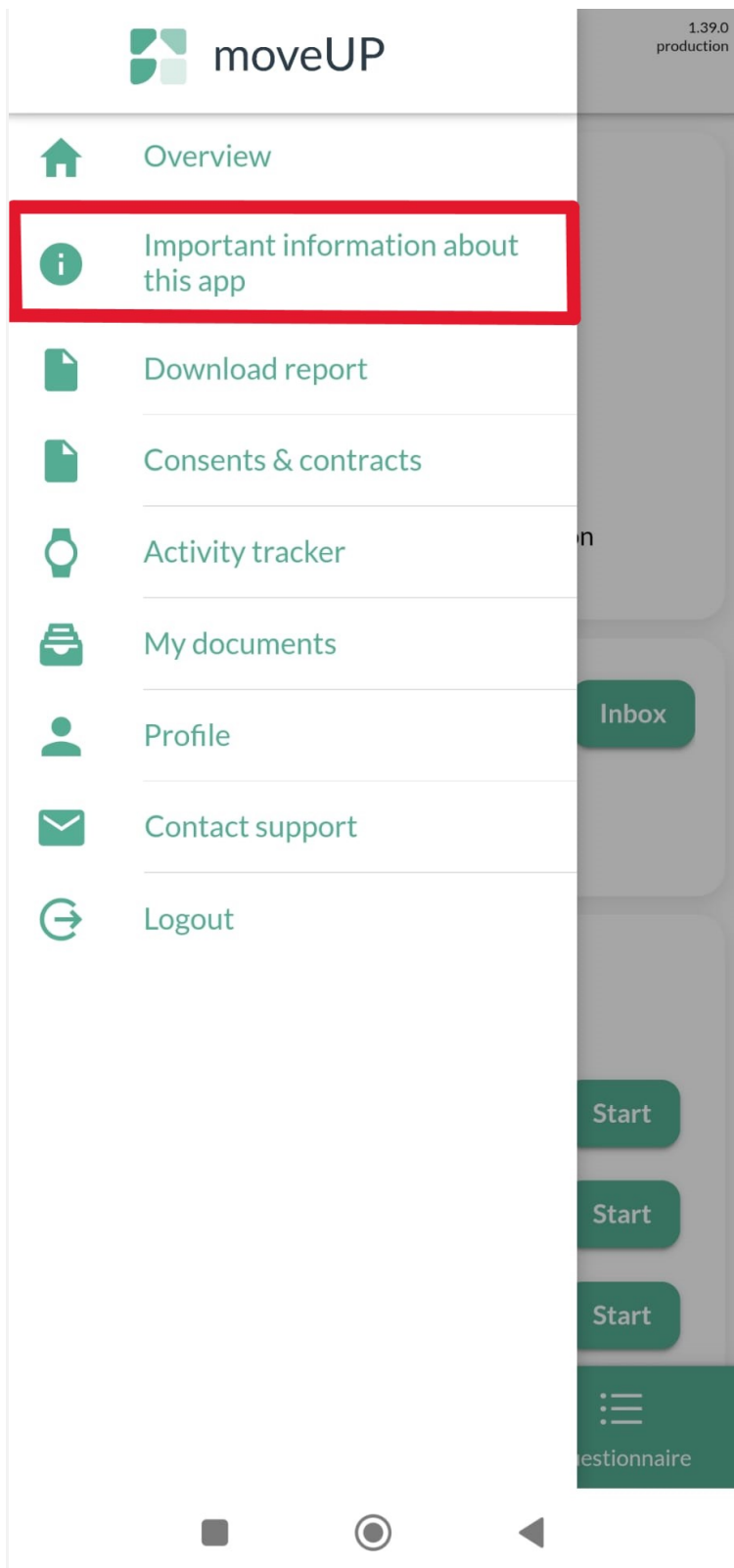




moveUP



The last version of the label can be found at: <https://www.moveup.care/appinfo>

French label:



moveUP

moveUP Nos domaines d'intervention ▾

Qui servons-nous ? ▾

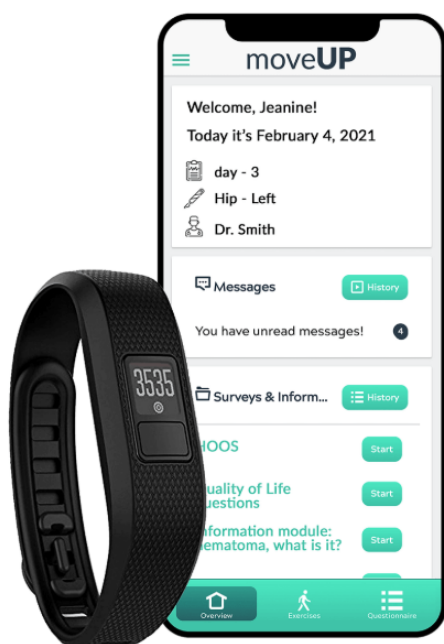
Notre
technologie

Nouvelles et
ressources

Rencontrons-
nous

Login ▾

À propos de l'application moveUP et des trackers d'activité



moveUPapp & devices

L'application moveUP fonctionne sur :

- iPhones/iPads (iOS 11.0 ou plus récent)
- Systèmes Android (Android 7.0 et plus récents).
- moveUP a besoin d'une connexion Internet lorsqu'il est utilisé.
- moveUP est compatible avec les navigateurs suivants :
- Chrome/Safari/Firefox

Traceurs d'activité (facultatif)

Les trackers d'activité suivants sont actuellement pris en charge

- Garmin Vivofit 3 et Vivofit 4
- Nokia Withings Go

Taille du téléchargement

- IOS - 85MB - version 1.41.0
- Android - 77,8 MB - version 1.41.0

Téléchargez la dernière version de l'application





Téléchargez la dernière version de l'application



Choisir la région

Europe

US

Informations importantes - Europe

Téléchargez le manuel d'utilisation pour les patients

 Télécharger le manuel de l'utilisateur

Si vous avez besoin de l'eIFU à partir d'une version plus ancienne, veuillez contacter le support
Si vous avez besoin de l'eIFU en tant que patient MG, téléchargez ici

Télécharger le manuel d'utilisation pour les professionnels de la santé

 Télécharger le manuel de l'utilisateur

Version 1.32.0

Version 1.33.0

Version 1.33.1

Version 1.34.0

Version 1.35.0

Version 1.36.0

Version 1.36.1

Version 1.36.2

Version 1.37

Version 1.38

Version 1.38.1

Version 1.39



Utilisation prévue

Pour les prestataires de soins de santé

Pour les prestataires de soins, moveUP permet une gestion clinique efficace des pathologies et des traitements. Grâce à moveUP, l'équipe soignante reçoit des informations précieuses sur l'état du patient et son évolution.

Pour les patients

Pour les patients, moveUP fournit des informations et des instructions personnalisées pour les aider à gérer leurs symptômes et à progresser dans leur rééducation. L'intensité du suivi est adaptée en fonction des besoins du patient et du moment où il se trouve dans son parcours.

- moveUP COMPANION = surveillance et information, pas de suivi actif - moveUP companion offre des informations ciblées et des rapports d'évolution aux patients. L'équipe soignante tient compte de ces rapports d'évolution pour la suite de leur rétablissement, le cas échéant.
- moveUP COACH = suivi actif par l'équipe soignante - moveUP coach offre des informations ciblées et des rapports d'évolution aux patients. L'équipe soignante est plus activement impliquée, prend en compte les rapports d'évolution et peut fournir des conseils et des suggestions d'exercices par le biais de la plateforme numérique.
- moveUP THERAPY = suivi actif par l'équipe soignante, avec un protocole de soins validé basé sur des données
- moveUP therapy propose un protocole de soins validé basé sur des données, avec une certaine catégorie et un certain niveau d'exercices et d'activités, spécifiquement ciblés sur chaque patient. L'équipe soignante peut adapter manuellement le protocole validé basé sur des données si nécessaire. Les patients peuvent suivre une rééducation complète avec moveUP sans quitter leur domicile.

Fonctionnalité optionnelle pouvant être activée : interopérabilité avec un dispositif médical de mouvement passif continu (CPM) de classe IIa. Pour les patients du genou et de la hanche qui utilisent un appareil médical CPM de classe IIa, moveUP peut interopérer avec le logiciel CPM de classe IIa. moveUP agit comme un facilitateur pour assigner facilement un protocole d'exercice CPM désigné choisi par un médecin à un patient et pour afficher les exercices CPM effectués dans le tableau de bord médical.

Réclamations et publicités



- moveUP n'est pas un outil d'urgence. En cas d'urgence, veuillez contacter votre médecin ou appeler le 112.
- moveUP n'est pas destiné à surveiller/traiter les paramètres vitaux d'une maladie grave.



- moveUP companion ne remplace pas un traitement que vous devez suivre, mais est utilisé comme un complément.
- Les patients doivent être conscients que si les questionnaires ne sont pas remplis fréquemment ou si les réponses ne sont pas sincères, l'équipe soignante aura plus de mal à comprendre votre état de santé et vos progrès.



- L'application moveUP propose des soins de santé personnalisés basés sur le profil du patient et ne peut donc pas être partagée, empruntée ou échangée entre utilisateurs. Les informations et conseils de l'application moveUP ne s'appliquent à aucun autre patient que celui dont le profil est enregistré dans l'application. Le patient ne peut pas autoriser l'accès à l'application moveUP à des tiers. D'autres personnes pourraient accidentellement envoyer des informations erronées ou modifier le profil du patient, avec pour conséquence que les conseils guidés par moveUP ne sont plus applicables aux besoins du patient.



moveUP



moveUP NV/SA
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1000 Brussels,
Belgium

For healthcare providers

Abnovo Ltd
Suite 115, Wey House, 15 Church Street, Weybridge, Surrey KT13
8NA, United Kingdom



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(10) +\$1410
(11) /16D20250213
(21) 7\$



moveUP



L'application moveUP respecte les normes européennes en matière de santé, de sécurité et de protection de l'environnement.

Téléchargez la dernière version de l'application

Téléchargez la dernière version de l'application



Informations importantes - US

Téléchargez le manuel d'utilisation pour les patients

Téléchargez le manuel d'utilisation pour les prestataires de soins de santé

Télécharger le manuel de l'utilisateur

Télécharger le manuel de l'utilisateur

Utilisation prévue

Utilisation prévue

Pour les prestataires de soins, moveUP permet une gestion clinique efficace des pathologies et des traitements. Grâce à moveUP, l'équipe soignante reçoit des informations précieuses sur l'état du patient et son évolution.

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moveUP

Critères d'inclusion :

- Âge :
 - minimum : 18 ans
 - maximum : aucune limite
- Poids : NA
- Santé et condition : capable d'effectuer les activités de base de la vie quotidienne.
- Langue : comprendre une des langues disponibles de l'application (néerlandais, français, allemand, anglais).

Critères d'exclusion :

- Les patients qui sont mentalement incapables ou qui ont des difficultés à exprimer ce qu'ils ressentent (par exemple, les personnes souffrant de maladies mentales, les personnes résidant dans des centres de soins pour personnes âgées, ...) sont exclus.
- Les patients qui ne sont pas capables d'utiliser une tablette/un smartphone et un tracker d'activité.
- Les patients qui ne comprennent pas l'une des langues disponibles dans l'application (néerlandais, français, allemand, anglais).

Réclamations et publicités



- moveUP n'est pas un outil d'urgence. En cas d'urgence, veuillez contacter votre médecin ou appeler le 112.
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- L'application moveUP propose des soins de santé personnalisés basés sur le profil du patient et ne peut donc pas être partagée, empruntée ou échangée entre utilisateurs. Les informations et conseils de l'application moveUP ne s'appliquent à aucun autre patient que celui dont le profil est enregistré dans l'application. Le patient ne peut pas autoriser l'accès à l'application moveUP à des tiers. D'autres personnes pourraient accidentellement envoyer des informations erronées ou modifier le profil du patient, avec pour conséquence que les conseils guidés par moveUP ne sont plus applicables aux besoins du patient.

