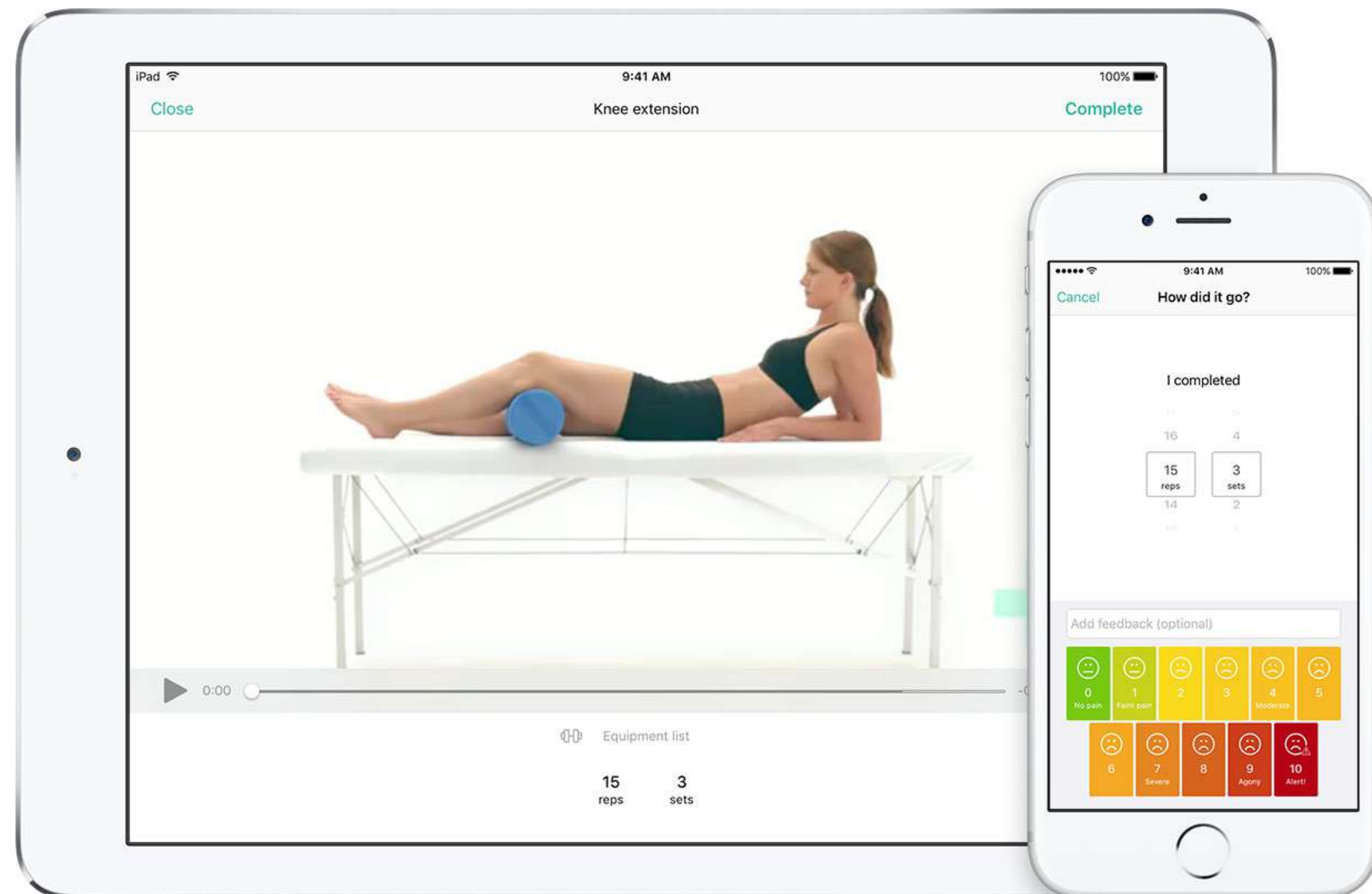


Healthcare technology to help you achieve your best!



