



# DATA THAT LEADS TO CLINICAL INSIGHTS

**mymobility**® with **Apple Watch**

mymobility with Apple Watch is designed to help you and your care teams deliver a personalized surgical experience to your patients. The data collected through mymobility with Apple Watch helps you monitor your patients as they prepare for and recover from surgery.

mymobility tracks patient progress and provides clinical and operational insights through both quantitative and qualitative data, enabling you to engage with and monitor your patients to understand their progress throughout the episode of care. Additionally, it can provide information to identify patients who aren't engaged or as active as you would like.

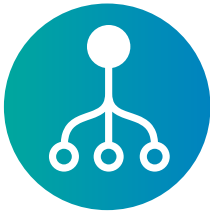
**mymobility**® with **Apple Watch**

by  ZIMMER BIOMET



## Mobility/Functional Data Collected

- Patient Steps
- Flights of Stairs Climbed
- Stand Hours
- Exercise completion



## Engagement Data Collected

- Exercise Adherence
- PROMS Adherence
- Education Adherence



## Heart Rate Data Collected

- Average Resting Heart Rate
- Average Walking Heart Rate
- Heart Rate Variability
- VO2 Max\*



## Gait Quality Data

- Gait Speed
- Double Support Percentage
- Step Length\*
- Speed Ascending/Descending Stairs\*
- Asymmetry\*



## Additional Data Collected

- Falls Detection\*
- Sleep\*

\*Data available upon request.

This material is intended for healthcare professionals. Distribution to any other recipient is prohibited. Zimmer Biomet does not practice medicine. Patients must have a compatible smart phone to utilize mymobility. Not all patients are candidates for the use of this product and surgeons should evaluate individually to determine which patients are appropriate for therapy at home. All names used in the mymobility app examples are fictitious. No identification with actual patients or health care professionals is intended or should be inferred. iPhone and Apple Watch are trademarks of Apple Inc., registered in the U.S. and other countries. The Zimmer Biomet Connected Health mymobility Application. © 2020 Zimmer Biomet



Contact  
[ZBConnect.EMEA@zimmerbiomet.com](mailto:ZBConnect.EMEA@zimmerbiomet.com)  
or view  
[www.zimmerbiomet.eu/medical-professionals/zb-connect/mymobility.html](http://www.zimmerbiomet.eu/medical-professionals/zb-connect/mymobility.html)  
to learn more or request a demo

mymobility® with Apple Watch

by  ZIMMER BIOMET

3216.1-EMEA-en-REV1020