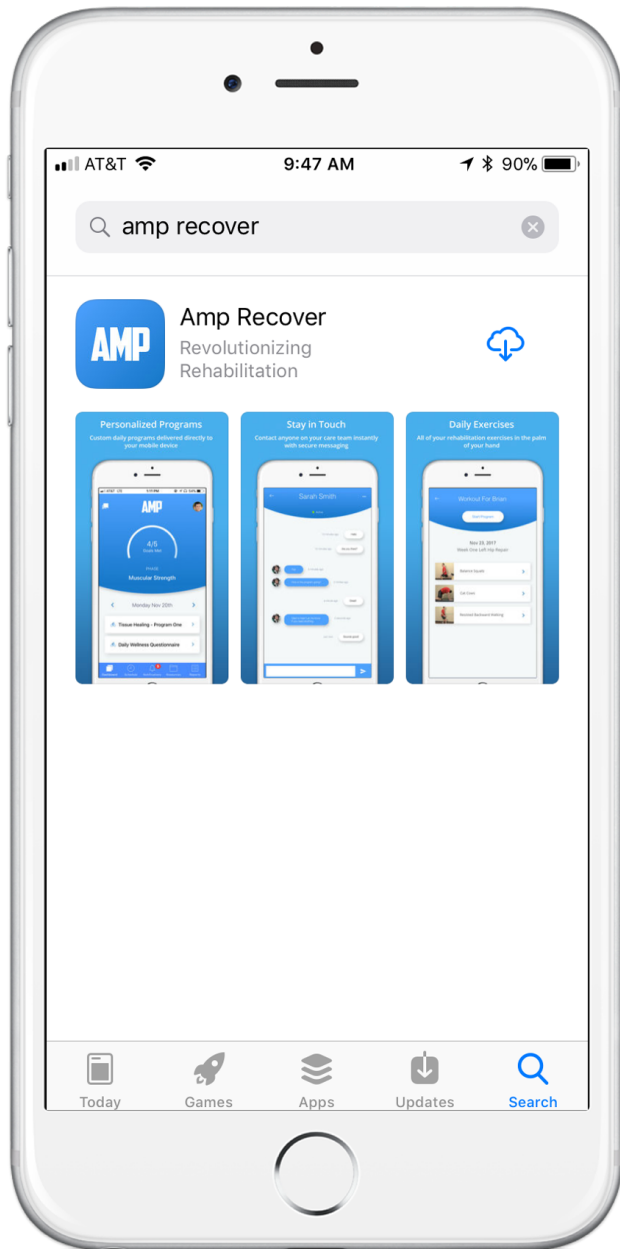




## **Mobile User Guide**

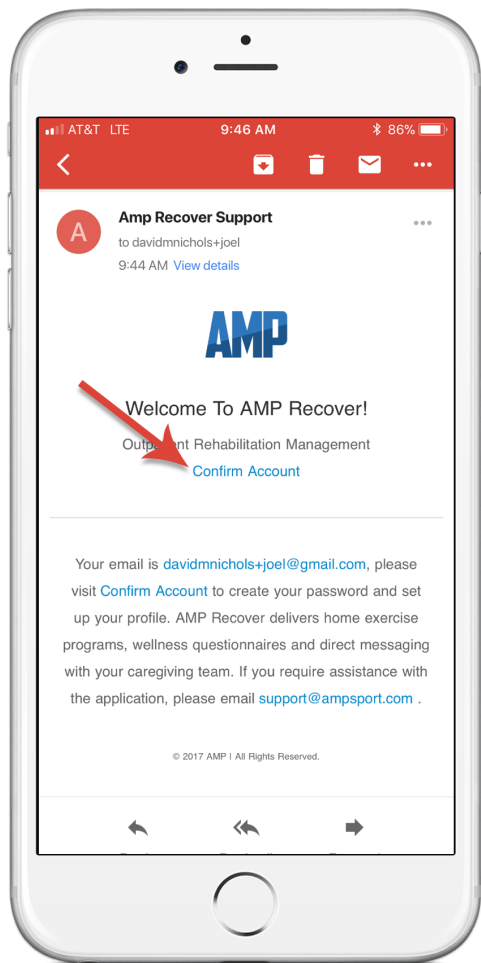
August, 2018

iOS/Andriod v1.5



## Download the AMP Recover app from your App Store

Search for "Amp Recover" in your app store and download the free mobile app.

