# Modus Health LLC

# StepWatch with CC Apps Reference Guide for Users



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# **General Information**

# Clinic App

The Modus Health Clinical Care (CC) Clinic App is the iPad application and interface for the Clinical Care software. The Clinic App stores all the features and functionalities of the Clinical Care software, including but not limited to short term and long-term participant monitoring, participant communication and goal setting, and physical therapy sessions. This can be downloaded from the Apple App Store.

# Companion App

The Modus Health Clinical Care (CC) Companion App is the iPhone and iPad application for the participant, or patient. It shows the participant their walking progress. The Companion App is used to pair one mobile device to one StepWatch at a time via Bluetooth, and reads the live and stored data off of the StepWatch to transmit it to your facility's cloud for display and monitoring in both the Companion and Clinic apps. The use of the Companion app is optional.

### StepWatch

The StepWatch is the device affixed to the participant's leg that tracks and records all ambulatory data. The StepWatch is charged by using the wireless induction charging pad provided in your purchase of the Clinical Care software. When first received, the StepWatch should be charged on the wireless induction charging pad for at least 3 hours before its first use to ensure full charge. Once paired to the Clinic App, the StepWatch will indicate its battery life, and will inform you if it needs to be further charged. Preparation of the StepWatch prior to visits, as well as proper alignment on participant's legs, is demonstrated further in this manual.

# **Initial App Setup**

# Installing the Clinic App

To install the Modus Health CC Clinic app on the iPad, visit the Apple App Store and search for "CC Clinic by Modus Health". Download the CC Clinic App (shown below) to your Clinic iPad.

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CC Clinic Health & Fit	by Modus Health	GET	CC Compa Health & Fith		Q
THE REAL PARTY OF	mõdus:	₩+104 <b>4</b>	• Descrit 19 06 die Tee an 18	mõdus:	*+10.8 <sup>()</sup>
MUK User Theo Despitatoh Actions Start PT Session Checkson Purticipent Messages Compose	Participant Intel entropy         Carton         Daily Streps         Pask Streps (mint)           v         TY         Total         0.13.0001         0.03.001	Search Article Serces Serces Met Met Met	Welcome but SR4-5ctc C (Keep guing) Of daily goals of daily goals	<ul> <li>Kt Y1 (Here's how you're doing today (07/28/20) Te todark bet is as camet thes</li> <li>Margani</li> <li>14 / 2000 steps</li> <li>Piest steatmen goal</li> <li>14 / 80 steps per min</li> <li>Mudes stifte goal</li> <li>1 / 100 min</li> </ul>	
<b>0</b>	<u></u>	<u>p</u>	<u>A</u>	5 <u>P</u>	0

### **Creating Your Team**

When the app finishes installing, tap the CC Clinic app icon on your home screen to open the application.

The first time you launch the app, you will be required to enter your Client ID and Project ID before being able to access the app. If you do not know your Client and Project ID, please contact Modus Support at +1 (202) 830-1100 ext. 2, or email at Support@ModusHealth.com.

modus™
STEPWATCH CLINICAL CARE
Project ID
Log in
Version 0.8.5 (78)

After logging in with your Client and Project IDs, you will be directed to either 'Select a Team,' or 'Create a Team.' For the initial setup, select "Create Team."

Log in OR	Search Teams	
OR	Log in	
	OR	

From the "Create Team" option, you will be directed to a page with a variety of options to choose from. Depending on your institution and objectives, there will be a wide variety of options you may wish to toggle. Below is the default view and description of the fields under "Create Team."

< mõdus*	
Create a Team	
Team ID	Choose the name of your new team.
Time Zone	
America/Los_Angeles	
America/Lower_Princes	This is the time when participants' mobile devices will upload new data daily. Please ensure that the mobile device is next to the StepWatch at this time, and the StepWatch is not moving and is not on the charging pad.
Step Goal   Peak Steps/Min Goal	Choose the default walking goals that will be suggested when setting up each new participant under this team. They can be changed for each individual participant during registration or at any time.
Minutes Active Goal     Companion App     More Options     Create	Check here if participants will have mobile devices that will be used to upload data. If this is not checked, data will need to be manually uploaded using the Clinic iPad.
wore options create	

If you need additional adjustments made to your CC Clinic App, tap the "More Options" button at the bottom of the page. A complete listing and description of these options are provided on the following page.

