

"Your **mymobility program is fantastic! I feel like I have my own personal training advisor** rooting me on from the sidelines. Exactly what I needed. A thousand times thank you!" -mymobility Patient

"The **best part** is being able to **message my care team**. Second best is the freedom to do the workouts when it's convenient for me." - mymobility Patient

"This was the **best motivation** for me to know what kinds of exercises to do and how many. The **videos were so helpful** to watch to make sure I did them right. The reminders sent on my devices helped me space out my exercises throughout the day and gave me motivation to complete them. **I loved this program!!!**" - mymobility Patient

Quotes from patients participating in the Zimmer Biomet mymobility clinical trial. Clinical Trial funded by Zimmer Biomet

Personalized support*
throughout your
orthopedic journey



your journey.
your progress.
your recovery.

Wherever you are on your orthopedic journey, the mymobility® app has the information you need to prepare for and recover from surgery. The mymobility app gives you constant connection to your surgeon and care team, so you'll receive helpful reminders, progress reports and support that's unique to you. It's a personalized way to keep you moving and keep you connected like never before.

*Not all patients are candidates for this product and/or procedure, and mymobility can only be used if prescribed by a surgeon for patients identified as appropriate for remote care who have internet access and a text-capable mobile device or a compatible smartphone to use mymobility; not all smartphone app features are available with web-based version.

If you and your surgeon agree that surgery is your best course of treatment, you may have the opportunity to use mymobility during parts of your pre-operative and post-operative periods. For more information about mymobility, device compatibility and to hear more from patients just like you, scan the QR code here!



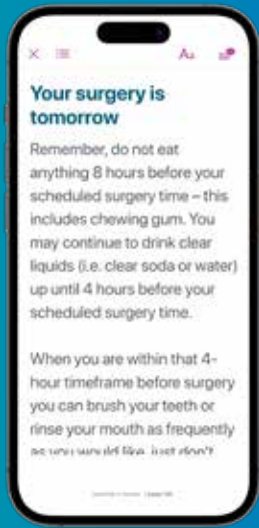
References

1. There were 4333 hip and knee patient responses available at the time of the update. The surveys are answered between 14 and 44 days postoperative. Responses are through 11/21/22 - study ongoing.

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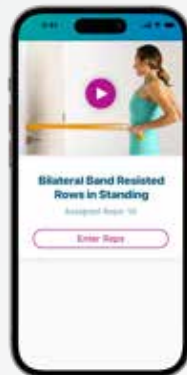
your journey

Preparing for and recovering from surgery can seem overwhelming. Knowing what to expect and receiving timely reminders can help ease the process as you approach your surgery date.



Effortless communication

Communicate directly with your surgeon and care team through the mymobility app. Write questions, send videos or pictures securely, without the need to schedule an in-person appointment.



Video-guided exercise tutorials

Before and after your surgery, your surgeon will likely assign regular exercises aimed at strengthening or improving movement of your affected joint. This allows you to perform the exercises in the comfort of your own home and on your own schedule while your surgeon and care team track your progress remotely.

your recovery

Data collection

To help determine your need for extra direction or follow-up care, data about your activity levels, associated pain and care plan progress is supplied to your surgeon and care team to monitor and analyze.

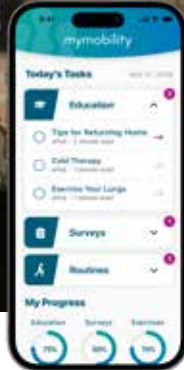
If the WalkAI™ Patient Progress feature is enabled by your care team, you can receive encouraging status updates based on your progress after surgery to help you know if you are on track with your recovery compared to patients like you. You can also see what your predicted 90-day post-operative walking speed would be and how that compares to similar patients.



WalkAI is available for patients undergoing a hip or knee replacement using the mymobility app on an iPhone 8 or higher with iOS 14 or higher.



Not actual patients



your progress

Timely education, checklists and reminder notifications Your surgeon-assigned care plan on the mymobility app provides you with properly timed checklists, notifications and educational information designed to keep you on track during your surgical preparation and recovery.

Patient Experience



Compared to your other medical and surgical experiences, how did the mymobility app affect this experience?

Answered Better or MUCH Better¹



Compared to your other medical and surgical experiences, how did the mymobility app affect the anxiety you felt with this surgical experience?

Answered Better or MUCH Better¹