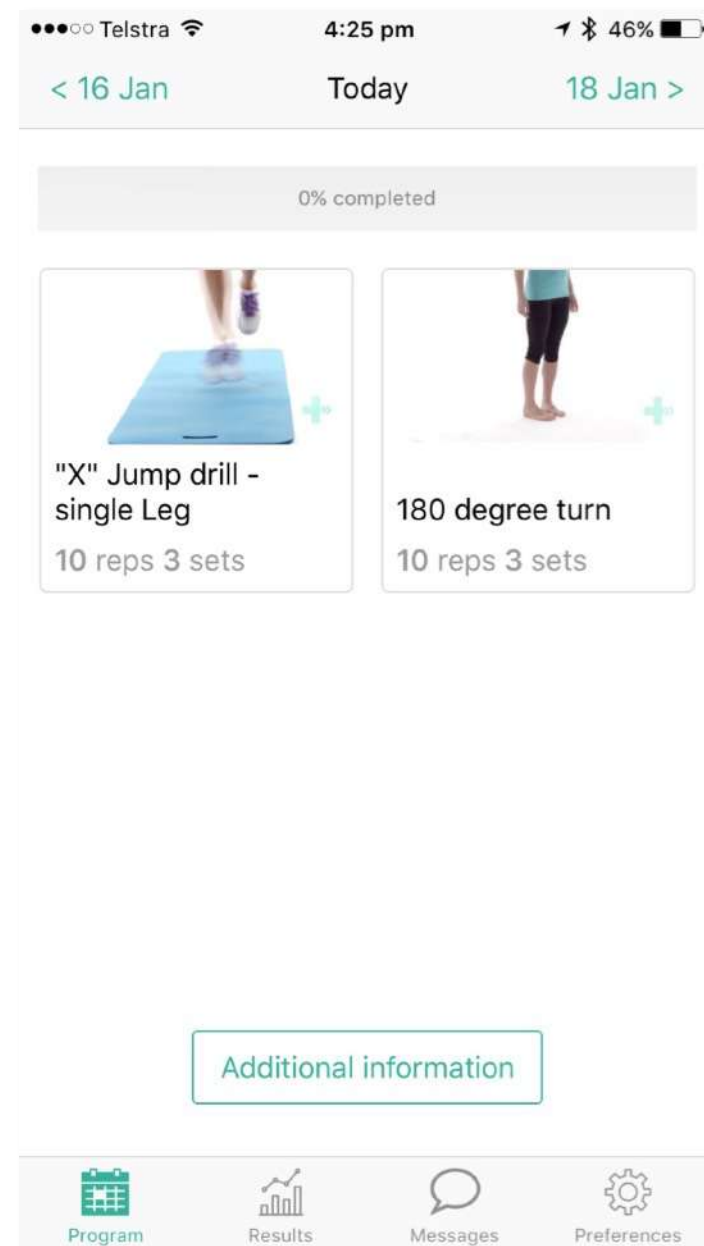
We are proud to be using **PhysiApp** for your exercise program, to track your progress and to communicate with you via built-in video call and messaging features.

Step 1: Download **PhysiApp** from the App Store or Google Play (free) or go to www.physiapp.com on your computer.

Step 2: You will receive a program access code via email or SMS.