### **More Options**

Support Phone+1 (202) 830-1100 ext. 2Support EmailSupport@ModusHealth.com

③ Stride Length Assessment	Toggles Stride Length Assessment during participant setup
<ul> <li>Pin Lock</li> <li>Units</li> </ul>	Toggles Pin Lock on the CC Clinic App whenever logging on
Imperial Metric	Imperial or Metric option is used for entering participant heights
<ul> <li>Population Controls</li> <li>Runners Only</li> <li>No Runners</li> <li>No Severely Impaired</li> </ul>	Population controls are available if you wish to limit the number of options to only those applicable to the participants you are treating. For example, if no participants being monitored will be running, select "No Runners". When you setup a StepWatch, this field will be locked to "No Runners."
Impaired Only	
Low-Mid Cadence Threshold 30     Mid-High Cadence Threshold 80	Use sliders to adjust cadence threshold. This will determine which cadence levels (steps per minute) will be considered "Low," "Mid," and "High".
Email Activity Thresholds Steps Per Day 0 Minutes Active 0	Choose minimum expected activity levels. If a participant falls below these levels, you will have the option to receive an email notification. Each team member can opt in to email notifications. If you do not want anyone to receive email notifications for low activity, leave thresholds set to 0.
③ Battery Warning Threshold 50	
	You will receive a warning when setting up a participant or starting a PT session using a StepWatch that has a battery level below this threshold.
Less Options Create	

Tap "Create" when you are ready to finalize the settings. These settings can be changed at any time in the CC Clinic app by an "admin" team member. Always remember to tap "Update" when changing settings so they are saved. You will be able to choose which team members have "admin" abilities.

# Installing the Companion App

If you are using the CC Companion App for remote uploads and do not have the app installed on a mobile device yet, search the Apple App Store for "CC Companion by Modus Health" and download the app. Participants can download this app on their own mobile device.

Filters V	$\bigcirc$ cc companion by modus he	ealth 🛛 🕲	Cancel
Módus" CC Comp Health & Fi	*		
• Next York Vord	moodus     trace's how you're doing today (07/28/20)     The todall fiber to see connet stage     The todall fiber to see connet stage		
VEW GALT REPORT			

When opening the app for the first time, tap "Ok" to allow Bluetooth in order to connect to StepWatch devices. Allow access to the camera to read QR codes from the CC Clinic app. Request and allow permission to send notifications so that uploads can be triggered, and reminders can be sent if automatic uploads are missed for any reason.

"CC Companion to Use Blu CC Companion us connect to StepV	u <b>etooth</b> es Bluetooth to		"CC Companior to Access th Camera is used to re CC Site	ad QR codes from	Modus Clinical Companion requires Notification Permissions for automatic uploads.	CC Companion' Would Like to Send You Notifications Notifications may include alerts, sounds, and icon badges. These can be configured in Settings.
Don't Allow	ОК	1	Don't Allow	ок 2	Request Permission 3	Don't Allow Allow 4
					Request i simosisii - 5	

If the mobile device's display is set under 'Dark Mode,' there may be some visibility issues with the application and permission requests. If visibility issues occur, please ensure the mobile device is not set to 'Dark Mode' by going to the iPhone or iPad's settings -> 'Display & Brightness' -> 'Appearance' -> selecting 'Light.'

# **Preparing the StepWatch**

Tip: If you are assembling this setup before setting up a participant in the app, you may want to note the device's Bluetooth ID beforehand. It is located on the back of the device above the QR code and begins with "SW".

To prepare the StepWatch ahead of the first participant visit or usage, attach the soft cover to the StepWatch.



Thread the Velcro strap though the StepWatch with the Velcro side facing TOWARD the device. Depending on the participant's ankle size, you will need to select either a small, medium, or large strap. The medium size is the most common.

Apply the StepWatch above the ankle so that it is snug enough to not slip down but loose enough that it remains comfortable.



The StepWatch can be worn over a sock and can be worn on either leg, but it needs to be worn on the outside of the leg and facing upright. See "Managing a StepWatch" for additional notes on wearing and maintaining the StepWatch and associated parts.

# **Setting up a Participant**

### Connect StepWatch

Internet connection is required for the app to register participants and upload data. Ensure your mobile device is connected to a strong WiFi signal or has at least 3 bars of cellular service.

Launch the app and log in to your team. Tap the "Connect StepWatch" button.

12:48 PM Mon Apr 5			💷 🗢 83% 🔳
E	ma	ōdus"	U
EXAMPLE_TEAM User: Team Member 1 StepWatch Actions			
Connect StepWatch	>		
Start PT Session			
Checkout Participant		No participants	
No Messages			
ft. Home	Participants	Meesages	() Help

Find the device's Bluetooth ID above the QR code on the back label. Either place the StepWatch face down on the screen or choose the device from the list. The Bluetooth ID will appear as "SW4-XXXX."