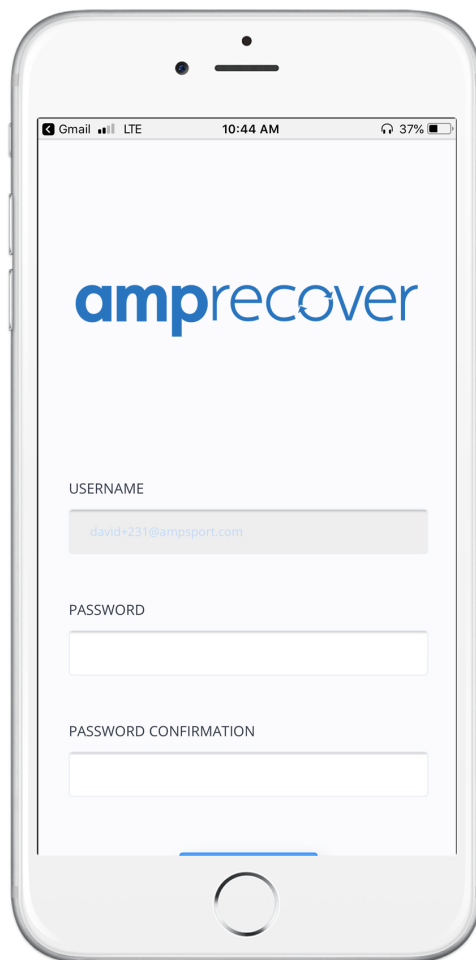


## Open Your Invitation

Open your invitation email from amp support and click on Confirm Account. This will take you to the screen to create your password and create your Account.

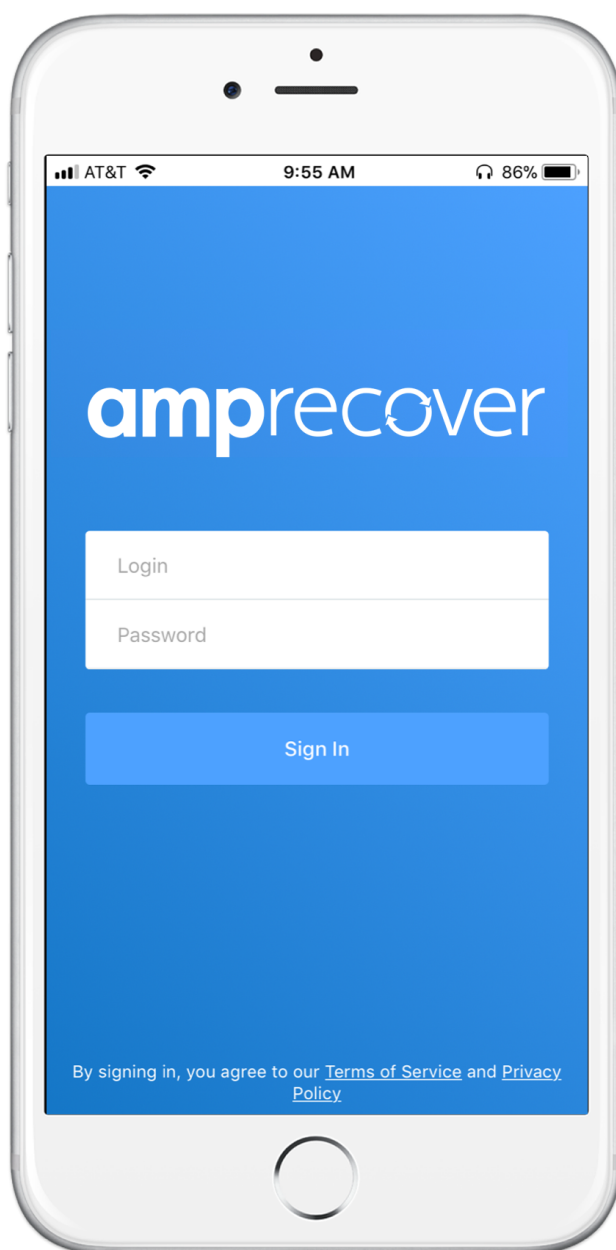
## Create Your Account

Your email is your username. Enter a unique password for your AMP account and then enter it again to confirm. Click "Create Account".