Nom commercial

moveUP
Made in Belgium
Le produit est un logiciel

Agent américain

Ciaran McCourt
Incentown Inc 7421, W Cypresshead Dr Parkland
FL 33067 US agent 954.682.5053



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1000 Bruxelles,
Belgique



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(11) /16D20250213
(21) 7\$



moveUP

Téléchargez la dernière version de l'application

Notre équipe de service est là pour vous aider. Vous pouvez nous contacter par [courrier électronique](#) ou par téléphone pendant les heures de bureau aux numéros ci-dessous :

Nos numéros de téléphone :
Royaume-Uni : T 020 8191 7813
Belgique : T 080 08 80 08
France : T +33 9 74 67 00 08
Pays-Bas : T 08 54 00 11 91
International : T +32 80 08 80 08

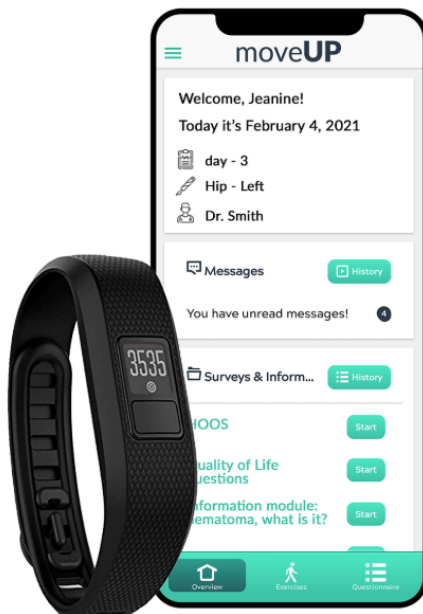
German Label





moveUP

Über die moveUP App, Tablets und
Aktivitätstracker



moveUPApp & Geräte

Die moveUP-App läuft auf:

- iPhones/iPads (iOS 11.0 oder neuer)
- Android-Systeme (Android 7.0 und neuer).
- moveUP benötigt eine Internetverbindung, wenn es benutzt wird.
- moveUP ist mit den folgenden Browsern kompatibel:
- Chrome/Safari/Firefox

Aktivitätstracker (optional)

Die folgenden Aktivitätstracker werden derzeit unterstützt

- Garmin Vivofit 3 und Vivofit 4
- Nokia Withings Go

Größe herunterladen

- IOS - 85MB - Version 1.41.0
- Android - 77,8 MB - Version 1.41.0

Laden Sie die neueste Version der App herunter





Region auswählen

Europa

US

Wichtige Informationen - Europa

Laden Sie das Benutzerhandbuch für Patienten herunter

 [Laden Sie das Benutzerhandbuch herunter](#)

Laden Sie das Benutzerhandbuch für HCPs herunter

 [Laden Sie das Benutzerhandbuch herunter](#)

Wenn Sie das eIFU einer älteren Version benötigen, wenden Sie sich bitte an den Support.
Wenn Sie das eIFU als MG-Patient benötigen, laden Sie es [hier](#) herunter

Version 1.32.0

Version 1.33.0

Version 1.33.1

Version 1.34.0

Version 1.35.0

Version 1.36.0

Version 1.36.1

Version 1.36.2

Version 1.37

Version 1.38

Version 1.38.1

Version 1.39



moveUP

Verwendungszweck

Für Gesundheitsdienstleister

Für Gesundheitsdienstleister bietet moveUP ein effizientes klinisches Management von Pathologien und Behandlungen. Durch die Verwendung von moveUP erhält das Gesundheitspersonal/Pflegeteam wertvolle Einblicke in den Status des Patienten und seine Entwicklung.

Für Patienten

Für die Patienten bietet moveUP personalisierte Informationen und Anweisungen, die ihnen helfen, ihre Symptome zu bewältigen und Fortschritte in ihrer Rehabilitation zu erzielen. Die Intensität der Nachsorge wird je nach den Bedürfnissen der Patienten und dem Zeitpunkt im Patientenpfad angepasst.

- moveUP COMPANION = Überwachung und Information, keine aktive Nachsorge - moveUP companion bietet den Patienten gezielte Informationen und Entwicklungsberichte. Ihr Pflegeteam berücksichtigt die Entwicklungsberichte bei der weiteren Genesung, wenn dies angemessen ist.
- moveUP COACH = aktive Nachbetreuung durch das Gesundheitsteam - moveUP Coach bietet den Patienten gezielte Informationen und Entwicklungsberichte. Ihr Pflegeteam wird aktiver einbezogen, berücksichtigt die Entwicklungsberichte und kann über die digitale Plattform Ratschläge und Übungsvorschläge geben.
- moveUP THERAPY = aktive Nachsorge durch das Pflegeteam, mit datengesteuertem, validiertem Pflegeprotokoll
- moveUP therapy bietet ein datengesteuertes, validiertes Pflegeprotokoll mit bestimmten Kategorien und Niveaus von Übungen und Aktivitäten, die speziell auf den einzelnen Patienten zugeschnitten sind. Das Pflegeteam kann das datengesteuerte, validierte Protokoll bei Bedarf manuell anpassen. Die Patienten können sich mit moveUP vollständig rehabilitieren, ohne ihre häusliche Umgebung zu verlassen.

Optionale Funktionalität, die aktiviert werden kann: Interoperabilität mit medizinischen Geräten der Klasse IIa für kontinuierliche passive Bewegung (CPM). Für Knie- und Hüftpatienten, die ein medizinisches CPM-Gerät der Klasse IIa verwenden, kann moveUP mit der CPM-Software der Klasse IIa interagieren. moveUP fungiert als Vermittler, um einem Patienten auf einfache Weise ein von einem Arzt ausgewähltes CPM-Übungsprotokoll zuzuweisen und die durchgeführten CPM-Übungen im medizinischen Dashboard anzuzeigen.

Behauptungen und Werbungen



- moveUP ist kein Notfallwerkzeug. In Notfällen wenden Sie sich bitte an Ihren Arzt oder rufen Sie 911.
- moveUP ist nicht für die Überwachung/Behandlung von Vitalparametern bei kritischen Erkrankungen vorgesehen.



- moveUP companion ist kein Ersatz für eine Behandlung, die Sie durchführen müssen, sondern dient als Ergänzung.
- Die Patienten müssen sich darüber im Klaren sein, dass es für das Behandlungsteam schwieriger ist, ihren Gesundheitszustand und ihre Fortschritte zu verstehen, wenn die Fragebögen nicht regelmäßig ausgefüllt oder nicht wahrheitsgemäß beantwortet werden.



- Die moveUP-App bietet eine personalisierte Gesundheitsversorgung auf der Grundlage des Patientenprofils und kann daher nicht geteilt, ausgeliehen oder zwischen Nutzern gehandelt werden. Die Informationen und Ratschläge der moveUP-App gelten nur für den Patienten, dessen Profil in der Anwendung gespeichert ist. Der Patient kann Dritten keinen Zugang zur moveUP-Anwendung gewähren. Andere Personen könnten versehentlich falsche Informationen senden oder das Profil des Patienten verändern, so dass die von moveUP geführten Ratschläge nicht mehr auf die Bedürfnisse des Patienten zutreffen.



moveUP NV/SA
Cantersteen 47,
1000 Brussels,
Belgium

For healthcare providers

Abnovo Ltd
Suite 115, Wey House, 15 Church Street, Weybridge, Surrey KT13
8NA, United Kingdom



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(11) /16D20250213
(21) 7\$



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Die moveUP App entspricht den europäischen Standards für Gesundheit, Sicherheit und Umweltschutz.

Laden Sie die neueste Version der App herunter



Laden Sie die neueste Version der App herunter



Wichtige Informationen - US

Laden Sie das Benutzerhandbuch für Patienten herunter

Laden Sie das Benutzerhandbuch für Gesundheitsdienstleister herunter

Laden Sie das Benutzerhandbuch herunter

Laden Sie das Benutzerhandbuch herunter

Verwendungszweck

Verwendungszweck

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moveUP

Einschlusskriterien:

- Alter:
 - Minimum: 18 Jahre
 - Maximum: keine Begrenzung
- Gewicht: NA
- Gesundheit & Kondition: in der Lage, grundlegende Aktivitäten des täglichen Lebens durchzuführen
- Sprache: Verstehen einer der verfügbaren Sprachen der App (Niederländisch, Französisch, Deutsch, Englisch)

Ausschlusskriterien:

- Patienten, die geistig inkompetent sind oder Schwierigkeiten haben, ihre Gefühle auszudrücken (z. B. psychisch kranke Menschen, Bewohner von Altenheimen usw.), sind ausgeschlossen.
- Patienten, die nicht in der Lage sind, ein Tablet/Smartphone und einen Activity Tracker zu bedienen.
- Patienten, die eine der verfügbaren Sprachen der App (Niederländisch, Französisch, Deutsch, Englisch) nicht verstehen können

Behauptungen und Werbungen



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- moveUP ist nicht für die Überwachung/Behandlung von Vitalparametern bei kritischen Erkrankungen vorgesehen.



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Handelsname

moveUP
Made in Belgium
Das Produkt ist eine Software

US-Agent

Ciaran McCourt
Incentowin Inc 7421, W Cypresshead Dr Parkland
FL 33067 US-Agent 954.682.5053



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1000 Brüssel,
Belgien



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(11) /16D20250213
(21) 7\$



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Laden Sie die neueste Version der App herunter

Unser Serviceteam ist für Sie da. Sie können uns per [E-Mail](#) oder telefonisch während der Bürozeiten unter den folgenden Nummern erreichen:

Unsere Telefonnummern:
Vereinigtes Königreich: T 020 8191 7813
Belgien: T 080 08 80 08
Frankreich: T +33 9 74 67 00 08
Niederlande: T 08 54 00 11 91
International: T +32 80 08 80 08

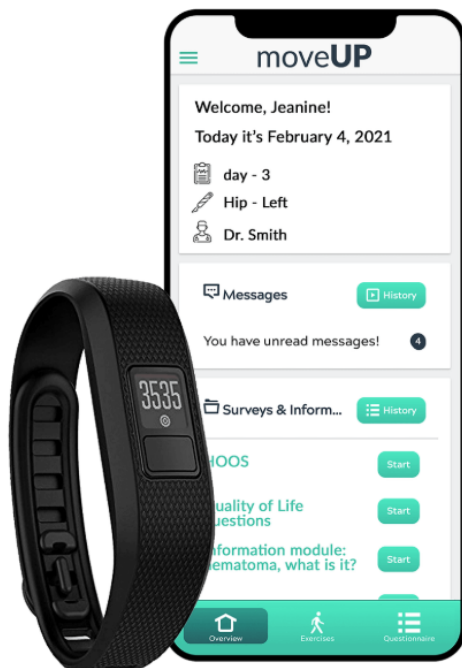
English Label:





moveUP

About the moveUP app, tablets, and activity trackers



moveUP app & devices

The moveUP app runs on:

- iPhones/iPads (iOS 11.0 or newer)
- Android systems (Android 7.0 and newer).
- moveUP needs an internet connection when is use.
- moveUP is compatible with the following browsers:
- Chrome/Safari/Firefox

Activity trackers (optional)

The following activity trackers are currently supported

- Garmin Vivotit 3 and Vivotit 4
- Nokia Withings Go

Download size

- IOS -85MB - version 1.41.0
- Android - 77,8 MB - version 1.41.0

Download the latest app version





moveUP

Choose region

Europe

US

Important information - Europe

Download the user manual for patients

 Download the user manual

Download the user manual for HCPs

 Download the user manual

If you need the eIFU from an older version please contact support
If you need the eIFU as MG patient, [download here](#)

Version 1.32.0

Version 1.33.0

Version 1.33.1

Version 1.34.0

Version 1.35.0

Version 1.36.0

Version 1.36.1

Version 1.36.2

Version 1.37

Version 1.38

Version 1.38.1

Version 1.39



moveUP

Claims and advisings



- moveUP is not an emergency tool. In case of emergency please contact your doctor or call 911.
- moveUP is not intended to monitor/treat vital parameters of critical illness.



- moveUP companion is not a replacement for any treatment you need to follow, but is used as an addition.
- Patients need to be aware that if questionnaires are not completed on a frequent basis or not answered truthfully, the care team has more difficulty understanding your health situation & progress.



- The moveUP app offers personalized healthcare based on the patient's profile and therefore can not be shared, borrowed or traded between users. The information and advice of the moveUP application do not apply to any other patient other than the one whose profile is stored in the application. The patient cannot grant access to the moveUP app to third parties. Other people could accidentally send wrong information or change the profile of the patient, with the result that the moveUP- guided advice is no longer applicable to the needs of the patient.



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(21) 78



moveUP



The moveUP App adheres to European health, safety and environmental protection standards.

Download the latest app version



Intended use

For healthcare providers

For healthcare providers, moveUP provides efficient clinical management of pathologies and treatments. With the use of moveUP, valuable insights are given to the HCP/care team of the status of the patient and its evolution.

For patients

For patients, moveUP provides personalized information and instructions to help them managing their symptoms and progress in their rehabilitation. The intensity of follow-up is adapted based on patients' needs and timepoint in the patient pathway

- moveUP COMPANION = monitoring and information, no active follow-up- moveUP companion offers targeted information and evolution reports to patients. Their care team takes the evolution reports into account in their further recovery when appropriate.
- moveUP COACH = active follow-up by healthcare team- moveUP coach offers targeted information and evolution reports to patients. Their care team is more actively involved and takes the evolution reports into account and can provide advice and exercise suggestions through the digital platform.
- moveUP THERAPY = active follow-up by healthcare team, with data driven validated care protocol
- moveUP therapy offers a data-driven validated care protocol with certain category and level of exercises and activities, specifically targeted to the individual patient. Their care team can manually adapt the data driven validated protocol when needed. Patients can fully rehabilitation with moveUP without leaving their home environment.

Optional functionality that can be enabled: interoperability with Class IIa continuous passive motion (CPM) medical device. For knee and hip patients who are using a Class IIa CPM medical device, moveUP can interoperate with the Class IIa CPM software. moveUP acts as a facilitator to easy assign a designated CPM exercise protocol chosen by a physician to a patient and to display the performed CPM exercises in the medical dashboard.

Claims and advisings



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- moveUP is not intended to monitor/treat vital parameters of critical illness.