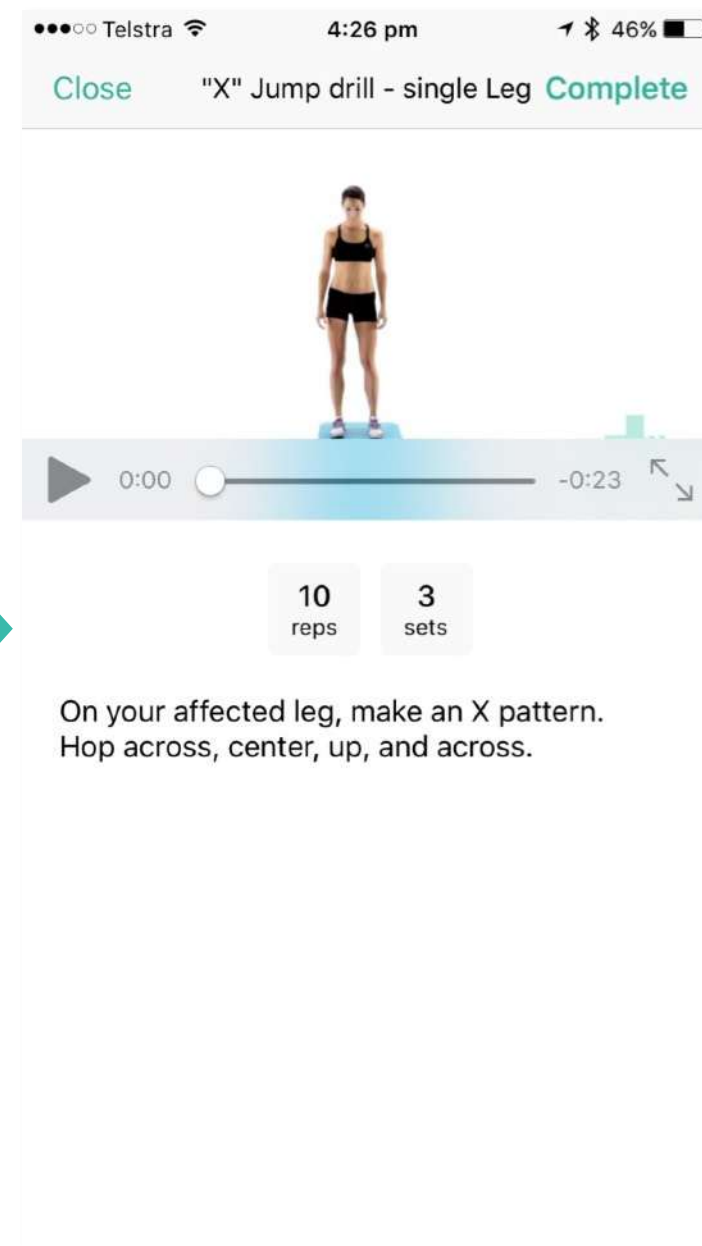
Step 3: Enter your access code in **PhysiApp** to get started.

How to use PhysiApp.



The **Program** area lets you view and complete the exercises your healthcare professional prescribed to you. You can do this by tapping on the exercise you want to complete.

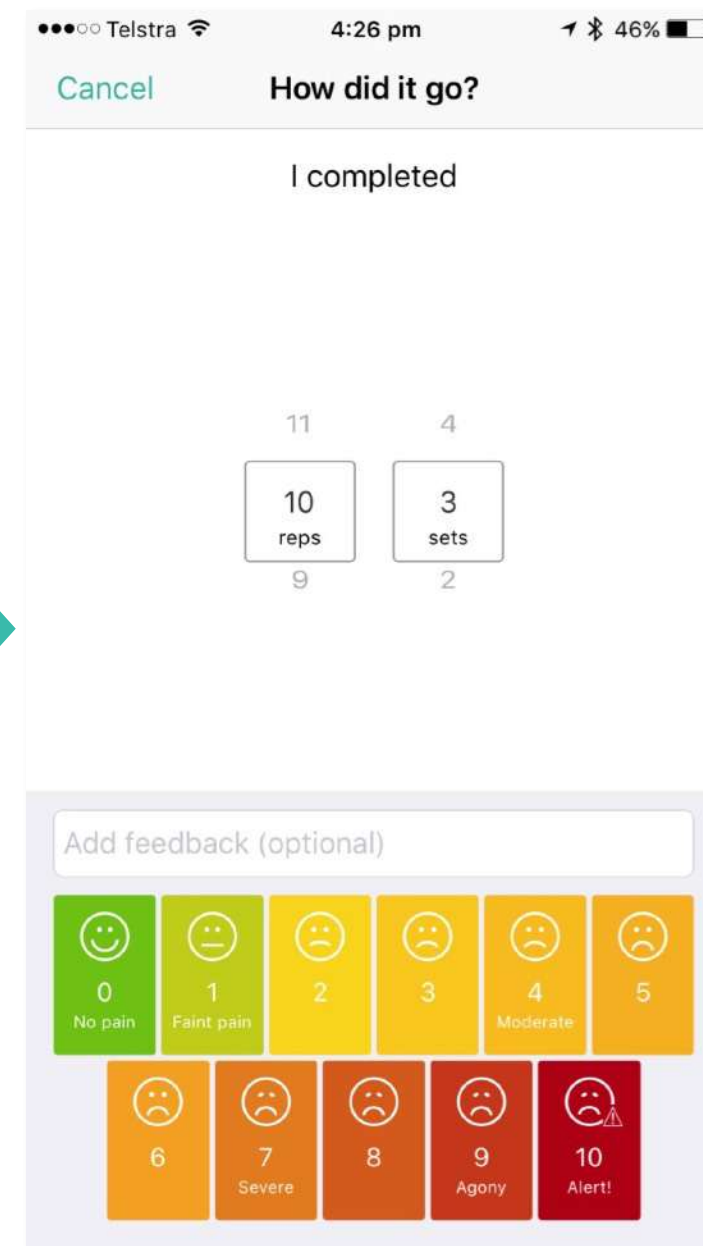
The **Additional Information** button lets you view educational information about your condition and instructions from your healthcare professional.