Select the StepWatch that you wish to use, and you will be directed to the following page:

02 PM Mon Apr 12	mō	dus"			<b>रू</b> 77%)
Device Infor	mation	Device Ac	tions		
App StepWatch Id Battery Mode Total Step Count Start Date Runtime Sensitivity Cadence	CR SW4-158A 29% Run 0 Wed Mar 31, 2021 6:58 PM 12 days, 3 hours, 3 minutes 10 76	New Store StepWate	pant with a Step Returning ch while it's not orage Mode	Existing	
•	<u></u>	目		0	

Under "Device Actions," choose the type of participant you are setting up:

- Tap "New" to create a new participant
- Tap "Returning" if a participant who has been unenrolled is returning
- Tap "Existing" if the participant is currently enrolled but the StepWatch device they were using is lost or damaged

If you select "**New**," you will be directed to the following page.

10:08 PM Mon Apr 12		<b>२</b> 75% 🔳
<	mõdus"	C
	Create New Participant Participant ID Re-Enter Participant ID	
	Select Height 2' • 0" • (i) Participant is a Runner	
	Has Impaired Gait No 👻	
	Participant Goals	
	Steps Per Day Goal         600         Peak Steps/Min Goal         60         60         100	
	Next	
<b>^</b>		

# Participant Settings

Enter a Participant ID, height, walking goals, and gait information. Determining whether to use severely impaired, slightly impaired, or no impairment takes some practice. Severely impaired is usually needed for people walking slowly with a walker. Your training will involve how to use choices. The settings are also evaluated for accuracy later in the setup under Verify Steps. Then tap "Next". Then you will need to attach the StepWatch to the participant.

## Wearing the StepWatch

Attach the StepWatch to the participant's leg:

- 1. Place the soft cover securely on the back of the StepWatch.
- 2. Insert the Velcro strap through the back with the Velcro side facing towards the StepWatch.
- 3. Place the StepWatch on the participant and pull the strap through the plastic ring and secure using the Velcro.
- 4. Place the StepWatch 0.5-1 inch above the anklebone, facing up. The StepWatch name should be readable and walking figure should be right-side-up.
- 5. Tighten until fit is comfortable but snug enough that it does not slip down. It can be placed on over a sock, and can be used on the outside of either ankle.



# Programming the StepWatch

**Verify Steps**: For this step, you will need space for the participant to walk around. Follow the prompts to complete the step counting verification. It is okay if the device detects more or less than 10 steps. The app will self-correct, and program the StepWatch accordingly.

<	mõ	JUS™	
	Verify	Steps	
	Verify that the StepWatch is	detecting steps accurately:	
	1. Have the participant we	ear the device	
	2. Tap the Start button		
	<ol><li>Have the participant was have taken 10 steps</li></ol>	alk normally until they	
	0 St	eps	
	St	art	
	o	R	
	Sk	ip	
<b>^</b>	<u> </u>	目	0
Home	Participants	Messages	Help

**Stride Length Assessment**: If you have disabled stride length assessment in team settings, this step will not appear. If you have enabled stride length assessment, you will need a way to measure the walking distance or have the participant walk a known distance. You can also enter the participant's stride length manually.

	<	mõdus™		
If you choose <b>By Distance</b> , you will select a known distance for the participant to walk, in meters. Press start when the participant begins the test, and stop when the participant has walked the	Tap one o stride lens Tap the "E	By Distance By Time Inter Stride Length Manually" button if low their stride length, or tap "Skip" to	ticipant's	If you choose <b>By Time</b> , you will select a time of 6 minutes or less for the participant to walk. At the end of the time interval, you will input how far the participant walked, in
selected distance.	<b>Pres</b>	Persopers Messages	(2) Help	meters. You will need a way to measure this distance.

### **Final Registration**

Verify all of the information is correct, then tap the "Register" button to enter the participant information in the cloud and register them under your team. If this is a returning participant, you will tap "Update" instead of "Register".

