



your journey.  
your progress.  
your story.

Wherever you are on your orthopedic journey, Zimmer Biomet's mymobility® with Apple Watch® has the information you need to prepare for and recover from treatment\*. Our app gives you constant connection to your 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 a compatible iPhone or Android smartphone.



To learn more about Zimmer Biomet, obtain helpful information for patients and caregivers, or for assistance in finding a surgeon familiar with our products and surgical techniques, **call toll-free at 800-447-5633 or visit [zimmerbiomet.com](http://zimmerbiomet.com).**

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Personalized support\*  
throughout your  
orthopedic journey



Not actual patients\* \*Not all patients are candidates

## 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.

mymobility keeps you connected to your surgeon and care team throughout this process to assist you in many ways, including:

- + Understanding your condition and optimizing your health prior to surgery
- + Learning what to expect the day of surgery
- + Knowing steps you can take to help minimize complications after surgery
- + Offering guidance as you work toward regaining mobility



Not actual patients

### Remote monitoring through enhanced communication

Encrypted messaging within the app allows you to send videos, pictures and/or text messages to your surgeon and care team without the need for an appointment.

Telemedicine virtual video visits enable you to interface in real time with your surgeon and care team on one platform for your surgical preparation and recovery. Telemedicine virtual video visits save you time and expense of commuting to the office or hospital.

### Exercise tutorials

After surgery, your surgeon will likely assign daily exercises aimed at regaining movement. Your surgeon may assign easy to follow video-guided exercises through the app. This allows you to perform the exercises in the comfort of your own home while your surgeon and care team track progress remotely.

### Data collection

Data about your activity levels and progress with your care plan is supplied to your surgeon and care team to help them determine your need for extra direction or follow-up care. After your surgery, they will also be able to watch and compare data to aid in your recovery process.

## your story

Every patient's orthopedic journey is unique. In addition to helpful reminders, progress reports, and support, the mymobility app allows you to rate and share your satisfaction with your progress in real time.

If you have joint pain, visit [zimmerbiomet.com](http://zimmerbiomet.com) to learn more about your options and discover how Zimmer Biomet's mymobility with Apple Watch can provide personalized support for you.



## your progress

### Timely education, to-do lists and reminder notifications

Surgeon-assigned care plans used through the mymobility app provide properly timed to-do lists and notifications designed to keep you on track during your surgical preparation and recovery.