After selecting the exercise you want to complete you can watch the video. This will help you complete the exercise with confidence.

This screen also shows the recommended sets and reps as set by your healthcare professional.

When done click on **Complete** in the top-right of your screen.

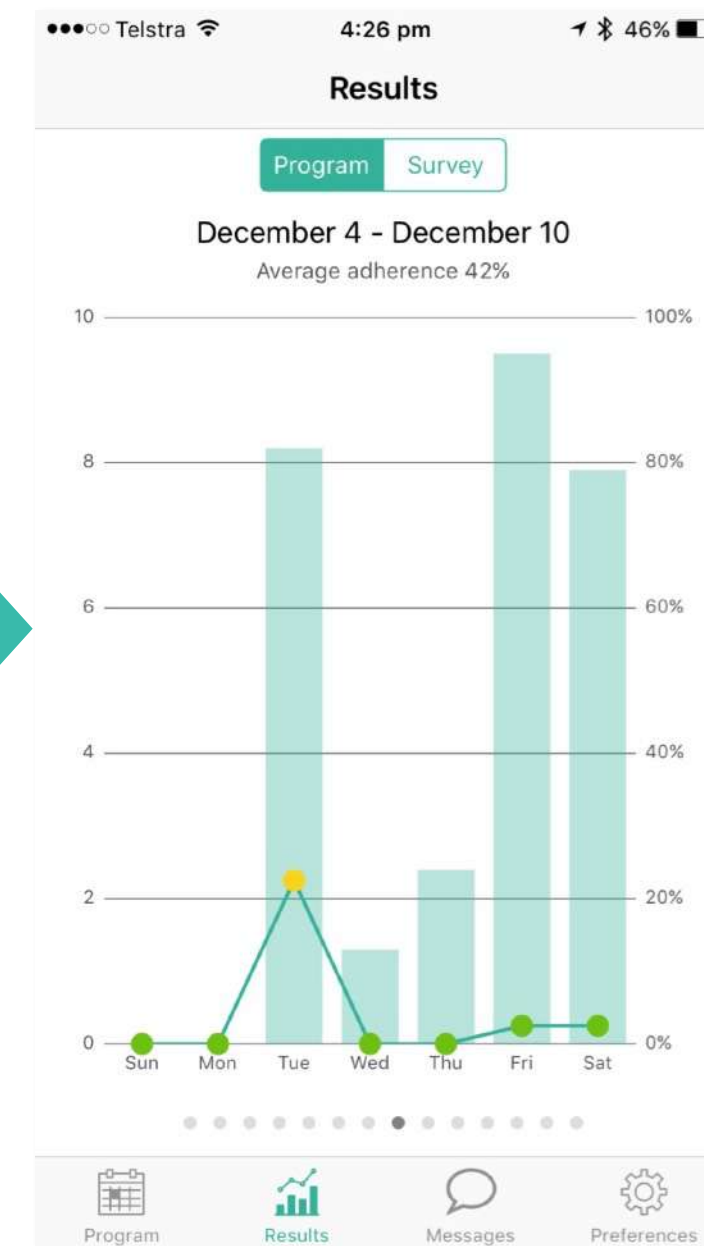


Select the number of sets and reps you were able to complete by moving the dials.

