 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.
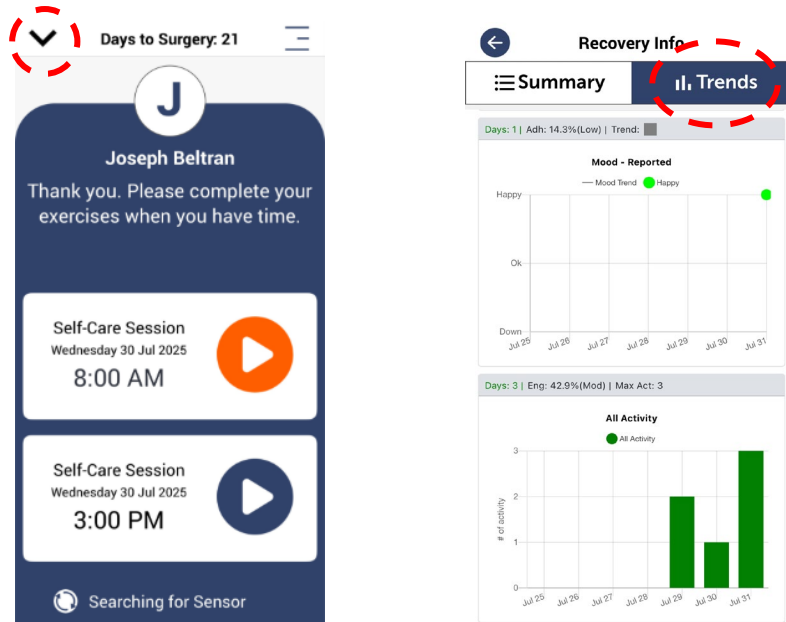
"How To" Guide

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 sensor 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 Motion Tag.

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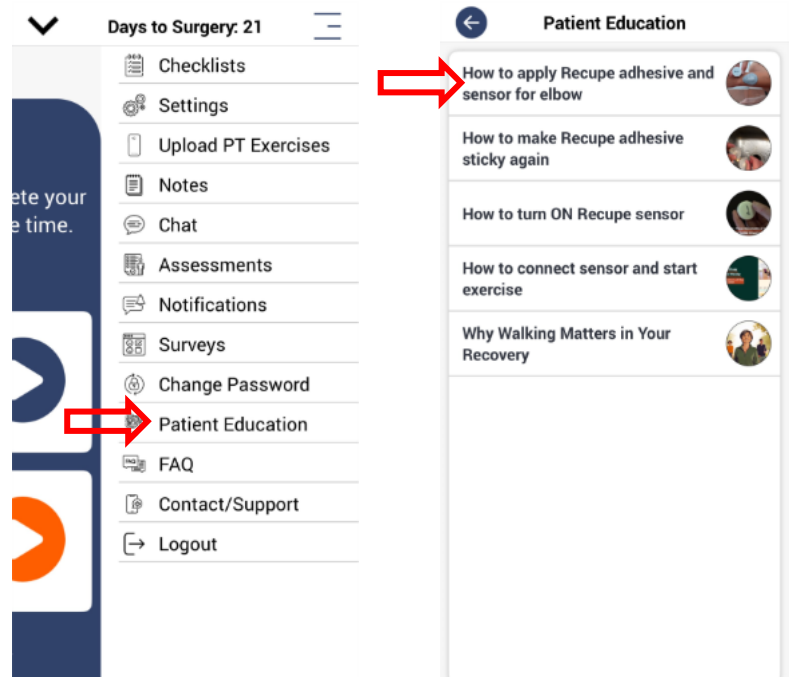
**c. How to: Upload the exercises your PT gave you**