# Login into the AMP Recover Mobile app

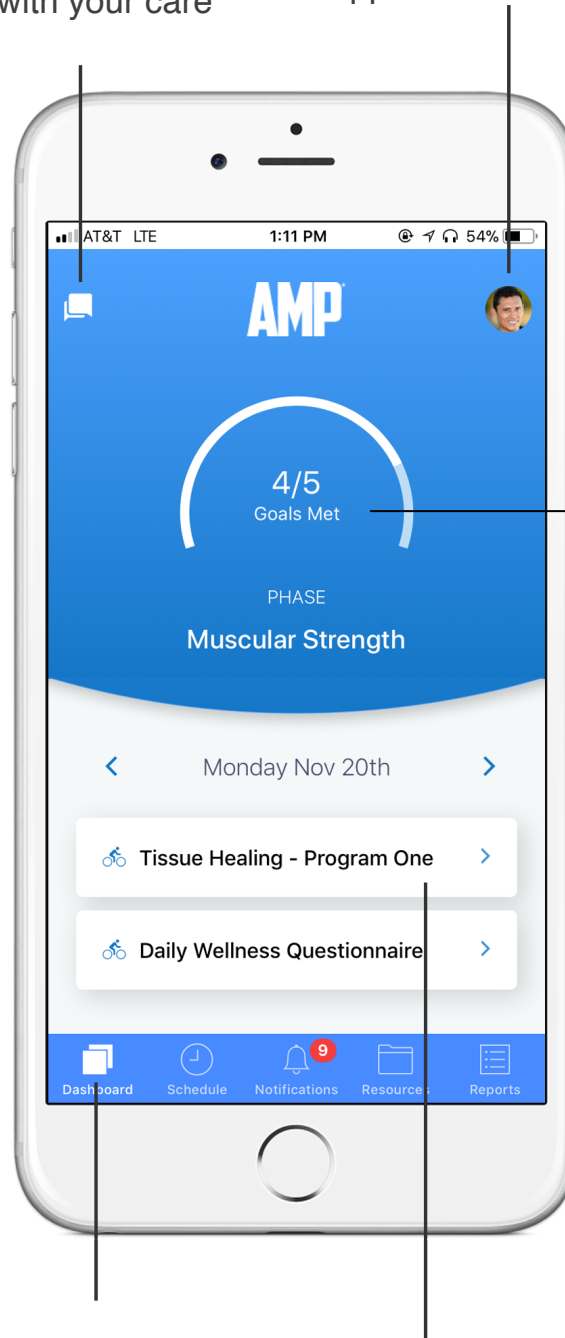
Open the AMP Recover mobile app and enter your email and password. You're now ready to begin your recovery.



# Familiarize Yourself with the Interface

Send and receive private messages with your care team here

Tap the user icon to access your settings and log out of the app



In the center is a display for the current rehabilitation phase that you are in and the number of goals that have been assigned and completed.

This is your menu bar where you can access all of AMP Recover's functions. This includes your daily schedule, notifications, shared resources and completed reports