<	mõu	dus™	
	Register P	Participant	
	contentReviewParticipa gistering	ntsInformationBeforeRe	
	Participant ID	NAME-1	
	StepWatch Id	SW4-4A61	
	Height	4' 11"	
	Walking Ability	Not Impaired	
	Stride Length	0.67 m	
	Cadence	66	
	Sensitivity	12	
	Regi	ister	
•	20	B	(?)
Home	Participants	Messages	Help

# Connect using QR Code

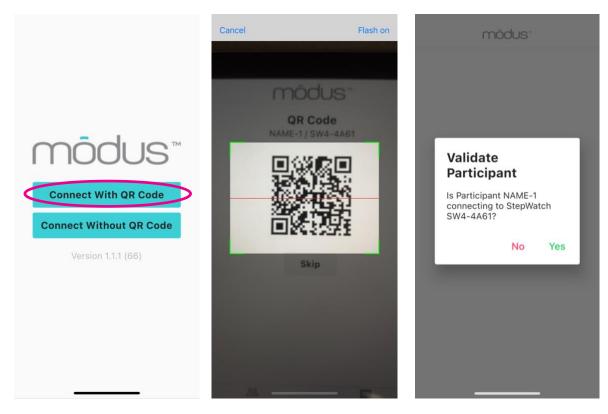
The following screen will show a QR code for connecting a participant's mobile device with the StepWatch. If you do not have the participant's mobile device or do not want to use the QR code, you can press the "skip" or back button to return to the main screen. You can still connect the StepWatch to the participant's mobile device by selecting the Bluetooth ID on the back of their StepWatch on their Companion App.



# **Using the Companion App**

### Connecting to the StepWatch

After downloading the Companion App and accepting the permissions, you can connect the mobile device to the StepWatch. If you have just finished setting up the participant in the Clinic App, tap "Connect With QR Code" and scan the Clinic iPad QR code.



Otherwise, tap "Connect Without QR Code" and either wait 30 seconds for the device to connect or select the Bluetooth ID of the StepWatch you want to connect to.

	< mõc	dus-	mõ	idus"
	Connect To St Place StepWatch face outline. Alternatively, from the list.	down on the		
Connect With QR Code Connect Without QR Code Version 1.1.1 (66)	Devices	StepWatch 4	Validate Participa Is Participant connecting to SW4-4A61?	NAME-1
	SW4-98af	StepWatch 4		
	SW4-43ad	StepWatch 4		

### **Uploading Data**

The Companion App will automatically upload new data each night at the time selected in the team settings. If the app is unable to connect to the StepWatch overnight, it will send a push notification to the mobile device to tell you to open the app. When you open the app, it will automatically upload the data. To upload additional data at any time, you can tap "Update Now" on the Home screen.

StepWatch must be in the same room as the mobile device with the Companion App for a successful connection and upload.

#### **Viewing Progress**

**Daily Progress:** The Home page of the Companion App (far right) will show you the total percentage of goals that have been met that day. You can scroll to the bottom to see the goals and progress towards each of these goals individually.

**<u>Gait Report:</u>** Tap "view gait report" on the home screen to view statistics for any day or range of days that the participant was using StepWatch. Slide the left and right sliders to select a range of dates. Statistics available in the gait report are:

- Daily Steps: Average daily steps on the days selected
- Active Minutes: Average number of minutes per day when any steps were taken
- Peak Steps/Min: Average of the number of steps taken in the most active minute of each of the selected days



- Average Steps/Min: Average number of steps per minute (cadence) calculated using all active minutes of the selected days
- Low Steps/Min: Percent of active minutes that were "Low cadence" according to team settings. Default is 1 30 steps per minute. Averaged between the selected days.
- Medium Steps/Min: Percent of active minutes that were "Medium cadence" according to team settings. Default is 31

   80 steps per minute. Averaged between the selected days.
- **High Steps/Min:** Percent of active minutes that were "High cadence" according to team settings. Default is over 80 steps per minute. Averaged between the selected days.

<u>All Days Report:</u> Tap "all days" at the bottom of any screen to see steps, peak steps/min and minutes active for the participant for any one day. Tap bars on the graph to view different days.

modus"

Welcome back NAME-1!

Here's how you're doing

today (04/07/21)

Tap Update Now to see current steps

SW4-AEOF

Keep going

#### Messaging

Tap "Send Message" to send messages between the participant and team members assigned to their team. Participants can select which team member they want to send a message to.

#### Resetting the Companion App

If "Checkout Participant" is used in the Clinic App, the Companion App is automatically reset. If assigning a StepWatch to this mobile device, again, first, set up the StepWatch and scan the QR code as before. You may have to wait up to 30 seconds after setting up the StepWatch to connect to the Companion App.

If a participant has lost a StepWatch and, therefore, needs a new StepWatch connection, you will need to reset the Companion App. To do this, navigate to the Help screen of the Companion App and tap "Reset all settings". You will be prompted to enter a team member name and their PIN.