- moveUP companion is not a replacement for any treatment you need to follow, but is used as an addition.
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- The moveUP app offers personalized healthcare based on the patient's profile and therefore can not be shared, borrowed or traded between users. The information and advice of the moveUP application do not apply to any other patient other than the one whose profile is stored in the application. The patient cannot grant access to the moveUP app to third parties. Other people could accidentally send wrong information or change the profile of the patient, with the result that the moveUP- guided advice is no longer applicable to the needs of the patient.





moveUP



moveUP NV/SA
Cantersteen 47,
1000 Brussels,
Belgium

For healthcare providers

Abnovo Ltd
Suite 115, Wey House, 15 Church Street, Weybridge, Surrey KT13
8NA, United Kingdom



(01) G166MOVEUP141007
(10) +\$1410
(11) /16D20250213
(21) 7\$



moveUP



The moveUP App adheres to European health, safety and environmental protection standards.





Download the latest app version



Important information - US

Download the user manual for patients

Download the user manual for healthcare providers

 [Download the user manual](#)

 [Download the user manual](#)

Intended use

Intended use

For patients

For healthcare providers, moveUP provides efficient clinical management of pathologies and treatments. With the use of moveUP, valuable insights are given to the HCP/care team of the status of the patient and its evolution.

For patients, moveUP provides personalized information and instructions to help them managing their symptoms and progress in their rehabilitation. The intensity of follow-up is adapted based on patients' needs and timepoint in the patient pathway:

- moveUP COMPANION = monitoring and information, no active follow-up- moveUP companion offers targeted information and evolution reports to patients. Their care team takes the evolution reports into account in their further recovery when appropriate.
- moveUP COACH = active follow-up by healthcare team- moveUP coach offers targeted information and evolution reports to patients. Their care team is more actively involved and takes the evolution reports into account and can provide advice and exercise suggestions through the digital platform.
- moveUP THERAPY = active follow-up by healthcare team, with data driven validated care protocol
- moveUP therapy offers a data-driven validated care protocol with certain category and level of exercises and activities, specifically targeted to the individual patient. Their care team can manually adapt the data driven validated protocol when needed. Patients can fully rehabilitation with moveUP without leaving their home environment.

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moveUP

Inclusion criteria:

- Age:
 - minimum: 18 years
 - maximum: no limit
- Weight: NA
- Health & condition: capable of performing basic activities of daily living
- Language: understanding one of the available languages of the app (Dutch, French, German, English)

Exclusion criteria:

- Patients who are mentally incompetent or having troubles to express what they are feeling (for instance, mentally diseased people, people staying in elderly care centers, ...) are excluded.
- Patients who are not capable of operating a tablet/smartphone and activity tracker.
- Patients who can't understand one of the available languages of the app (Dutch, French, German, English)

Claims and advertisings



- moveUP is not an emergency tool. In case of emergency please contact your doctor or call 911.
- moveUP is not intended to monitor/treat vital parameters of critical illness.



- moveUP companion is not a replacement for any treatment you need to follow, but is used as an addition.
- Patients need to be aware that if questionnaires are not completed on a frequent basis or not answered truthfully, the care team has more difficulty understanding your health situation & progress.



- The moveUP app offers personalized healthcare based on the patient's profile and therefore can not be shared, borrowed or traded between users. The information and advice of the moveUP application do not apply to any other patient other than the one whose profile is stored in the application. The patient cannot grant access to the moveUP app to third parties. Other people could accidentally send wrong information or change the profile of the patient, with the result that the moveUP- guided advice is no longer applicable to the needs of the patient.

Tradename

moveUP
Made in Belgium
The product is software

US Agent

Ciaran McCourt
Incentowin Inc 7421, W Cypresshead Dr Parkland
FL 33067 US agent 954.682.5053

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Download the latest app version

Our Service Team is here to help. You can contact us by [email](#) or by phone during office hours on the numbers below:

Our telephone numbers:
United Kingdom: T 020 8191 7813
Belgium: T 080 08 80 08
France: T +33 9 74 67 00 08
The Netherlands: T 08 54 00 11 91
International: T +32 80 08 80 08

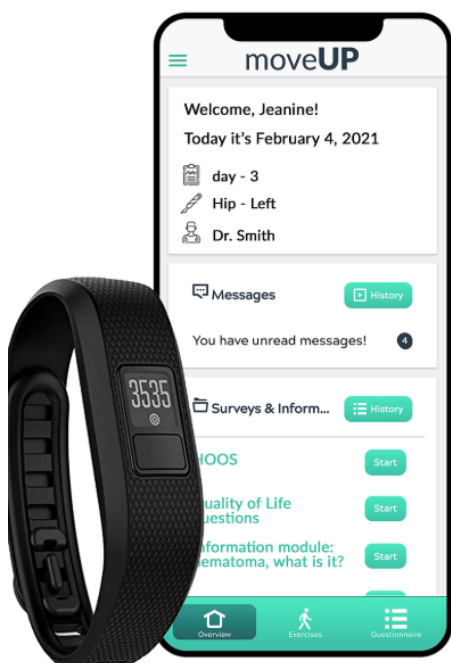
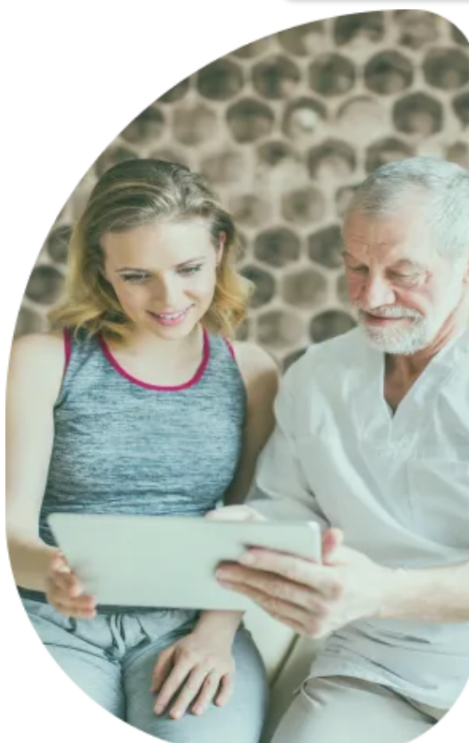




moveUP

Dutch Label:

Over de moveUP app, tablets en activiteitstrackers



app & apparaten verplaatsen

De moveUP app kan gebruikt worden op:

- iPhones / iPads (iOS 9.0 en nieuwer)
- Android-systemen (Android 4.4 en nieuwer)
- moveUP heeft bij gebruik een internetverbinding nodig.
- moveUP is compatibel met de volgende browsers:
- Chrome/Safari/Firefox

Activiteitentrackers (optioneel)

De volgende activity trackers worden momenteel ondersteund

- Garmin Vivofit 3 en Vivofit 4
- Nokia Withings Go

Download grootte

- IOS - 85MB - versie 1.41.0
- Android - 77,8 MB - versie 1.41.0

Download de nieuwste app-versie





Regio kiezen

Europa

US

Belangrijke informatie - Europa

Download de gebruikershandleiding voor patiënten

 Download de handleiding

Download de gebruikershandleiding voor zorgverleners

 Download de handleiding

Als u de eIFU van een oudere versie nodig hebt, neem dan contact op met support
Als u de eIFU als MG-patiënt nodig hebt, download hier

Versie 1.32.0

Versie 1.33.0

Versie 1.33.1

Versie 1.34.0

Versie 1.35.0

Versie 1.36.0

Versie 1.36.1

Versie 1.36.2

Versie 1.37

Versie 1.38

Versie 1.38.1

Versie 1.39



moveUP

Beoogd gebruik

Voor zorgverleners

Voor zorgverleners biedt moveUP een efficiënt klinisch beheer van pathologieën en behandelingen. Met het gebruik van moveUP krijgt de zorgverlener/het zorgteam waardevolle inzichten in de status van de patiënt en zijn evolutie.

Voor patiënten

Voor patiënten biedt moveUP gepersonaliseerde informatie en instructies om hen te helpen hun symptomen te beheersen en vooruitgang te boeken in hun revalidatie. De intensiteit van de follow-up wordt aangepast op basis van de behoeften van de patiënt en het tijdstip in het patiënttraject.

- moveUP COMPANION = monitoring en informatie, geen actieve follow-up - moveUP companion biedt gerichte informatie en evolutierapporten aan patiënten. Hun zorgteam houdt indien nodig rekening met de evolutierapporten bij hun verdere herstel.
- moveUP COACH = actieve follow-up door zorgteam - moveUP coach biedt gerichte informatie en evolutierapporten aan patiënten. Hun zorgteam is actiever betrokken en houdt rekening met de evolutierapporten en kan advies en bewegingssuggesties geven via het digitale platform.
- moveUP THERAPY = actieve follow-up door zorgteam, met datagestuurd gevalideerd zorgprotocol - moveUP therapy biedt een datagestuurd gevalideerd zorgprotocol met bepaalde categorie en niveau van oefeningen en activiteiten, specifiek gericht op de individuele patiënt. Hun zorgteam kan het gegevensgestuurde gevalideerde protocol indien nodig handmatig aanpassen. Patiënten kunnen met moveUP volledig revalideren zonder hun thuisomgeving te verlaten.

Optionele functionaliteit die kan worden ingeschakeld: interoperabiliteit met medische apparatuur van klasse IIa voor continue passieve beweging (CPM). Voor knie- en heuppatiënten die een CPM-apparaat van klasse IIa gebruiken, kan moveUP samenwerken met de CPM-software van klasse IIa. moveUP fungeert als een facilitator om eenvoudig een door een arts gekozen CPM-oefenprotocol toe te wijzen aan een patiënt en de uitgevoerde CPM-oefeningen weer te geven in het medische dashboard.

Claims en advertenties



- moveUP is geen hulpmiddel voor noodgevallen. Neem in geval van nood contact op met uw arts of bel 911.
- moveUP is niet bedoeld om vitale parameters van kritieke ziekte te controleren/behandelen.



- moveUP companion is geen vervanging van een eventueel te volgen behandeling, maar wordt gebruikt als aanvulling.
- Patiënten moeten zich ervan bewust zijn dat als vragenlijsten niet vaak of niet naar waarheid worden ingevuld, het zorgteam meer moeite heeft om inzicht te krijgen in uw gezondheidssituatie en vooruitgang.



- De moveUP app biedt gepersonaliseerde gezondheidszorg op basis van het profiel van de patiënt en kan daarom niet worden gedeeld, geleend of verhandeld tussen gebruikers. De informatie en adviezen van de moveUP app gelden niet voor een andere patiënt dan degene wiens profiel is opgeslagen in de applicatie. De patiënt kan derden geen toegang verlenen tot de moveUP app. Anderen zouden per ongeluk verkeerde informatie kunnen versturen of het profiel van de patiënt kunnen veranderen, met als gevolg dat het door moveUP geleide advies niet meer van toepassing is op de behoeften van de patiënt.



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moveUP



De moveUP App voldoet aan de Europese normen voor gezondheid, veiligheid en milieubescherming.





Download de nieuwste app-versie



Belangrijke informatie - VS

Download de gebruikershandleiding voor patiënten

Download de gebruikershandleiding voor zorgverleners

Download de handleiding

Download de handleiding

Beoogd gebruik

Beoogd gebruik

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Voor zorgverleners biedt moveUP een efficiënt klinisch beheer van pathologieën en behandelingen. Met het gebruik van moveUP krijgt de zorgverlener/het zorgteam waardevolle inzichten in de status van de patiënt en zijn evolutie.

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Inclusie criteria:

- Leeftijd:
 - minimum: 18 jaar
 - maximum: geen limiet
- Gewicht: NA
- Gezondheid en conditie: in staat om de basisactiviteiten van het dagelijks leven uit te voeren.
- Taal: een van de beschikbare talen van de app begrijpen (Nederlands, Frans, Duits, Engels)

Uitsluitingscriteria:

- Patiënten die mentaal onbekwaam zijn of die moeite hebben om hun gevoelens uit te drukken (bijvoorbeeld geesteszieken, mensen die in bejaardencentra verblijven, ...) zijn uitgesloten.
- Patiënten die niet in staat zijn een tablet/smartphone en activity tracker te bedienen.
- Patiënten die een van de beschikbare talen van de app niet kunnen verstaan (Nederlands, Frans, Duits, Engels)

Claims en advertenties



- moveUP is geen hulpmiddel voor noodgevallen. Neem in geval van nood contact op met uw arts of bel 911.
- moveUP is niet bedoeld om vitale parameters van kritieke ziekte te controleren/behandelen.



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- Patiënten moeten zich ervan bewust zijn dat als vragenlijsten niet vaak of niet naar waarheid worden ingevuld, het zorgteam meer moeite heeft om inzicht te krijgen in uw gezondheidssituatie en vooruitgang.