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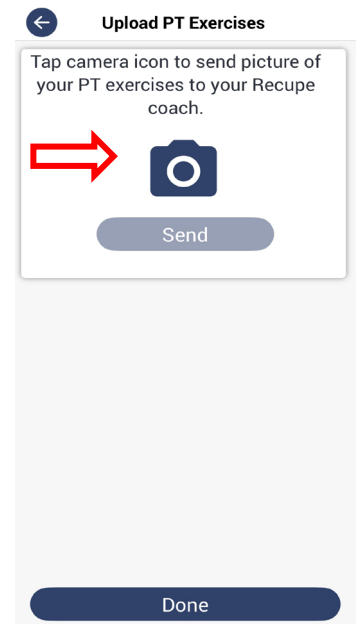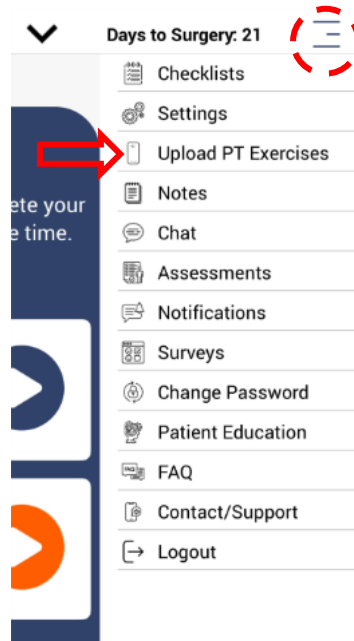
You can upload 5 pictures at a time.

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.
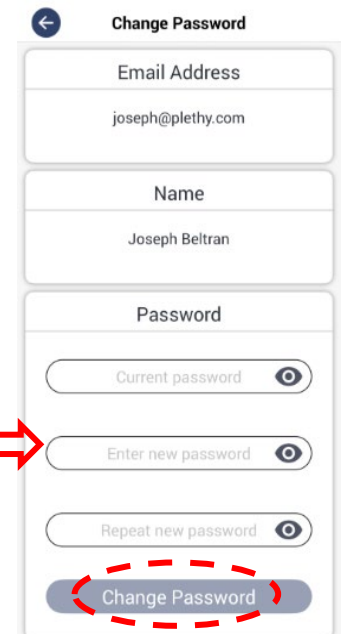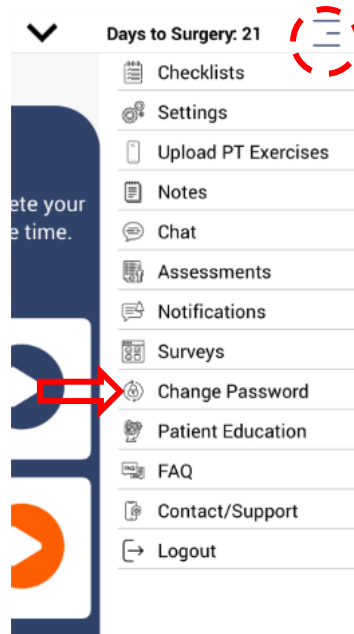
e. How to: Modify your session time

- 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
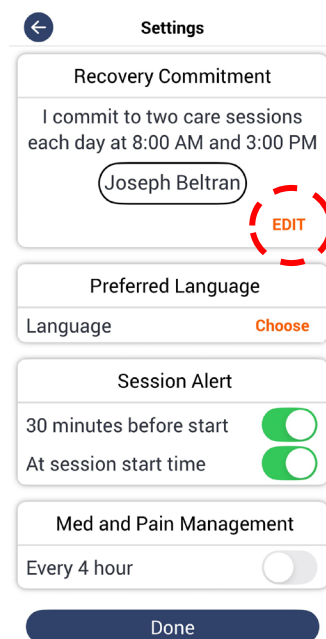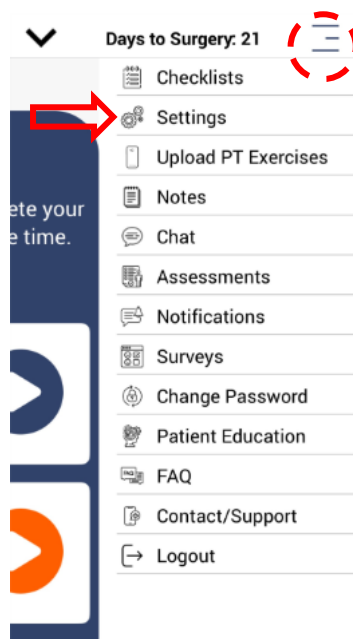
f. How to: Change your Medication Reminders

- 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.