Follow the instructions for setting up a StepWatch for an existing participant. scan the QR code as before. You may have to wait up to 30 seconds after setting up the StepWatch to connect to the Companion App.

12:14 🔊			.ill 🗢 💽
	môc	dus™	
	Participant epWatch ID Uploads ar	: SW4-AEC	)F
	MANUAL	UPLOAD	
UP	LOAD DIA	GNOSTI	cs
1	Disable U	PLOADS	
RE	SET ALL	SETTING	s
	CC Com Version 1	<b>panion</b> .1.1 (67)	
	CC Com Version 1	panion	

# **Using the Clinic App**

# Previewing a StepWatch

Tap "Connect StepWatch" on the Home screen. Select the StepWatch from the list or set StepWatch on the screen for up to 30 seconds. You can now view information about the StepWatch. If StepWatch has been programed to record, it will show the Team ID, Participant ID, Total Step Count that has not been uploaded, Start Date is the date and time from the last upload, Runtime is how long it has been recording since the last upload, Sensitivity (used in the StepWatchalgorithm), and Cadence (used in the StepWatch algorithm). StepWatch ID, Battery %, and Mode always shows even if StepWatch has not been set up.

Under "Mode," there are two options that can occur:

- 1. Run The device is actively collecting data.
- 2. Idle The device is on but is not actively collecting data.

Ser: Team Member 1		mà	idus"		12:53 AM Thu Apr 8	mõ	dus-		<b>.</b> t≓ ♥ 10
StepWatch Actions		Connect 7	To StepWatch		Device Inform			Actions	
Connect StepWatch		Place StepWatch fa Alternatively, select	ace down on the outline. StepWatch from the list.		Team ID Participant ID	EXAMPLE_TEAM NAME-1	Setup a Par	ticipant with a Step	
Start PT Session	1		Devices		StepWatch Id Battery Mode	SW4-AEOF 46% Run	New Read step of	Returning	Existing
Checkout Participant		1 N	SW4-453d	StepWatch 4	Total Step Count Start Date Wed Apr 7, 2021	4 Wed Apr 7, 2021 11:20 PM	Uplo	ad Step Data	
		- A -	SW4-AEOF (NAME-1)	StepWatch 4	Runtime Sensitivity	1 hours, 33 minutes 12	Change Par	ticipant settings or	StepWatch
lessages Compose		1	SW4-8fd4	StepWatch 4	Cadence	66	Cha	nge Settings	
	1.1	1					Store Step	Natch while it's not	being used
							Set to	Storage Mode	
		22		0	•	22		3	0

# Uploading Step Data

You can upload data from any StepWatch from the Clinic App at any time. Connect to the StepWatch as above, then tap "Upload Step Data" under Device Actions. You will receive a popup notification indicating the data was successfully uploaded. Ensure that the StepWatch is nearby and is not charging.

## **Changing Participant Settings**

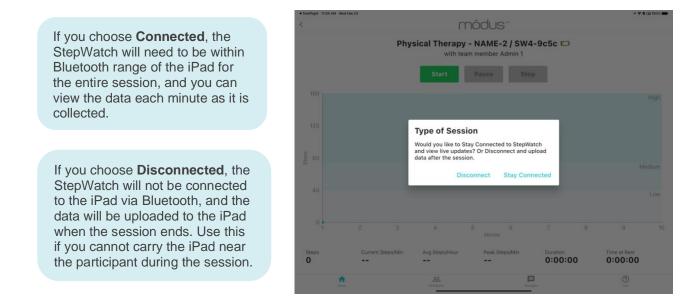
When a participant's gait or walking goals change, you can update this information by connecting to the StepWatch. Connect to the StepWatch as above, then tap "Change Settings". Here you can change goals, height, gait type, and whether or not the participant runs. Tap "Next" and you will be able to update the verification and stride length, or skip them. You will get a popup letting you know the settings were updated successfully. If you only want to update the walking goals, see instructions under "Updating Goals".

### Set to Storage Mode

You may choose to save battery while a participant is not uploading new data by selecting "Set to Storage Mode" from the same menu as above. This will put the StepWatch to sleep, preserving battery in the device. The participant will remain enrolled, and the Companion App will remain paired with the StepWatch, but no new data will be recorded or uploaded. To begin recording more data, place the StepWatch on the wireless induction charger for 10 seconds and remove it before attempting to upload again.