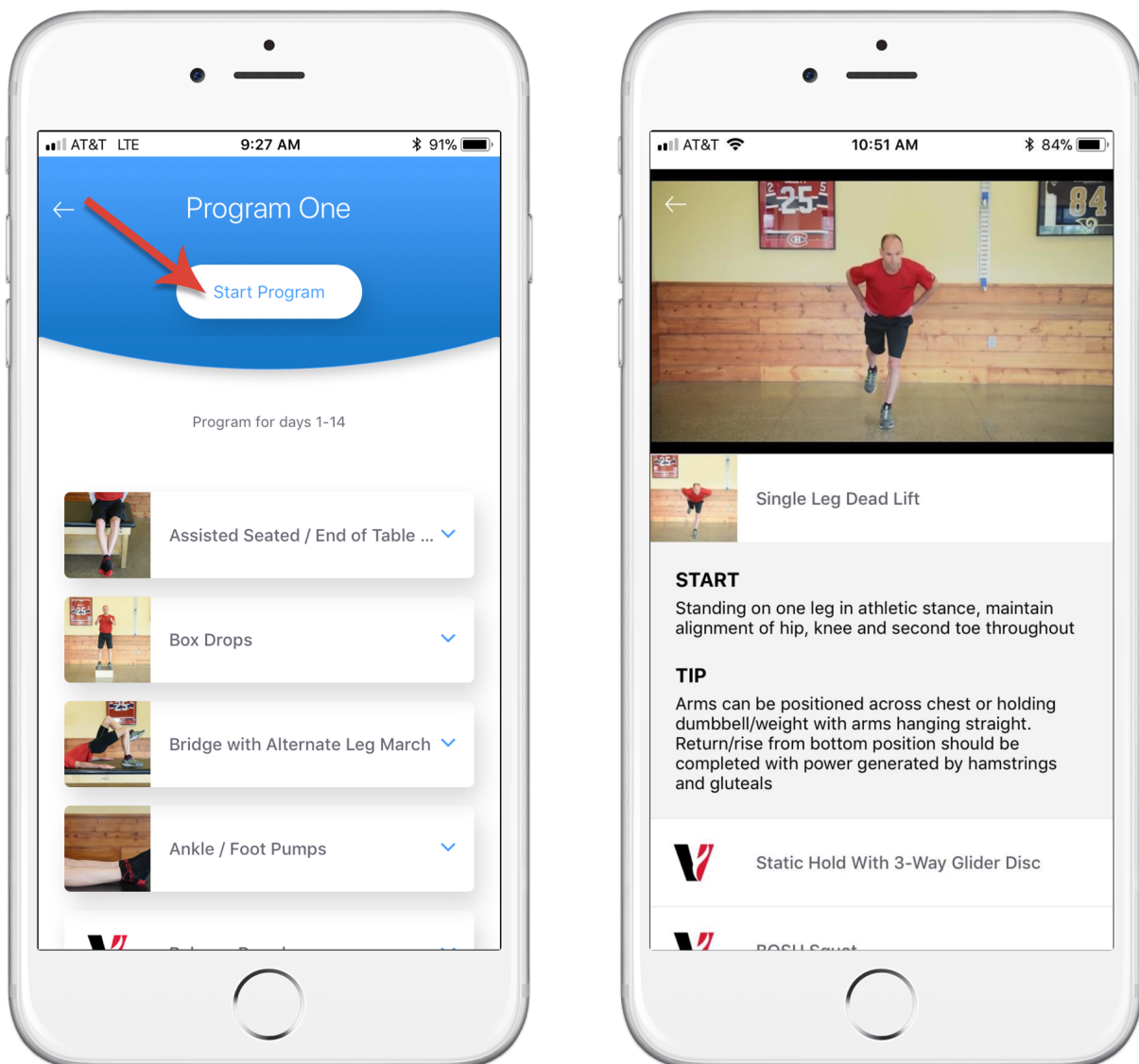
Your activities for today are located in the white boxes. Tap the box to begin an activity

# Beginning a Workout Program

To begin a daily workout program first tap on the workout from your daily schedule. Here you'll see a preview of the exercises in today's workout program. Tap on Start Program to begin.

The first exercise will open and display the start position, movement instructions and any tips on executing the exercise. A video demonstration of the exercise will display at the top of the screen. Once you are finished with the movement tap on the next exercise in the list to move on. When you have completed all of the exercises in the program tap Complete at the bottom of the screen.