- De moveUP app biedt gepersonaliseerde gezondheidszorg op basis van het profiel van de patiënt en kan daarom niet worden gedeeld, geleend of verhandeld tussen gebruikers. De informatie en adviezen van de moveUP app gelden niet voor een andere patiënt dan degene wiens profiel is opgeslagen in de applicatie. De patiënt kan derden geen toegang verlenen tot de moveUP app. Anderen zouden per ongeluk verkeerde informatie kunnen versturen of het profiel van de patiënt kunnen veranderen, met als gevolg dat het door moveUP geleide advies niet meer van toepassing is op de behoeften van de patiënt.



moveUP

Handelsnaam

moveUP
Made in Belgium
Het product is software

US-Agent

Ciaran McCourt
Incentowin Inc 7421, W Cypresshead Dr Parkland
FL 33067 VS agent 954.682.5053



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België



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(11) /16D20250213

(21) 7\$



moveUP

Download de nieuwste app-versie

Ons Service Team is er om u te helpen. Je kunt contact met ons opnemen per [e-mail](#) of per telefoon tijdens kantooruren op onderstaande nummers:

Onze telefoonnummers:

Verenigd Koninkrijk: T [020 8191 7813](#)

België: T [080 08 80 08](#)

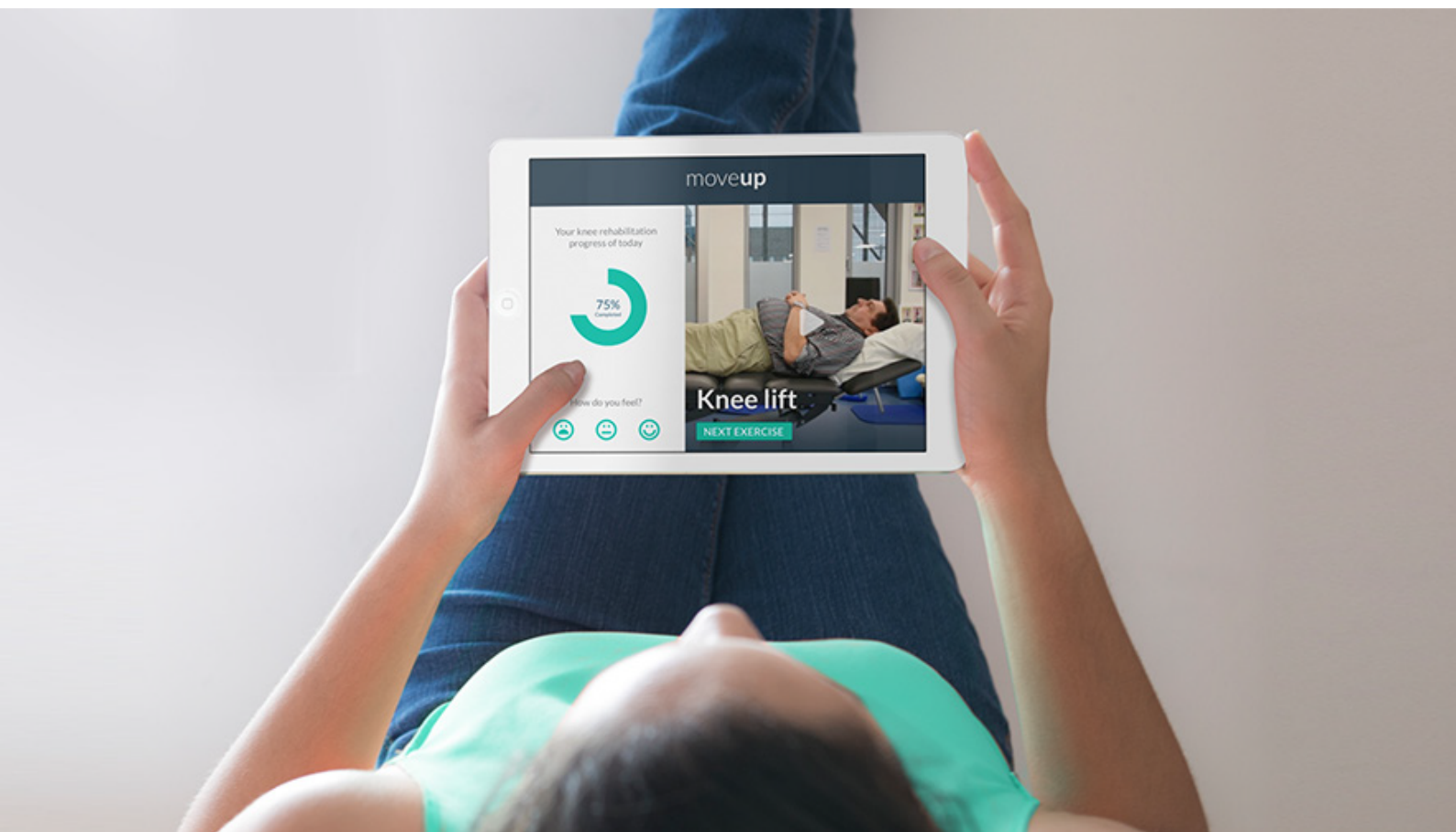
Frankrijk: T [+33 9 74 67 00 08](#)

Nederland: T [08 54 00 11 91](#)

Internationaal: T [+32 80 08 80 08](#)



moveUP



Manual for patients

moveUP – A smart and personalized way of informing, follow-up and treatment for patients.

App version: 1.31 and later

Manual version: 16

Date of release manual: 11/07/2022

Link to Knowledge Base: <https://support.orthopedics.moveup.care/>

Table of content

- Intended use moveUP
- Overview of the main moveUP windows
- Messages
- Survey & info modules
- Steps
- Exercises
- Daily questionnaire
- Activity tracker
- My active follow-up period with moveUP has ended: how does the moveUP app change?

Support orthopedics – moveUP

Intended use moveUP



-  Carefully read all information and precautions in this manual. Make sure you understand the use, the screens and the limitations of the moveUP App before using the service. If you have any questions please contact moveUP.

For security reasons, moveUP recommends that the user carefully reads and understands the manual of the devices used in conjunction with the moveUP App.

During the full use of the service, the necessary technical assistance and therapeutical assistance will be provided. In case of a defect or problem with the App, you will be able to contact the moveUP team via the message functionality of the App, by phone or by e-mail.

Intended use

For healthcare providers

For healthcare providers, moveUP provides efficient clinical management of pathologies and treatments. With the use of moveUP, valuable insights are given to the HCP/care team of the status of the patient and its evolution.

For patients

For patients, moveUP provides personalized information and instructions to help them managing their symptoms and progress in their rehabilitation. The intensity of follow-up is adapted based on patients' needs and timepoint in the patient pathway:

- moveUP **COMPANION** = monitoring and information, no active follow-up
 - moveUP companion offers targeted information and evolution reports to patients. Their care team takes the evolution reports into account in their further recovery when appropriate.
- moveUP **COACH** = active follow-up by the healthcare team
 - moveUP coach offers targeted information and evolution reports to patients. Their care team is more actively involved and takes the evolution reports into account and can provide advice and exercise suggestions through the digital platform.
- moveUP **THERAPY** = active follow-up by the healthcare team, with data-driven validated care protocol
 - moveUP therapy offers a data-driven validated care protocol with certain categories and levels of exercises and activities, specifically targeted to the individual patient. Their care team can manually adapt the data-driven validated protocol when needed. Patients can fully rehabilitate with moveUP without leaving their home environment.

Optional functionality that can be enabled: interoperability with Class IIa continues passive motion (CPM) medical device.

For knee and hip patients who are using a Class IIa CPM medical device, moveUP can interoperate with the Class IIa CPM software. moveUP acts as a facilitator to easily assign a designated CPM exercise protocol chosen by a physician to a patient and to display the performed CPM exercises in the medical dashboard.

Intended users

moveUP is intended to be used by patients and healthcare providers.

Patient

The main user of the mobile app and patient website is the patient. Patient users should be alert, mentally competent and capable of operating a tablet/smartphone and activity tracker.

Inclusion:

- Age:
 - minimum: 18 years
 - maximum: no limit
- Weight: NA
- Health & condition: capable of performing basic activities of daily living
- Language: understanding one of the available languages of the app (Dutch, French, German, English)

Exclusion:

- Patients who are mentally incompetent or having trouble expressing what they are feeling (for instance, mentally diseased people, people staying in elderly care centres, ...) are excluded.
- Patients who are not capable of operating a tablet/smartphone and activity tracker.
- Patients who can't understand one of the available languages of the app (Dutch, French, German, English)

Healthcare provider

The main user of the medical web interface is a healthcare practitioner (group) or clinical researcher (group), named the care team. The care team is able to operate a web interface via web browser on PC/tablet/smartphone. The healthcare practitioner needs to understand one of the available languages of the web interface (today only available in English).

Target population / indication for use

moveUP companion & coach is used by Musculoskeletal, oncologic, respiratory, gastro-intestinal, cardiovascular and neurologic patients, such as patients:

- who underwent or planning a gastric bypass or gastric sleeve operation
- who have or had a stroke, multiple myeloma, covid, familial hypercholesterolemia
- who have or had back or joint problems or operations

moveUP therapy is used by knee & hip arthroplasty patients.

moveUP app & devices

Supported devices moveUP app

The moveUP app runs on:

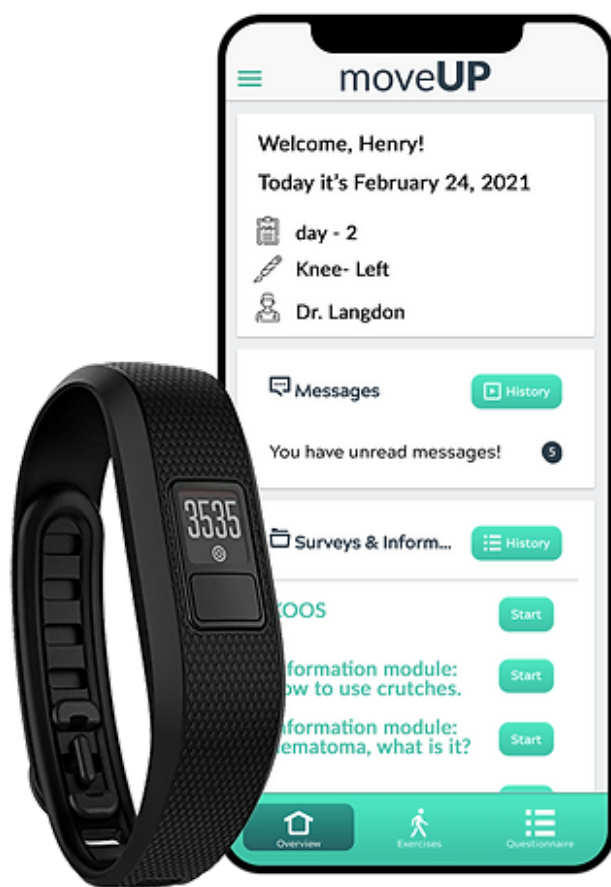
- iPhones/iPads (iOS 11.0 or newer)
- Android systems (Android 7.0.0 and newer).
- moveUP needs an internet connection when in use
- moveUP is compatible with the following browsers:
 - Chrome
 - Safari
 - Edge
 - Firefox
- In specific cases the following tablets are provided and are supported:
 - Lenovo Tab 3 – Android 6.0.1 or Higher
 - Huawei MediaPad T3 – Android 7.0.0 or higher

For your data safety please enable the 2-factor authentication(2FA) and use a safe network

Activity trackers

The following activity trackers are currently supported:

- Garmin Vivofit 3 and Vivofit 4
- Nokia Withings Go



Warnings and precautions



 moveUP is not an emergency tool. In case of emergency please contact your doctor or call 112.
moveUP is not intended to monitor/treat vital parameters of critical diseases.

 moveUP companion is not a replacement for any treatment you need to follow but is used as an addition.
Patients need to be aware if questionnaires are not filled out on a frequent basis or not filled out trustworthy, the care team has more difficulty knowing their health situation & evolution.

 The moveUP App offers personalized healthcare based on the patient's profile and therefore can not be shared, borrowed or traded between users. The information and advice of the moveUP application do not apply to a patient other than the one whose profile is stored in the application. The patient may not grant access to the moveUP App to third parties. Any other person can, even accidentally, send wrong information or change the profile of the patient, with the result that the moveUP-guided advice no longer corresponds to the needs of the patient.

 With software, there is always a residual risk for bugs. If you have the feeling something is wrong or you don't get a response in the app, please reach out to us via support@moveup.care or call 0800 88 008.

Contra-indications and potential side effects

There are no contra-indications or known side effects.

Notification of serious incidents

A serious incident means any incident that directly or indirectly led, might have led or might lead to any of the following:

- (a) the death of a patient, user or another person,
- (b) the temporary or permanent serious deterioration of a patient's, user's or other person's state of health that resulted in any of the following:
 - life-threatening illness or injury,
 - permanent impairment of a body structure or a body function,
 - hospitalisation or prolongation of patient hospitalisation,
 - medical or surgical intervention to prevent life-threatening illness or injury or permanent impairment to a body structure or a body function,
 - chronic disease,
- (c) a serious public health threat;

If you detect any of these cases please send an email to info@moveUP.care and;

- Netherlands: meldpunt@igj.nl
- Belgium: meddev@fagg.be
- France: dedim.ugsv@ansm.sante.fr
- Germany: zlg@zlg.nrw.de

Human body contact

No human body contact with the patient or user, due to the nature of the product (software).

Accessories/products used in combination

There are no accessories.

If the patient has no compatible tablet/smartphone or activity tracker, moveUP can lease these devices to the patient. The leased devices are CE-marked devices that meet the compatibility criteria outlined in the IFU for the app.

Device lifetime

2-years. Depending on the willingness of the user to update the app. We sent out a notification with the recommendation to update the app, to make sure the app will keep the performance & recently included features.

Claims

moveUP companion/coach/therapy

The intensity of follow-up is adapted based on the needs of the patient, via the moveUP Symptom & QoL monitoring tool.