# **Physical Therapy Sessions**

Tap "Start PT Session" from the Home screen and connect to the correct StepWatch for your participant. Select Connected or Disconnected data collection method.

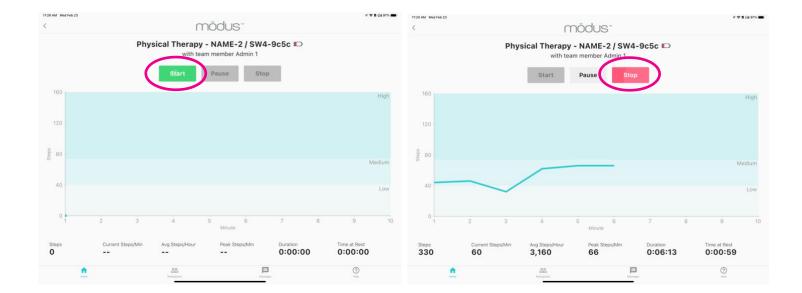


Tap "Start" to begin the session, keeping the iPad in the same room of the participant.

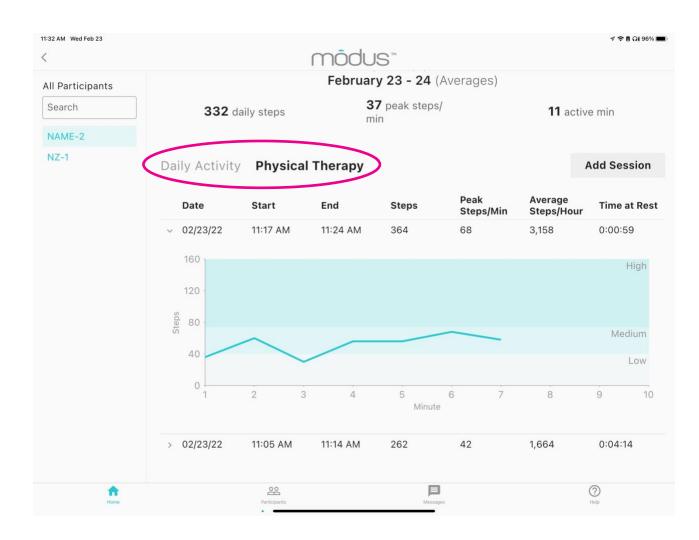
The step data will begin to appear after the first minute has passed, and will continue to present more data each minute for the entire duration of the physical therapy session.

Step data is broken down by steps per minute, average steps per hour, peak steps per minute, and time at rest. **Time at rest** is defined as the sum of any 10 second or longer rest without any steps taken.

The cadence thresholds are shown on the graph, demonstrating time spent in low, medium, and high activity, as previously defined in the team settings.



To view completed PT session data, select the participant on the "Home" screen **or** the "Participants" screen. Scroll to the bottom, and change the data view from the default "Daily Activity" to "Physical Therapy".



#### **Mobility Triage Report**

The mobility triage report is designed to highlight who immediately needs your help. The participants that did not meet their mobility goals are at the top of the list. Participants that have no data are in the middle, and participants that met all of their mobility goals are at the bottom. Those that did not meet their goals may need more of the clinician's time to determine the barriers to achieving their goals.

<b>TERI</b> User: Test		Mobility Triage Report (5/14/20) based on mobility for 5/13/20			Q Search		
StepWatch A	Actions	Participant tap for details	Met Goals	Daily Steps (goal)	Peak Steps/Min (goal)	Active (min) (goal)	
Setup St	epWatch	> P-SYDNEY	No	<b>716</b> (1000)	<mark>62</mark> (80)	<b>35</b> (100)	
View St	epWatch	> P-NINA	Yes	<b>5,970</b> (1000)	<b>130</b> (80)	<b>148</b> (100)	
Start PT	Session	> P-TERI	Yes	<b>6,514</b> (5000)	<b>108</b> (100)	<b>154</b> (150)	
Messages	Compose						
<b>P-NINA</b> happy for you,	12:41 PM						
<b>P-TERI</b> how can I help y	11:48 AM You reach your						
<b>P-SYDNEY</b> keep up the goo	4/29/2020 od work						
		00			(	୭	

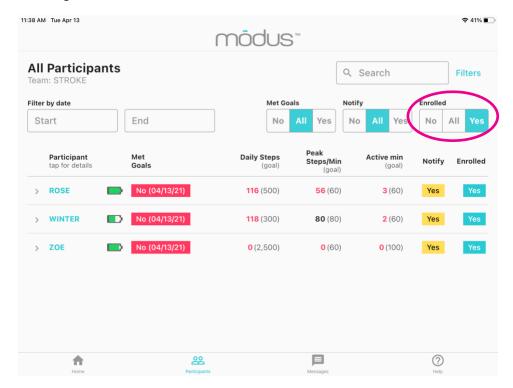
#### **All Participants View**

Tap the "Participants" screen at the bottom to view all the participants that you have managed with a StepWatch. This view has the latest information about each participant.