You can also leave written feedback for your healthcare professional.

The final step is to report back on the pain or difficulty level you experienced during the exercise.

Repeat for each exercise.



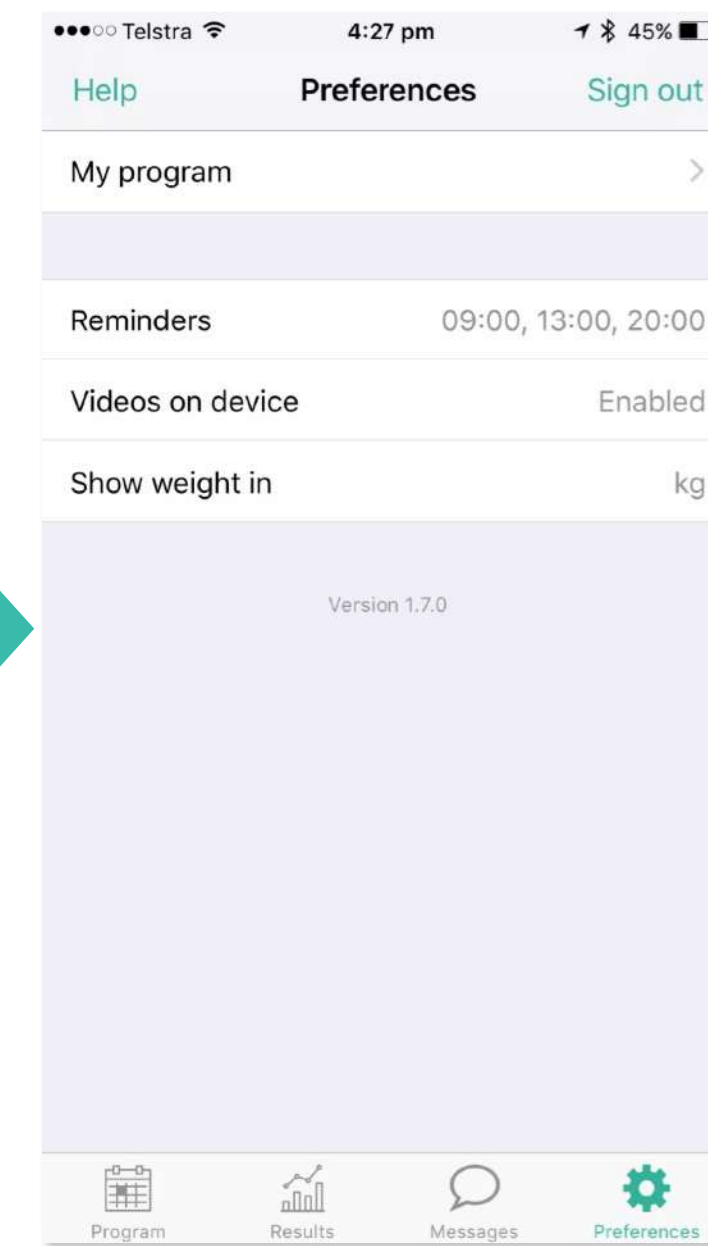
The **Results** button at the bottom lets you view your progress and pain levels in real-time.

Click on the bar chart to view your daily progress in more detail.



Tap on **Messages** to message your healthcare professional in real-time.