- **Enhancement**— moveUP enhances the clinical management of the patient because early detection & management of complications are possible via the symptom & QoL monitoring tool
- **Efficiency**—More efficient clinical management, such as the number of consultations can be reduced
- **Compliance**—Enforces therapy compliance/adherence
- **Information**—The correct information is provided at the right time

moveUP therapy

- **Rehabilitation from home**—With the use of moveUP therapy knee & hip arthroplasty patients can fully rehabilitate via the in-app care team without leaving their home environment.

Company details



moveUP NV

Head office Brussel: Cantersteen 47, B-1000 Brussels, Belgium Office Ghent: Oktrooiplein 1, B-9000 Ghent, Belgium

Tel: 0800 88 008

Email: info@moveUP.care

www.moveUP.care

Identification of the device:



Basic UDI-DI code:

++G166MOVEUPV1310WH

If you have any questions about the App, the tablet or the activity tracker, you can contact moveUP via the following channels – in order of priority: Via the message system of the App. Via email to support@moveup.care – Via phone during office hours: +32 800 88 008



Updated on July 11, 2022

Overview of the main moveUP windows

Support orthopedics – moveUP

I read this email on a smart device

Step 1: Download the app on your smart device

Click on the below links to download the moveUP app from your Appstore or Google Play (depending on your device)

I have an iPhone or tablet from Apple (iOS)

I have another smartphone or tablet (android)

Step 2: Open the moveUP app and register

- Open the moveUP app (if the app shows the moveUP logo, It is correctly installed)
- Register with the email address and the code you received in the “installation email” from moveUP
- Check your personal data and the operation performed before the first use. In case of any error please contact moveUP using the chat function.

Step 3: Update the moveUP app

Each time the moveUP app is updated you'll receive a mail with the release notes. Please, update it as soon as possible to enjoy the last features.

To upload the app please use the link above to be redirected to your app store and click on the button "update".

These updates can include safety or data integrity upgrades, please read carefully the Release Notes and the Instructions for Use.

Security measures

Because we process personal and health data, we will instruct you how to set a complex password at the moveUP login page.

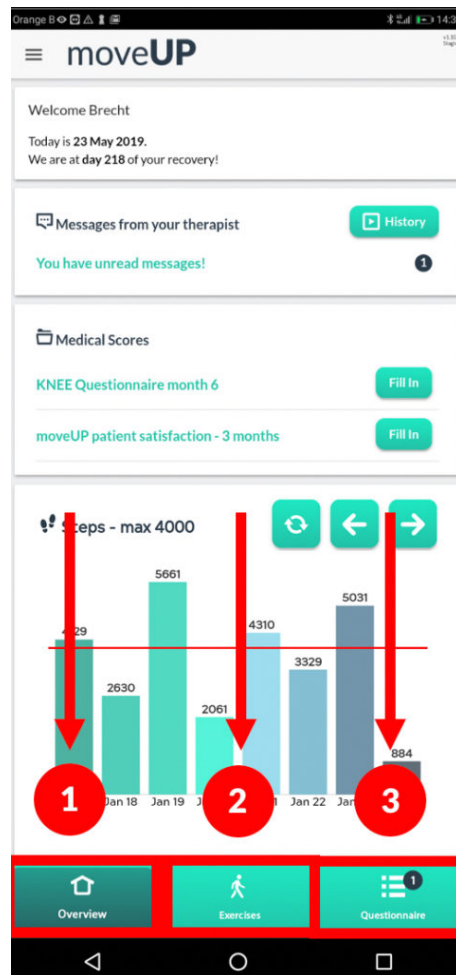
Please use a safe network when you are connected to the app.

Updated on May 4, 2022

Support orthopedics – moveUP

Quick start guide

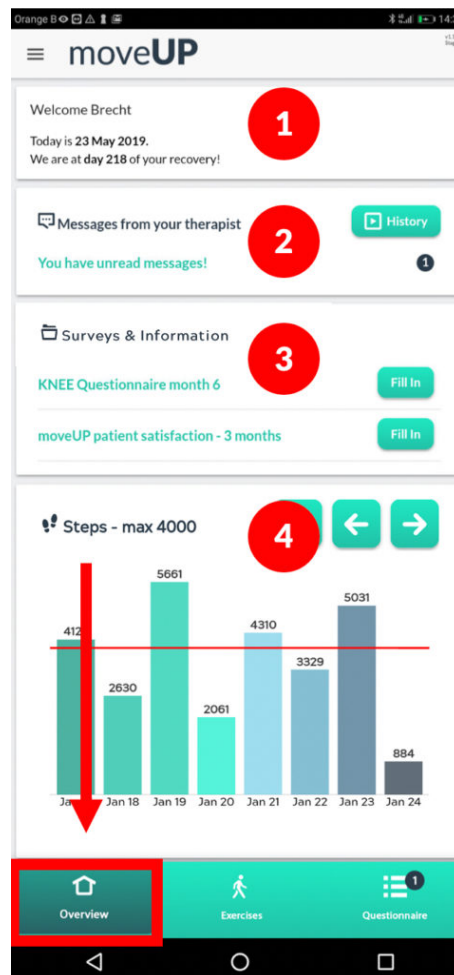
There are 3 main tabs in the app. You can switch between them by tapping the respective symbols at the bottom of your screen.



1. Overview
2. Exercises
3. Questionnaire

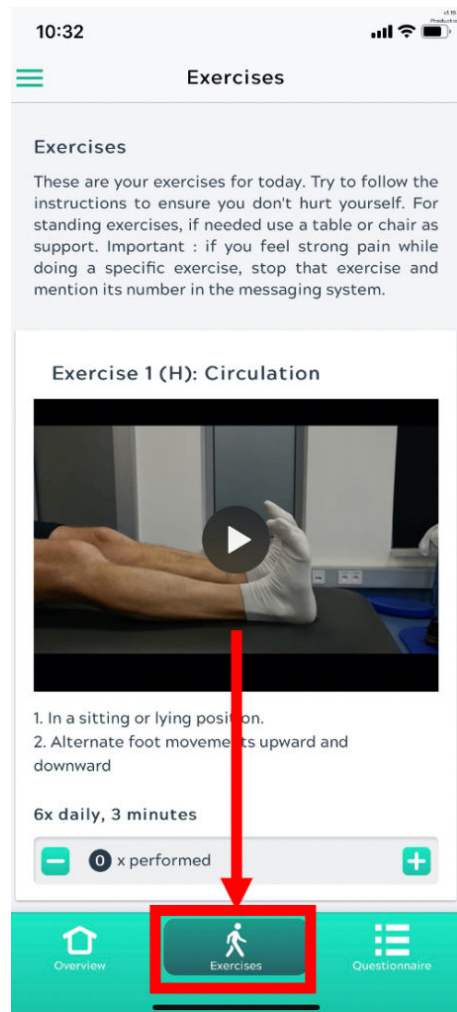
Tab 1: Overview

When you open the moveUP app you will automatically be taken to the overview tap. This tab has 4 sections:



1. **Welcome message**
2. **Messages** — here you can communicate with your health provider
3. **Survey & Information** — here you can find your questionnaires that still need answering. Also, your video-recording requests will appear here.
4. **Steps** — here you can see the steps you did over the past week

Tab 2: Exercises



In the second tab “Exercises” you can find your daily exercises.

Tab 3: Questionnaire

17:26

Questionnaire

Your questionnaire for today

How are you feeling today?
Indicate on the scale.

Good Bad

😊 😊 😐 😞 😡 😡

How was your night?
Indicate on the scale.

Good Bad

😊 😊 😐 😞 😡 😡

Did you experience any morning stiffness in your affected joint?
Indicate on the slider.

None Very stiff

Overview Exercises Questionnaire

In the 3rd tab “Questionnaire” there will appear a daily questionnaire after 4pm each day. The questionnaire is available until midnight. It should be filled out every day, starting 14 days before surgery.

Read more on the daily questionnaire

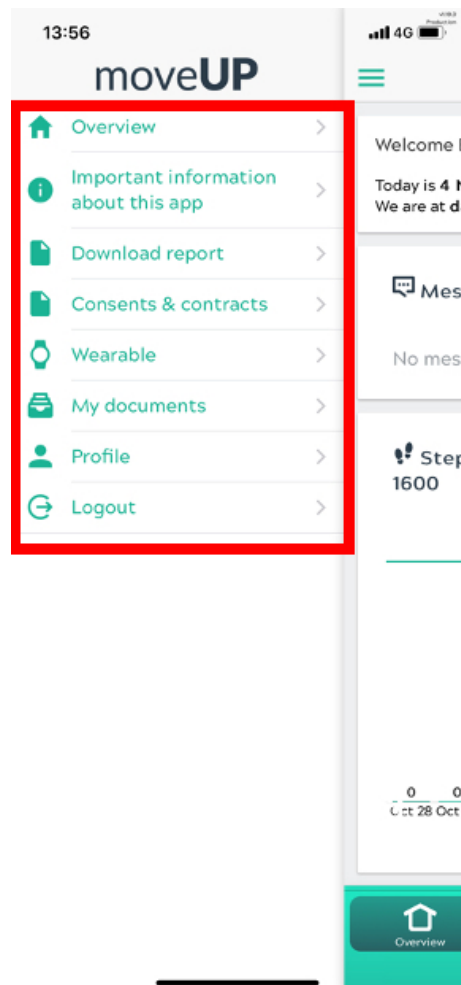
It is important you start answering the daily questionnaire starting 14 days before your operation. This way we can better help you after the operation.

Menu



At the top left of the moveUP you will find the menu.

When you click on this icon the menu appears.



This menu contains important sections that are not directly related to your rehabilitation.

- **Overview:** Exits the menu and returns to the overview screen
- **Important information about this app:** some info and warnings on the app
- **Download report:** This link is not working at the moment. Work in progress!
- **Consents & contracts:** Here you can read the general terms and conditions and privacy statement.
- **Wearable:** Here you can link your smart bracelet to the moveUP App or see which application is linked.
- **Profile:** your name and national registration number
- **Log out:** Here you can log out of your account and return to the registration and login page.

Messages

Support orthopedics – moveUP

Messages

In the overview tab, below the greeting, you find the “Messages” section. This is the section where you can communicate with your physiotherapist.

You can send your physiotherapist a message each moment of the day. You will receive an answer within 24 hours.

If the question is a medical urgency, don't use the messaging system as it is too slow. Call your hospital or medical practitioner instead.



Open the message functionality

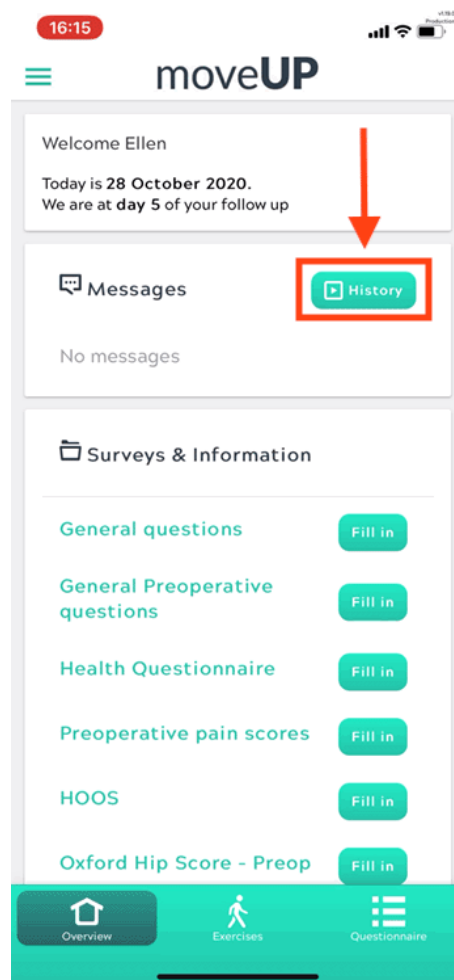
Click on the history button to open the message functionality.



Sending messages

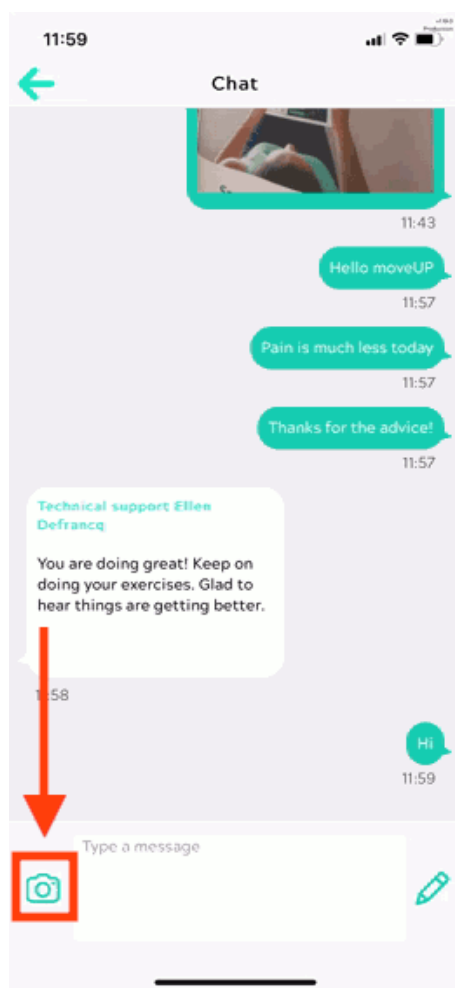
You can send us messages every moment of the day. We will respond within 24 hours

To send a message click in the “type a message” box. The keyboard will appear. After typing your message click on the send symbol (airplane).