Tap "Filters" to filter the participants by date range (Filter by Date), if they have met their goals for the most recent day of data (Met Goals), if email notifications are enabled for the participant (Notify), and if the participant is actively being monitored (Enrolled).

	Participants m: STROKE				Q Search		Filters
Filter	r by date		Met Goa	ls	Notify	Enrolled	
St	art	End	No	All Yes	No All Yes	No	All Yes
	Participant tap for details	Met Goals	Daily Steps (goal)	Peak Steps/Min (goal)	Active min (goal)	Notify	Enrolled
	NEWNINA					No	No
>	P-TERI2	Yes (06/14/20)	<b>10,870</b> (300)	<b>120</b> (60)	<b>180</b> (100)	No	No
>	ROSE	No (04/13/21)	<b>116</b> (500)	<mark>56</mark> (60)	<b>3</b> (60)	Yes	Yes
>	TRUN	No (07/01/20)	<b>774</b> (1,000)	<b>102</b> (60)	<b>26</b> (120)	No	No
>		No (04/13/21)	<b>118</b> (300)	<b>80</b> (80)	<b>2</b> (60)	Yes	Yes
>	WUSTL	No (04/05/21)	<b>0</b> (2,500)	<b>0</b> (60)	<b>0</b> (60)	No	No
>	ZOE	No (04/13/21)	0(2,500)	0(60)	<b>0</b> (100)	Yes	Yes

This is an example of filtering with Enrolled set to Yes:



#### Gait Report

Tap "View Gait Report" in the top right corner of a participant's page to view their gait report. This contains statistics for any day or range of days that the participant was using StepWatch.



Slide the left and right sliders to select a range of dates. Statistics available in the gait report are:

Daily Steps: Average daily steps on the days selected.

Active Minutes: Average number of minutes per day when any steps were taken.

**Peak Steps/Min:** Average of the number of steps taken in the most active minute of each of the selected days. **Average Steps/Min:** Average number of steps per minute (cadence) for all active minutes of the selected days. **Low Steps/Min:** Percent of active minutes that were "Low Cadence" according to team settings. Averaged

between the selected days. **Medium Steps/Min:** Percent of active minutes that were "Medium Cadence" according to team settings. Averaged between the selected days.

**High Steps/Min:** Percent of active minutes that were "High Cadence" according to team settings. Averaged between the selected days.

### Messaging

In the Clinic App and the Companion App, participants and team members can directly message one another, including questions, encouragement, or any other communication that needs to occur.

:13 AM Tue Apr 13		m	ōdus"	중 41%
Messages	New		ZOE View Participant's Progre	SS
Search			June 30, 2020, 7:39 PM	1
<b>ZOE</b> Thank you!	9:13 AM			do your best
B68-IPH	Yesterday	I'm feeling som	e pain when I walk	
Woo boo!	resteruay		Thu, Jul 9, 11:23 AM	
WUSTL I'm still going	3/30/2021			feeling better
			Today 9:12 AM	
ROSE Try harder	3/30/2021			Keep up the good work!
WINTER howdy	12/17/2020	Thank you!		
nonay		Message		
TRUN	7/1/2020	message		
Home		Participants	Messages	() Help

## **Updating Goals**

When you need to change goals for a participant, under the "Participants" section of the Clinic App, select "Update Goals" to the right of their Participant ID at the top of the screen. Here, you can manually input new Steps Per Day, Minutes Active, and Peak Steps Per Minute goals for each participant.

1:28 PM Tue Apr 13	môc	lus-	ବ ଏ ପ 100% (🗲 ) 1
All Participants Search 210302-2	210302-2 (SW4-9c5d, Update G	oals	View Gait Report
210302-2	DAYS GOALS WERE MET START DATE 15 out of 23 (65%) 3/2/21	STEPWATCH SW4-59c9	
	Daily Steps Peak Steps/Min	Active min	
	Update Goa	lls	5К
	Steps Per Day 50 Minutes Active 3 Peak Steps/Min		2.5К
	3/18 3/	3/22 Update erages)	3/23 3/24
	82 daily steps	48 peak steps/ min	4 active min
	Daily Activity Physical Ther	ару	
An	28 Notaen	Mat Dally Chana Marga	Peak Antimesia

# Help Screen

You can access the Help screen at any time by tapping Help in the bottom right corner. This is where you can access the app version, submit a support case via email, upload app diagnostics, and update your settings.