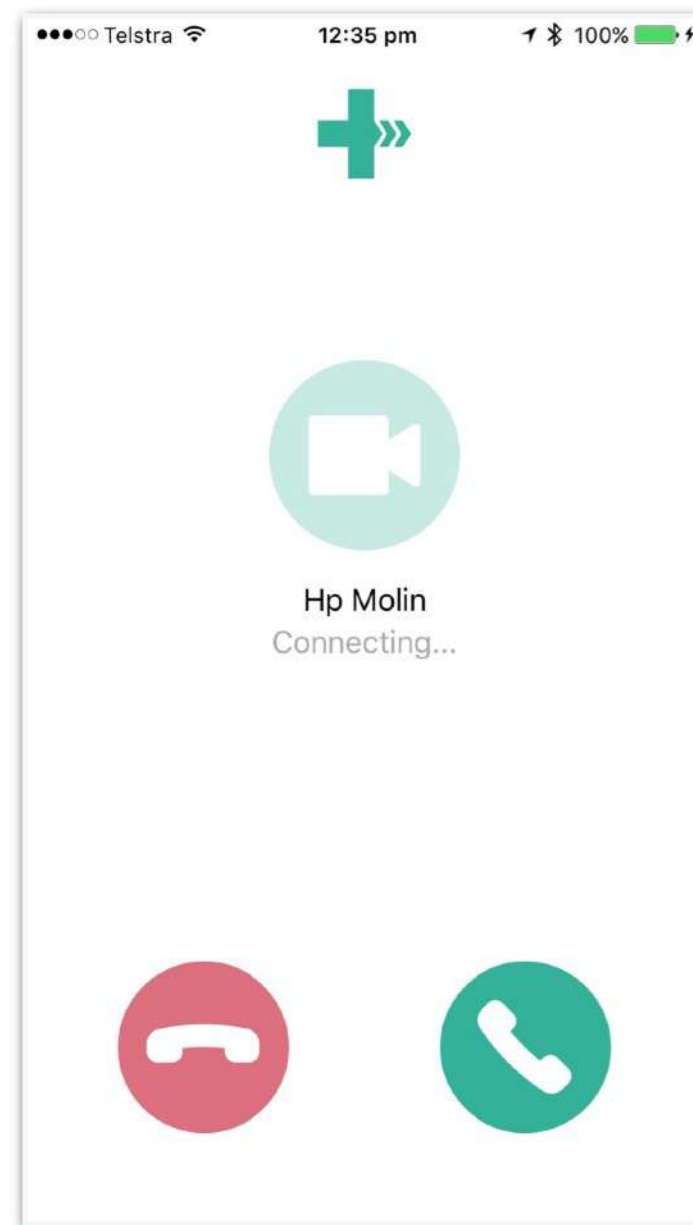
Your healthcare professional can reply in real-time to help you stay on track and engaged.



Preferences lets you set reminders to stay on track with your exercises.

Tap on 'Videos on device' to download the exercise videos onto your device. This will let you use the app offline, great for reducing data usage or when your internet access is limited.