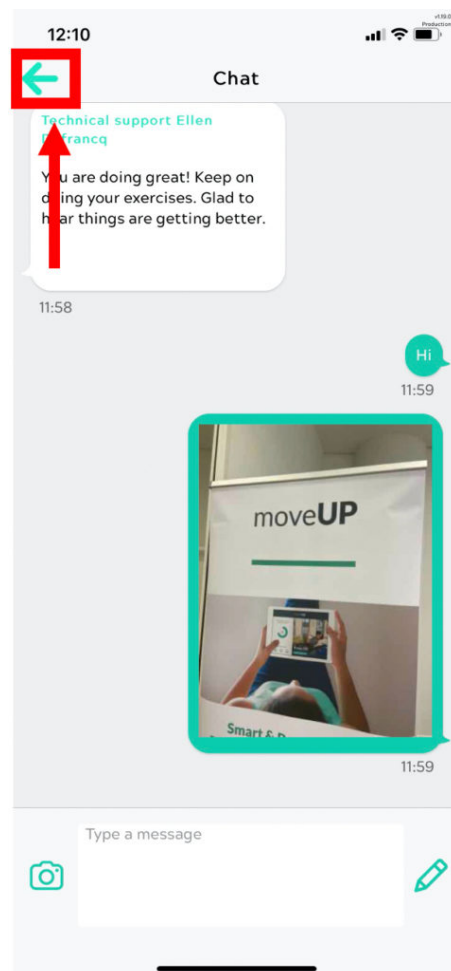
Sending a picture

You can send us a picture (of the wound for example) by clicking on the picture symbol in the left lower corner.



Go back to the overview screen

By clicking on the arrow in the left upper corner you can go back to the overview screen.



Survey & info modules

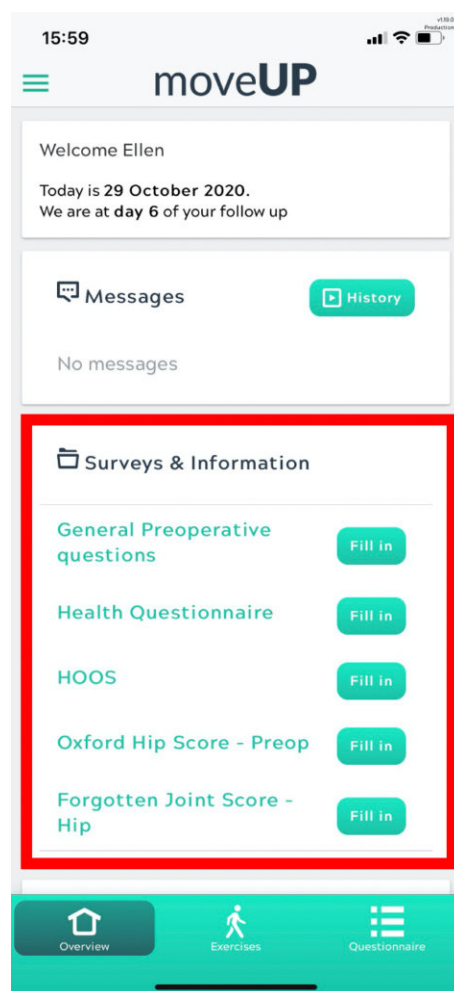
Support orthopedics – moveUP

Surveys & Information

Medical questionnaires are available at various moments before and after the surgery.

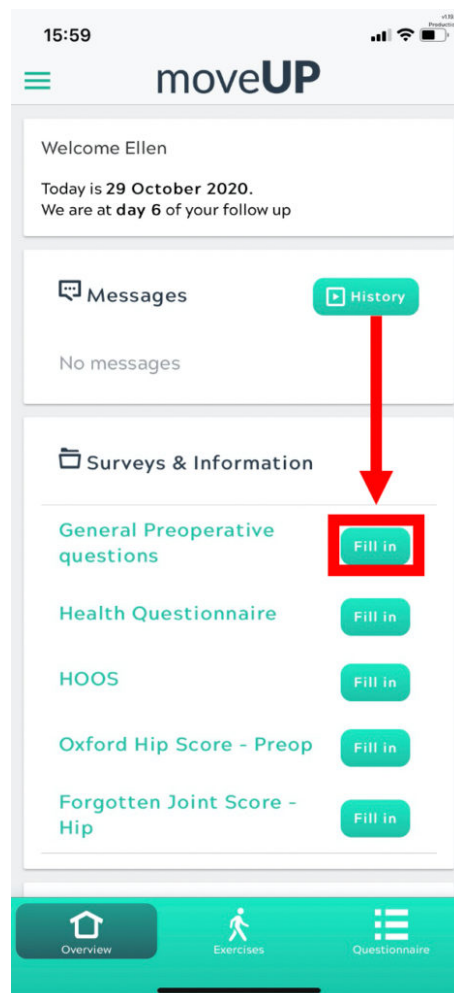
These questionnaires are of critical importance to evaluate the outcome of your surgery and to guide your physiotherapist in his decision making.

From the moment a questionnaire becomes available, we ask you to start filling it out as soon as possible.



Submitting a survey

To fill out a survey you click the “Fill in” button.



After filling out the question click on the “send” button.

16:09 4G LTE Signal Battery

General Preoperative questions

☐ Never

☐ Sometimes, during walks

☒ Always

Do you experience problems with your balance?

Select from the list.

☐ Never

☐ Sometimes

☒ Often

☐ Always

Weight

Your weight (kg)

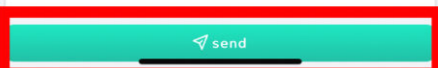
84

Height

Your height (cm)

178







You will see the following screen if the answers are sent to us correctly.

17:55



Your answers are sent to the
medical team!

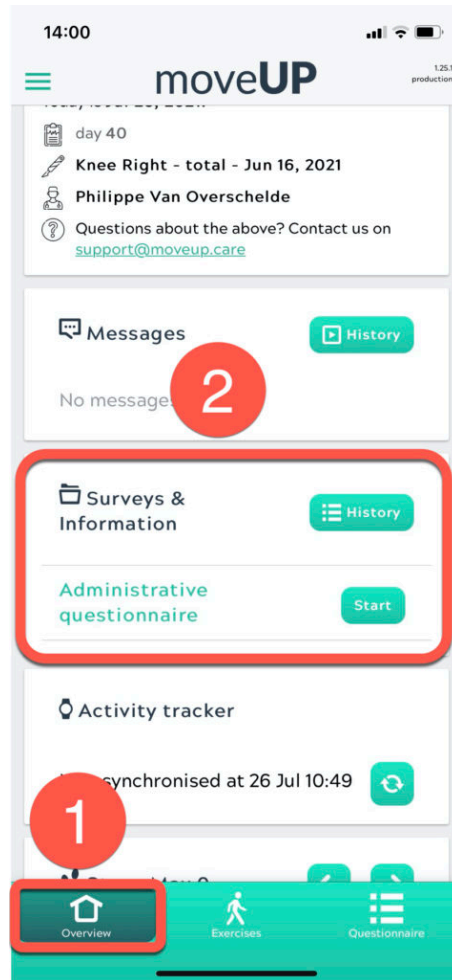
Go back to the overview >

Support orthopedics – moveUP

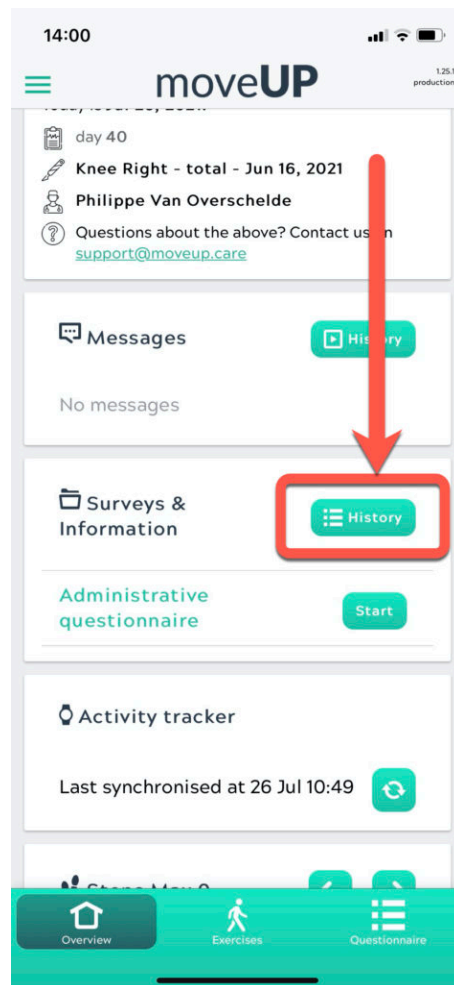
How to reread an info module?

To reread an info module that you already read:

- On the overview tab (1) go to the “Surveys & Information” section (2).



- Tap the “history” button.



- Here you will find the complete list of all the info modules you have read so far.
- Select the one you want to read again.

14:10



Articles

1.25.1
production

READ: Anatomy, osteoarthritis and total hip replacement surgery

READ: Driving after surgery

READ: Wound care: from incision to scar

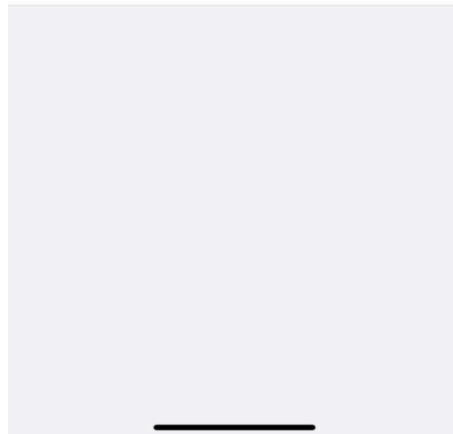
READ: Safe use of crutches

READ: Sleep positions after joint replacement

READ: Haematoma

READ: Pain

READ: Improve your sleep after surgery



Steps

Support orthopedics – moveUP

Steps area explained

Your steps are automatically counted by your activity tracker, the activity tracker does not need to be activated, just be worn around the wrist.

To see your steps you have to have paired your activity tracker with the moveUP app. This pairing needs to be done only once. After you have to sync your activity tracker daily with the moveUP app.

Steps graph

- Activity data from the past week is visualized in a graph.
- The different colors only indicate the different days and have no further meaning
- Activity is represented in number of steps.
- You can use the arrows left and right to see previous or next days in the graph.



Every activity with arm movement will contribute to the count. This means if you walk by pushing a stroller or a walker the steps may be undercounted. If you are ironing (arm movement) they may be overcounted.

Personalised step max

Every day, a personalized step maximum is displayed by a number and a red line. Try not to exceed the step maximum with > 20%.



The step maximum is not a goal! It is a limit to avoid overloading the operated joint.

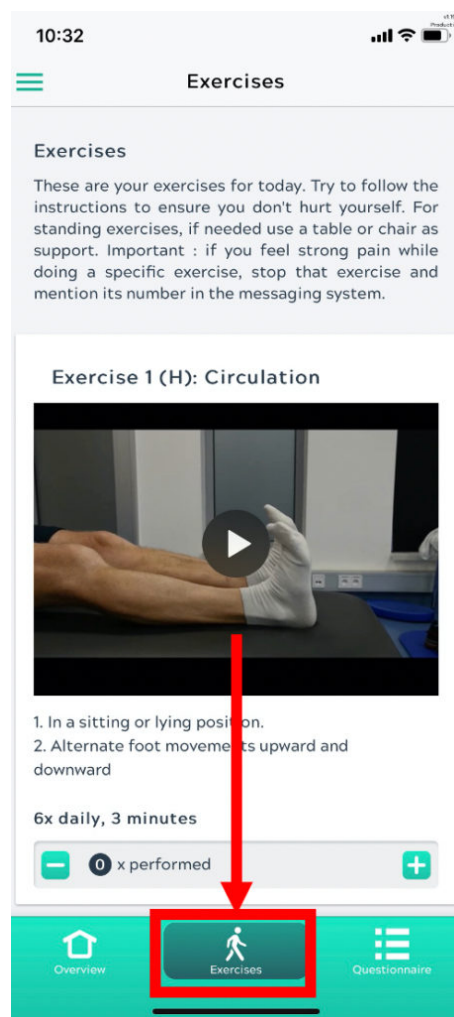
Exercises

Support orthopedics – moveUP

Exercises

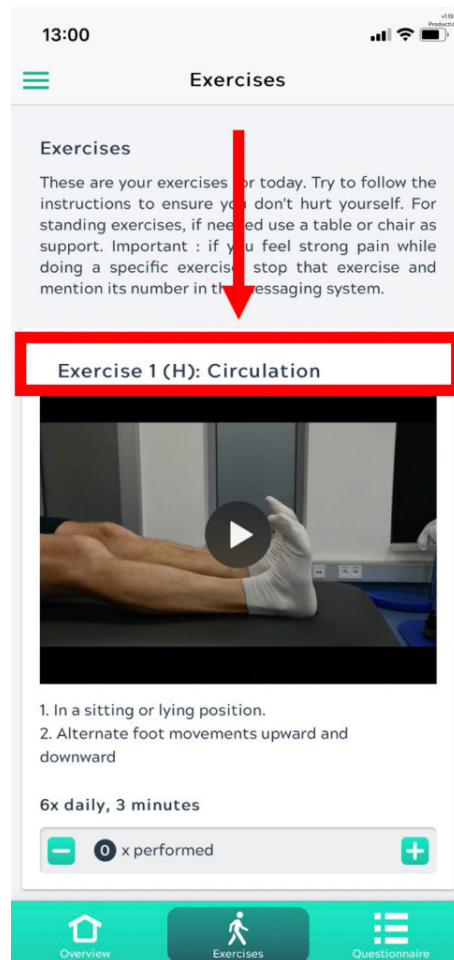
The second tab contains your exercise program for the day. Day by day you will only see prescribed exercises specific for that day.