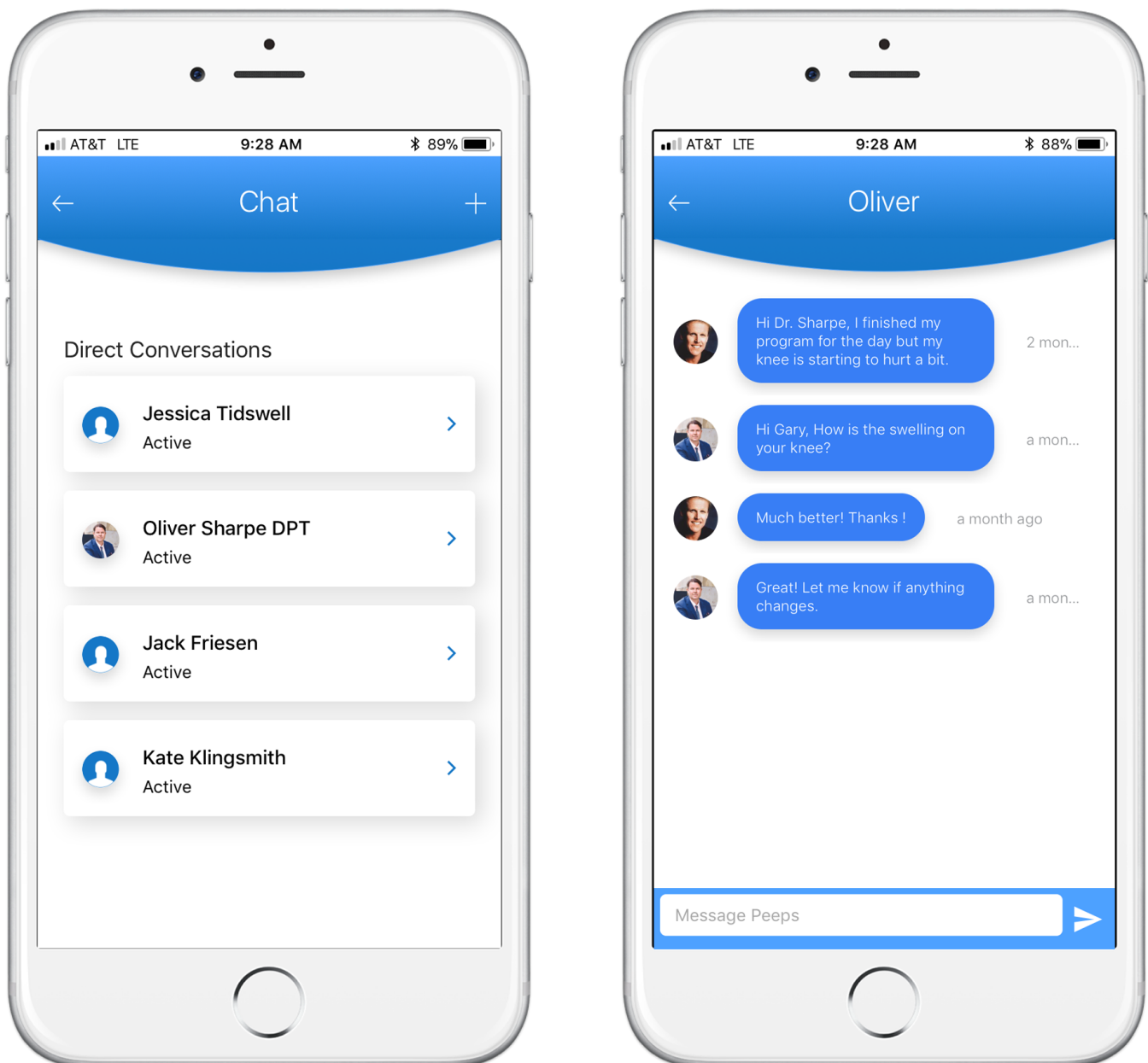
You're now done with your program for the day and everyone on your care team was notified of your progress!