#### Support and Settings options for all users:

- <u>Submitting a support case</u>: To submit a support case, your iPad will have to be set up for email. Please include name, email, organization, phone number, and relevant details surrounding the issue to best assist us in diagnosing and fixing the problem.
- <u>My Settings</u>: Each team member can change their name, email, PIN, and email options. Remember to press "update" when changing settings or they will not be saved.
- <u>Send App Diagnostics</u>: Tap if you are having an issue with the Clinic app and are directed to do so. This will push a specific type of diagnostic file to Modus' technology department to assist us in diagnosing and fixing the problem.

#### Additional options for admin users:

- <u>Team settings:</u> Admin users can update any of the settings for their team seen in pages 5 and 6.
- <u>Manage team members</u>: Add new team members, set their admin status, set team members as active or inactive. Inactive members will not be able to log in, message participants, or receive emails, but they can be re-activated at any time. Admin users can also delete team members permanently.
- <u>Reset App Settings</u>: This will reset the app, logging out your team and facility entirely. This does not delete data in the cloud, but you will need to log in to your facility again to access the app.



# Managing a StepWatch

# Wearing the StepWatch





First, pull the strap through the slots on the back of the monitor. Then, pull the strap through the plastic ring and secure using the Velcro tip.

The StepWatch should rest about 0.5 - 1 inch above the anklebone, on the outside of the leg. The StepWatch does not require skin contact, and can be worn over a sock

#### **INCORRECT WEARING**



Upside down.



Inside the leg.

# Cleaning the StepWatch

If needed, you can clean the StepWatch by rubbing gently with a wet cloth or disinfectant wipe. To clean the strap, handwashing with soap and warm water is preferred. Air-dry, or set dryer heat to low. It is recommended that the same strap is used with the same participant. Straps can be disposable following a participant's checkout of the program.





**WARNING!** NEVER PLACE THE STEPWATCH IN ANY TYPE OF OVEN OR AUTOCLAVE as this could potentially cause the permanent lithium battery to rupture or explode.

# Charging the StepWatch



To charge StepWatch, place it facedown on the center of the charger.

A light will illuminate when your StepWatch begins charging.



Do not place StepWatch on edge of charger.



Do not place StepWatch upside-down on charger.

# **Frequently Asked Questions**

What happens if I forget my clinician PIN?

Contact the Modus Helpdesk to retrieve your clinician PIN.

What if the StepWatch slips down the participant's ankle?

You will need to reposition the StepWatch and tighten the Velcro strap to keep the StepWatch in place.

Can participants switch what leg they wear the StepWatch on?

Yes

Can the StepWatch get wet?

Yes, the StepWatch is waterproof (IP67). StepWatch can be used in the shower, bath, or in the rain. Swimming is not recommended. A dry Velcro strap is recommended if wet.

Can I reuse a StepWatch for a different participant?

The same StepWatch is meant to be used with the same participant for the duration you wish to monitor the participant's walking with StepWatch. If StepWatch is lost or broken, you may setup a new StepWatch for a participant using the Existing Participant feature in the app. The Companion App will need to be reset to be associated with this new StepWatch.

Do participants see any other participants data?

No, the Companion App only shows the participant's data that is connected to a specific participant ID.

When should I checkout a participant?

You should checkout a participant when they have completed the mobility program and you no longer wish to monitor their walking with StepWatch.

How does a participant update their stepping data?

They tap "Update Now" in their CC Companion app.

# **Troubleshooting**

The StepWatch cannot connect to the iPad:

Make sure the StepWatch is not on a charger when trying to connect.

Make sure the StepWatch has some battery life by charging it for at least 15 minutes.

Try restarting app.

If problems persist, contact the Modus Helpdesk.

The participant's mobile device will not connect to StepWatch:

Make sure the participant accepted all of the requests when first downloading the CC Companion app. Accepting the use of Bluetooth and notifications are needed for the app to run. They can try redownloading the app if the initial connection is unsuccessful.

The app crashes or does something unexpected:

Go to the Help screen. Tap "Send App Diagnostics" and then tab "Submit Support Case." This will help Modus understand your issue. For time sensitive issues, please call or email the Modus Helpdesk.