If you feel strong pain while doing a specific exercise, stop that exercise and mention its number in the messaging system.



Number and name of the exercise

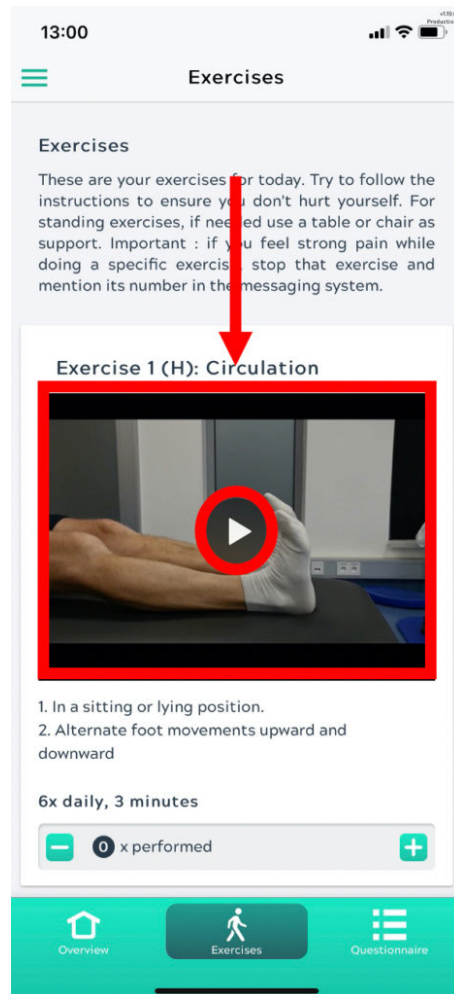
On top of each exercise you can find it's number and the name of the exercise.



Video

There is also a short video per exercise that indicates how the exercise should be performed.

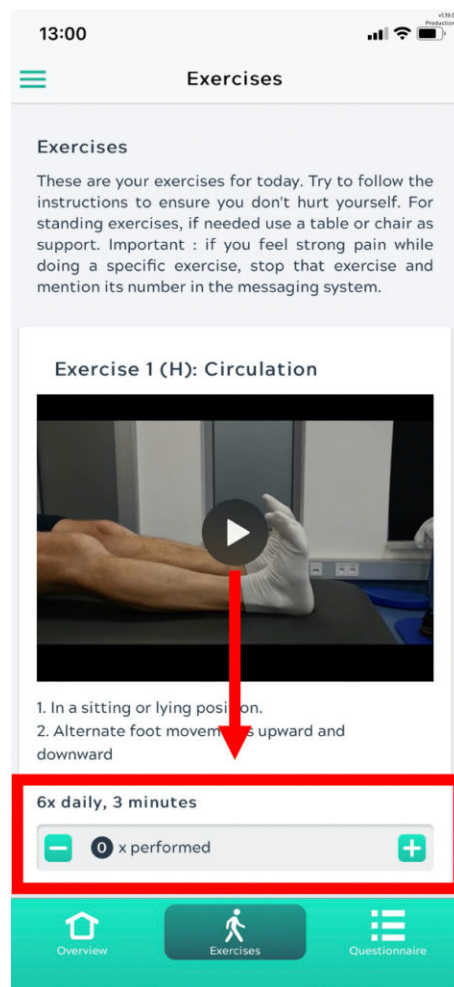
To start the video, click on the “Play” icon (triangle) on the top of the video.



Frequency and intensity

You will find the frequency and intensity per exercise (eg: 3x a day, 10 repetitions).

You report the number of sessions via the + and – symbol. It is important to enter this accurately so that your moveUP physiotherapist is kept informed of your progress.



We recommend that you do **not** exceed the number of prescribed sessions and repetitions.

Daily questionnaire

Support orthopedics – moveUP

Daily questionnaire

The daily questionnaire is our compass to guide you through your revalidation. It is very important you fill it out daily after 4 pm.

By filling out the daily questionnaire you give your doctor and healthcare team more insight into the progress of your treatment: your symptoms, your complaints, your evolution. It consists of questions about your general well-being, complaints, activities, sleep quality etc... These questions are adapted to the type of treatment you are having. These daily questionnaires take approximately 45-60 seconds to complete. Your doctor and healthcare team will also see how you experience the impact of your condition on your quality of life.

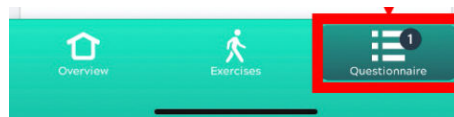
The combination of the information retrieved from questionnaires, photo's, video's and your activity profile via the smart bracelet allows your doctor and care team to follow you up and adapt your treatment.

For optimal results, you need to use the App and follow the given instructions within the App on a daily basis.

It is important we have a good baseline of your situation before the operation. That is why we ask you to start filling it out every day, ***starting 14 days before your operation.***

The questionnaire can be found in the 3rd tab of your app every day after 4 pm.

The screenshot shows the 'Questionnaire' app interface. At the top, the time is 17:26. The title 'Questionnaire' is centered. Below it, the text 'Your questionnaire for today' is displayed. The first question is 'How are you feeling today?' with the instruction 'Indicate on the scale.' Below this is a horizontal scale with 'Good' on the left and 'Bad' on the right, and a row of six emoji icons (happy, neutral, sad, etc.). The second question is 'How was your night?' with the instruction 'Indicate on the scale.' Below this is a horizontal scale with 'Good' on the left and 'Bad' on the right, and a row of six emoji icons. The third question is 'Did you experience any morning stiffness in your affected joint?' with the instruction 'Indicate on the slider.' Below this is a horizontal scale with 'None' on the left and 'Very stiff' on the right. A red arrow points down from the 'Bad' end of the second scale to the 'Very stiff' end of the third scale.



To indicate your pain level you can tap on the line above the faces and/or slide to the appropriate position.



When finished click on the “send” button to share your answers with us.

17:46

Questionnaire

This can be either because of complaints or on prescription according to the medication scheme given by your surgeon

☒ No

☐ Yes

Did you take these anti-inflammatories because of complaints NOT related to the operated joint?

☒ No

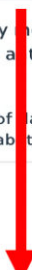
☐ Yes

Have you taken any medication other than painkillers or anti-inflammatory drugs today?

(with the exception of daily medication such as contraception, diabetes medication, ...)

☒ No

☐ Yes



 send

Overview Exercises Questionnaire 1

The following screen appears if answers are sent to us correctly.

17:55



Your answers are sent to the
medical team!

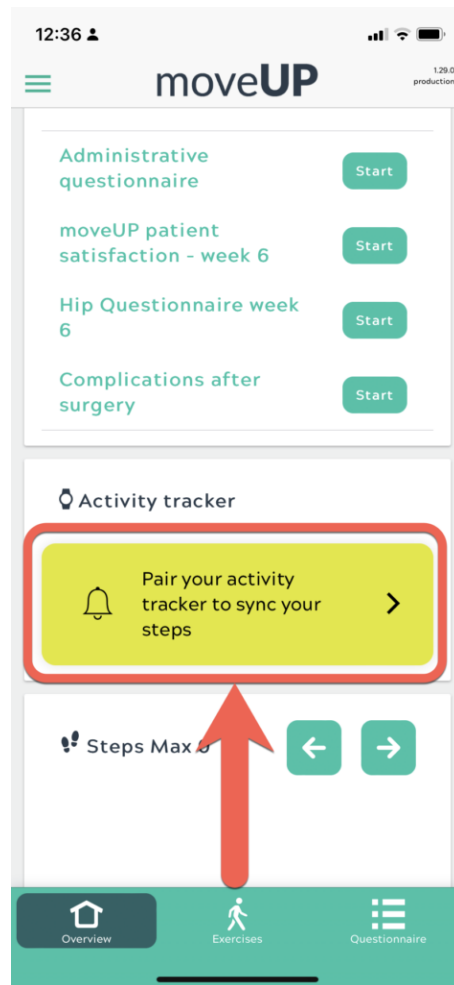
Go back to the overview >

Activity tracker

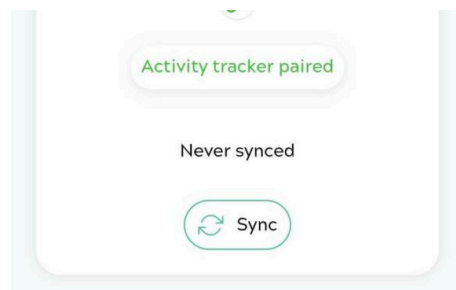
Support orthopedics Ć moveUP

How to pair your activity tracker (Garmin VivoĖt 4) with the moveUP app?

To pair your activity tracker click the green button on your homescreen.



Choose "Garmin Vivofit 4" and click continue



Updated on January 26, 2022

Support orthopedics – moveUP

How to synchronise my steps daily?

We advise you to wear your activity tracker around your wrist day and night. But the day is the most important for us to register your activity. The activity tracker is always active and captures how active you are, hence it does not need to be activated.

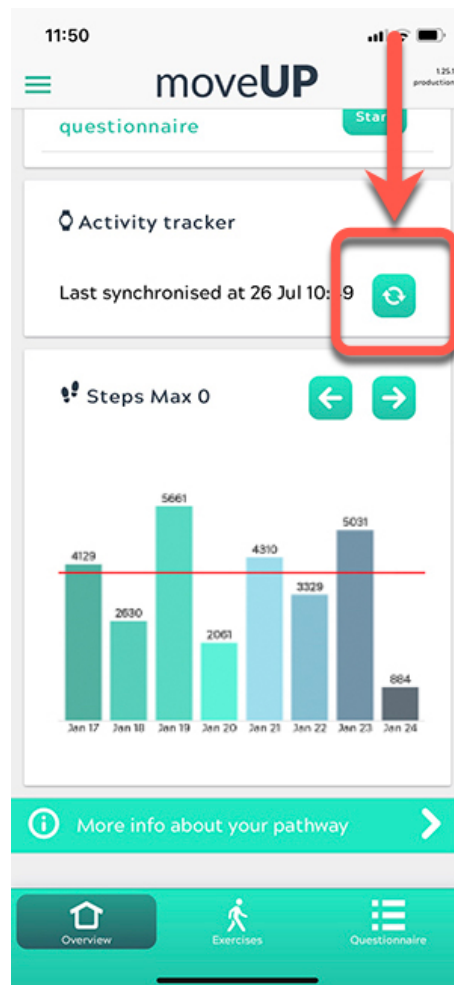
You do need to manually sync your activity tracker data **daily** in the moveUP app. This way your physiotherapist can monitor how active you are and decide if any adaptations to your exercise scheme are needed.

We advise syncing your steps daily in the evening after filling out the daily questionnaire. This way your physiotherapist will see the next day how active you were.

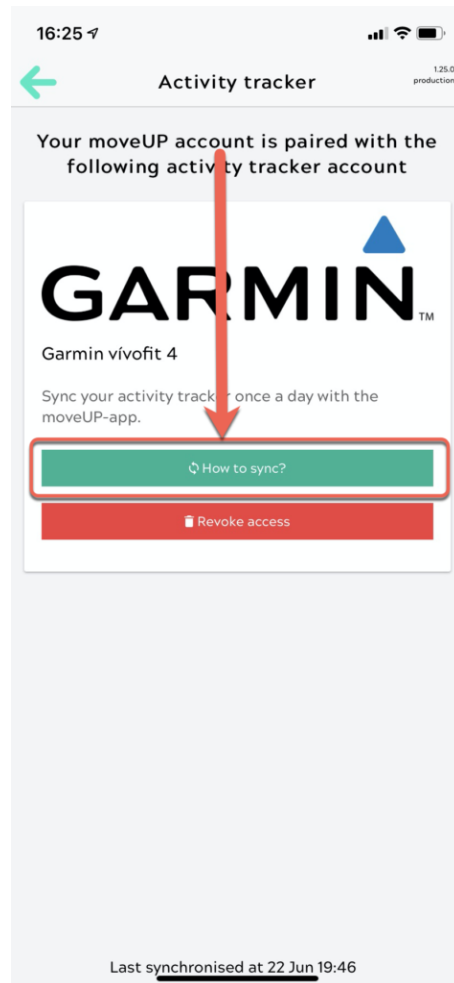
The activity tracker has to be paired with the moveUP app. This pairing only has to happen once at the beginning of your rehabilitation. You can find the pairing instructions [here](#).

The Bluetooth should be activated on your device to be able to sync your activity tracker.