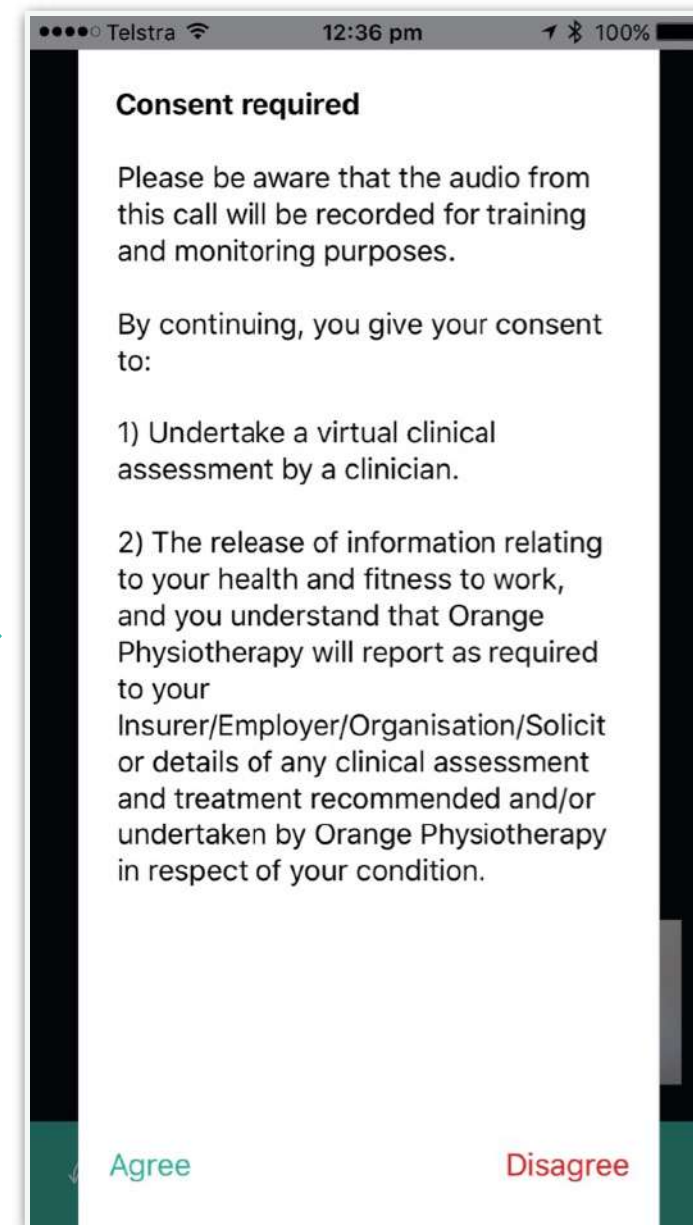
Built-in video calls with PhysiApp.



Your healthcare professional may choose to arrange a Telehealth video call with you.

To access the video call open PhysiApp on your smartphone, tablet or via www.physiapp.com.

PhysiApp will start ringing when your healthcare professional initiates the secure video call.



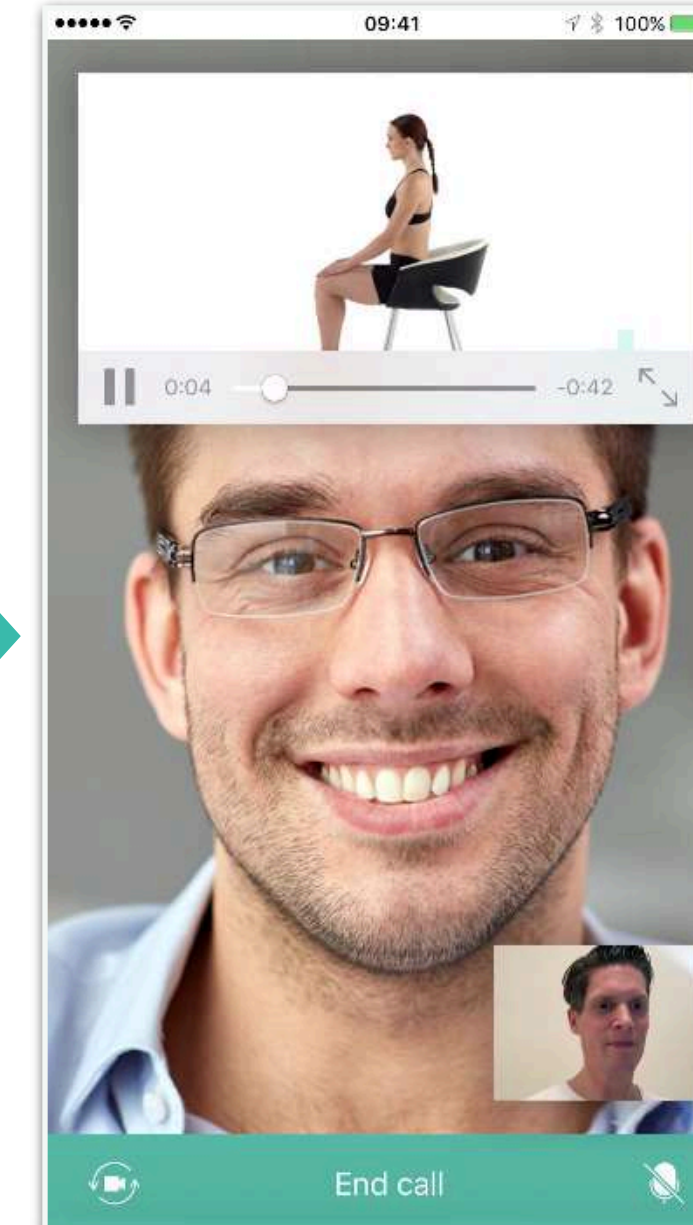
After accepting the video call you may be asked for your consent (set by your healthcare professional).