# Messaging Your Therapist

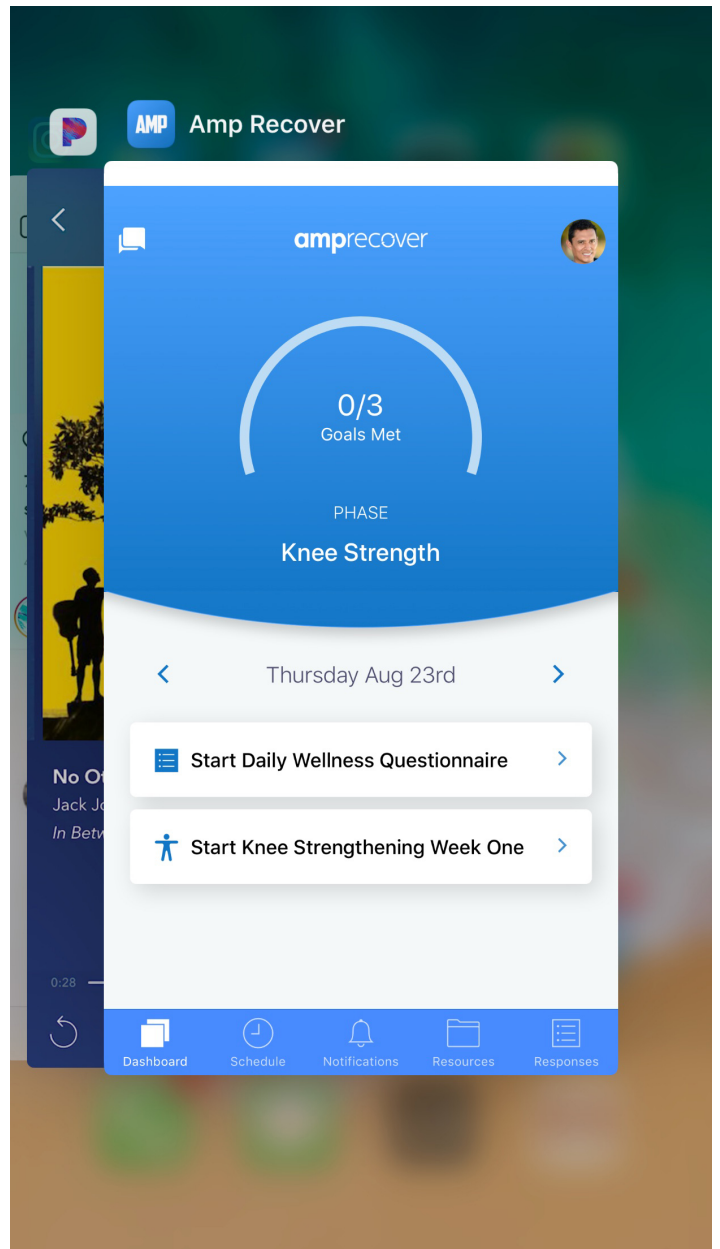
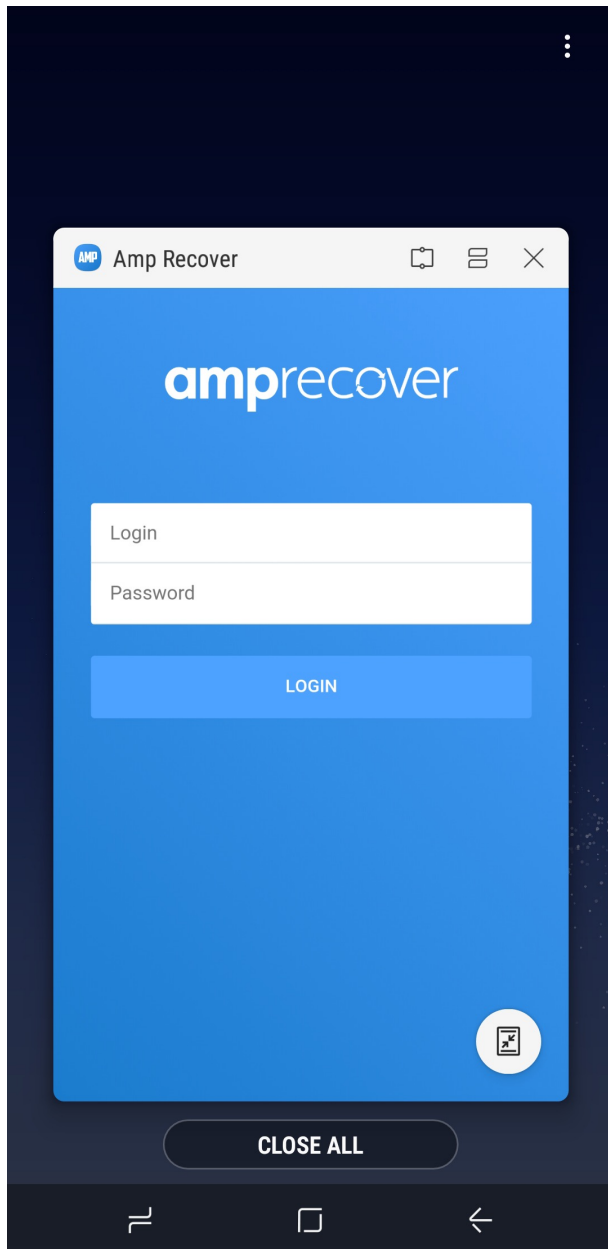
To contact your PT with secure messaging start by tapping on the messages icon on your patient dashboard. You can now begin a direct conversation with any member of your care team by tapping on their name.

Your therapist will be immediately notified of your message to keep them up to date on your rehabilitation progress



# Troubleshooting

The AMP Recover app is continually being updated with new features and bug fixes. If you are having any issues with the app's functionality close the app out by swiping up the app on iOS, or tap the close icon on android. Next, re-open the AMP Recover app.





# Contact Support

If you need help with anything please email [support@amprecover.com](mailto:support@amprecover.com)