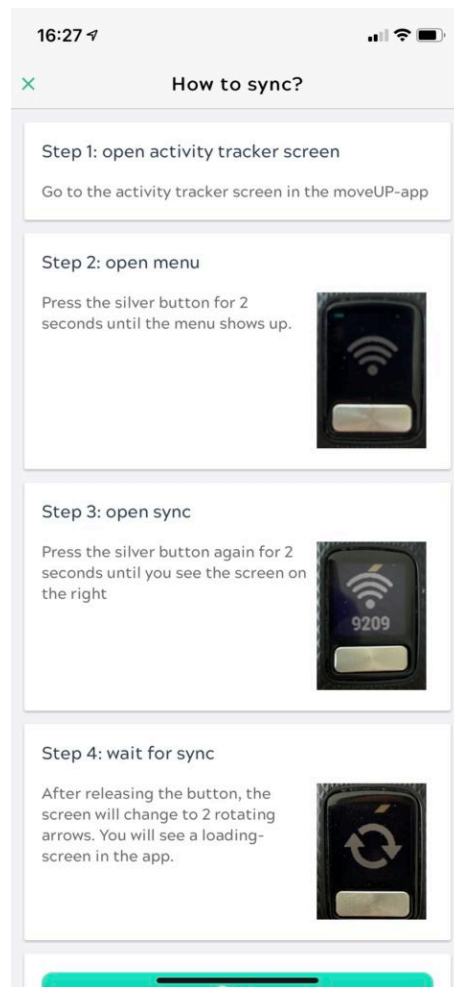
- Press the synchronising button marked in red.



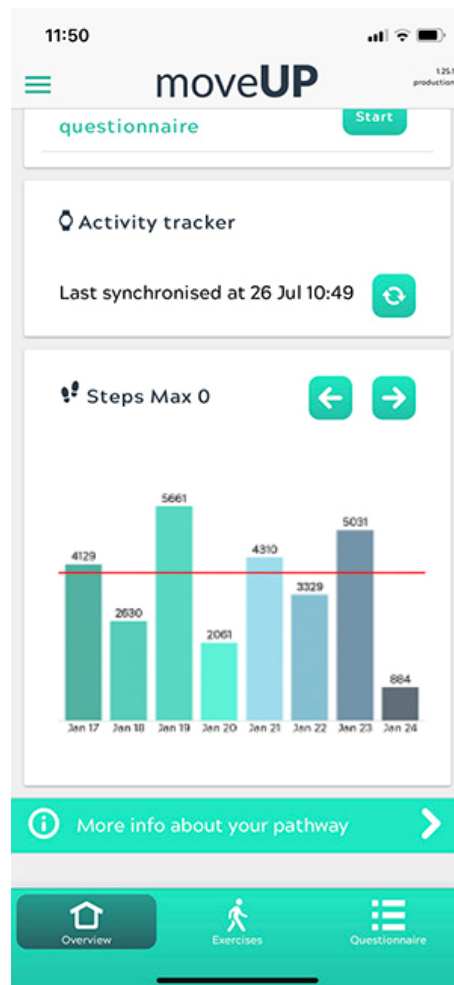
- You will see the following screen. Click on “How to synchronise”



- Follow the instructions on the screen. Basically you have to press the silver button on your activity tracker twice for 2 seconds.
- At the end you will automatically be taken back to the homescreen and your steps will be visible in the graph.



- You will see the synced steps data on your home screen.



If you have problems synchronising please send an email to support@moveup.care and try to describe exactly in which step you encounter problems and what messages you see or get on your screen.

My active follow-up period with moveUP has ended: how does the moveUP app change?

Support orthopedics – moveUP

My active follow-up period with moveUP has ended: how does the moveUP app change?

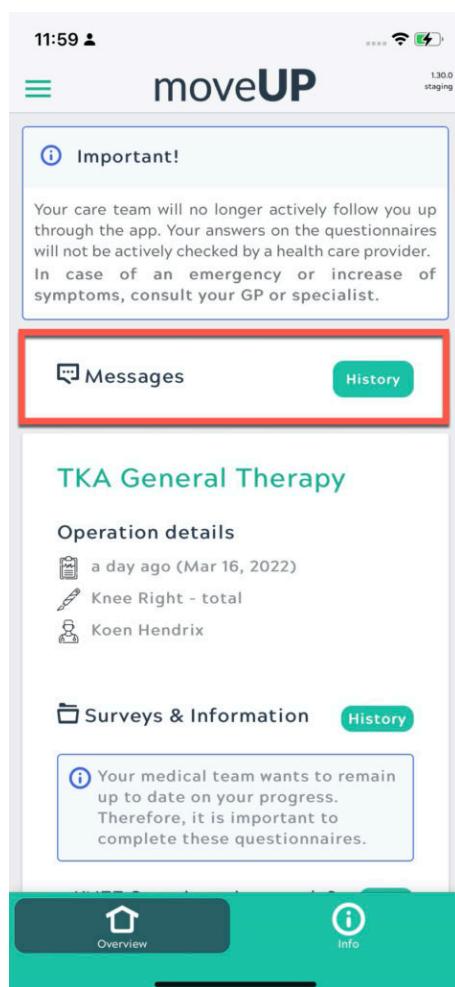
When the active follow-up period has ended your moveUP app will be different. You are no longer actively followed up by a physiotherapist. What changes in the app?

The app will consist of 2 tabs now: “Overview” and “Info” (instead of “Overview”, “Exercises” and “Questions”).

Overview tab

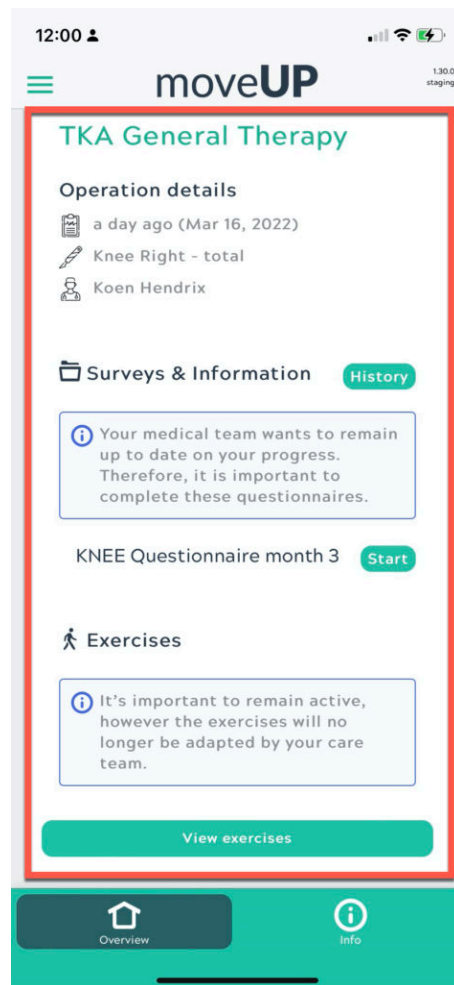
Messages

The message function will still be available for seven days. After one week the message function will be disabled. Your message history will remain available in the app.



moveUP journey card

The next block is your “moveUP journey card”. It contains your operation details, surveys that still need to be filled out and an option to review the exercises you have done with the app during the course of your rehabilitation

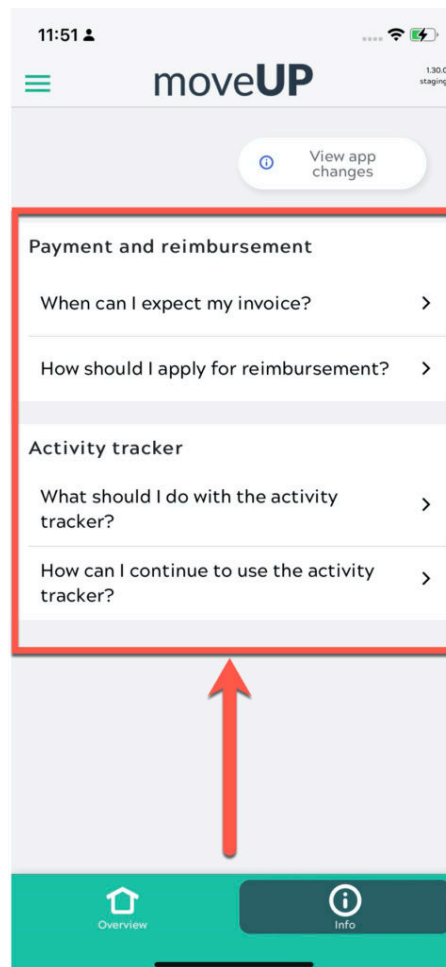


If you had more than one journey with moveUP, you can scroll down the page and find them all in separate cards.

Info tab

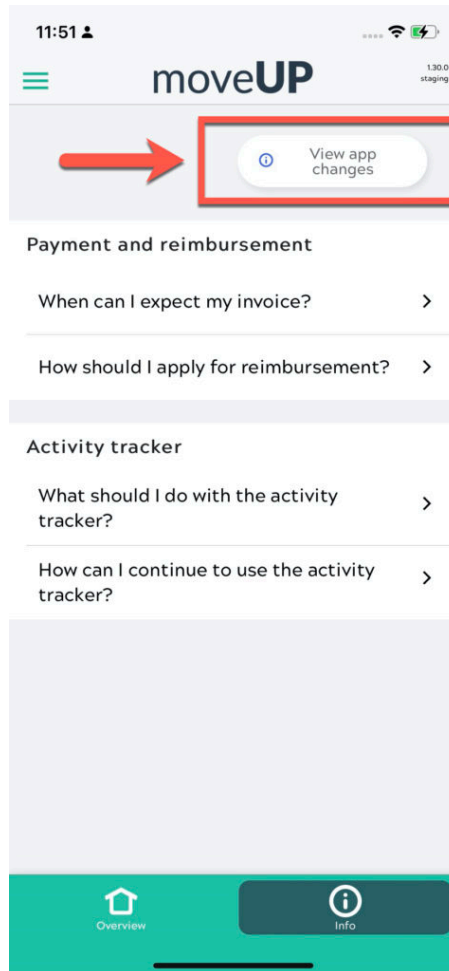
FAQ

If you click on the info tab, you will find a page that is dedicated to frequently asked questions.



View app change

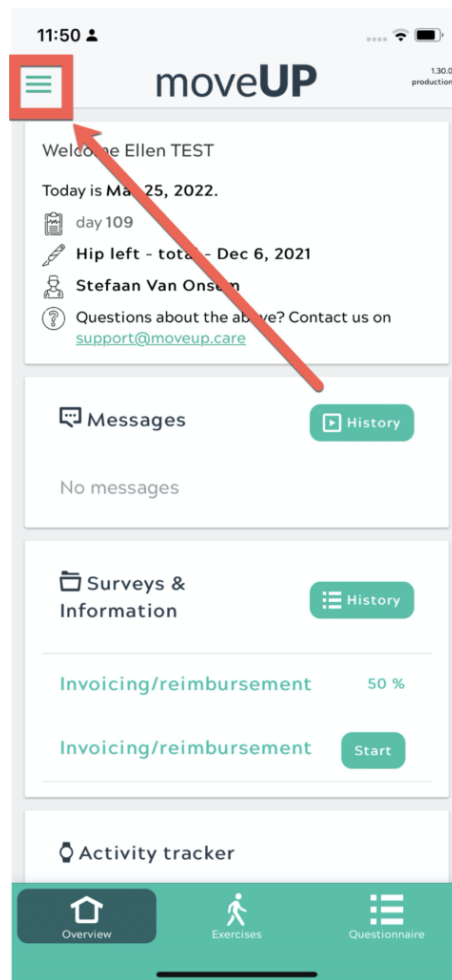
Here you can find an overview of what has changed as discussed on this page.



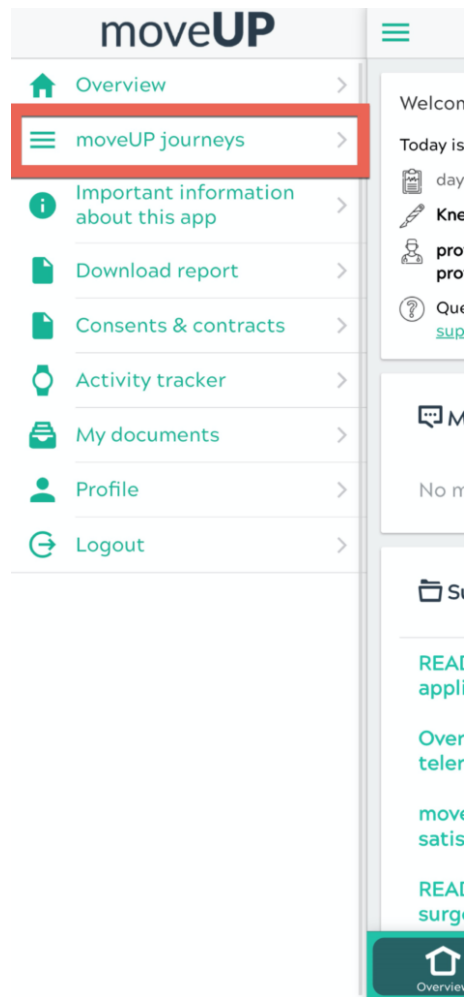
Do you have another active follow-up activated already?

In this case you want find your previous information in the overview tab. But you can still access your previous “moveUP journey cards” via the menu.

Go to the menu by clicking on the top left menu icon.



Choose moveUP journeys



Updated on March 25, 2022