Upon giving your consent you will join the secure video call.



PhysiApp's built-in video call feature lets you have a secure conversation with your healthcare professional.

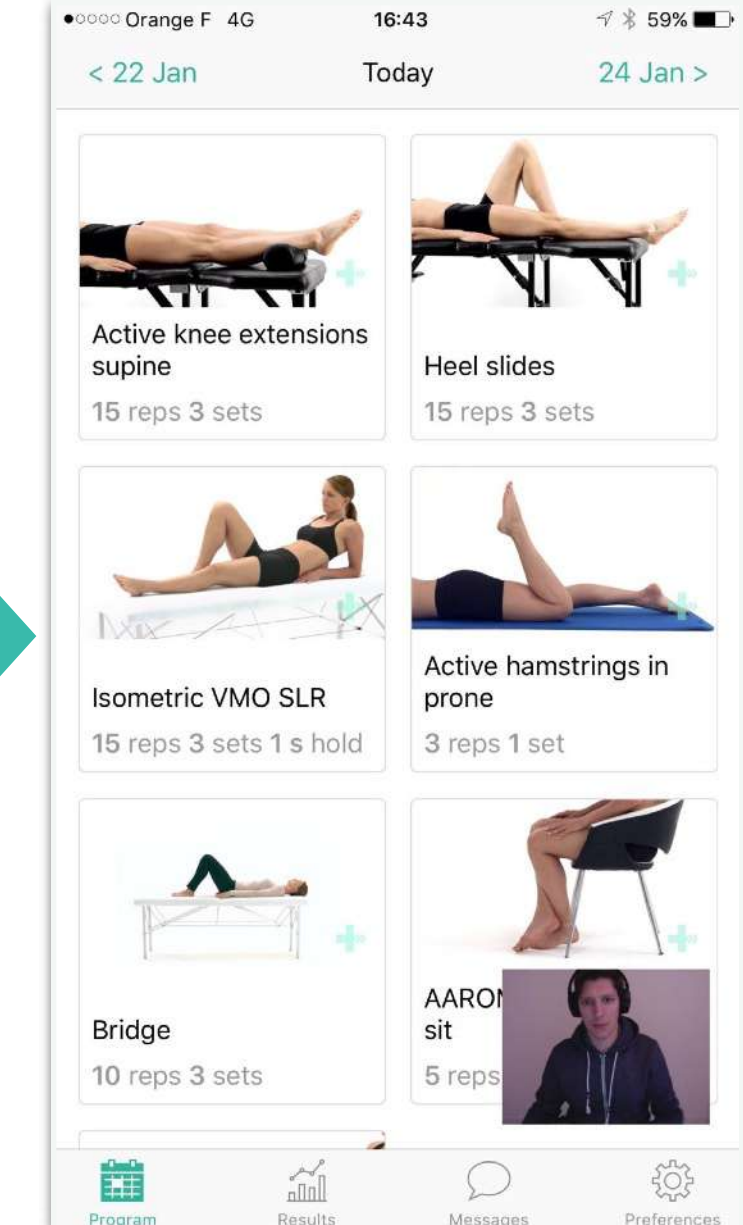
It's a great way to have a follow up consultation without having to leave the comfort of your home or office.



Your healthcare professional may share an exercise video with you during the call.

Click on the play button to watch the exercise video.

After watching the video your healthcare professional may ask you to replicate the exercise on camera, so they can provide you with real-time feedback.



During the video call you can toggle between your exercise program, results and messages, while still being able to talk to your healthcare professional.

You can see your healthcare professional in the minimised screen.