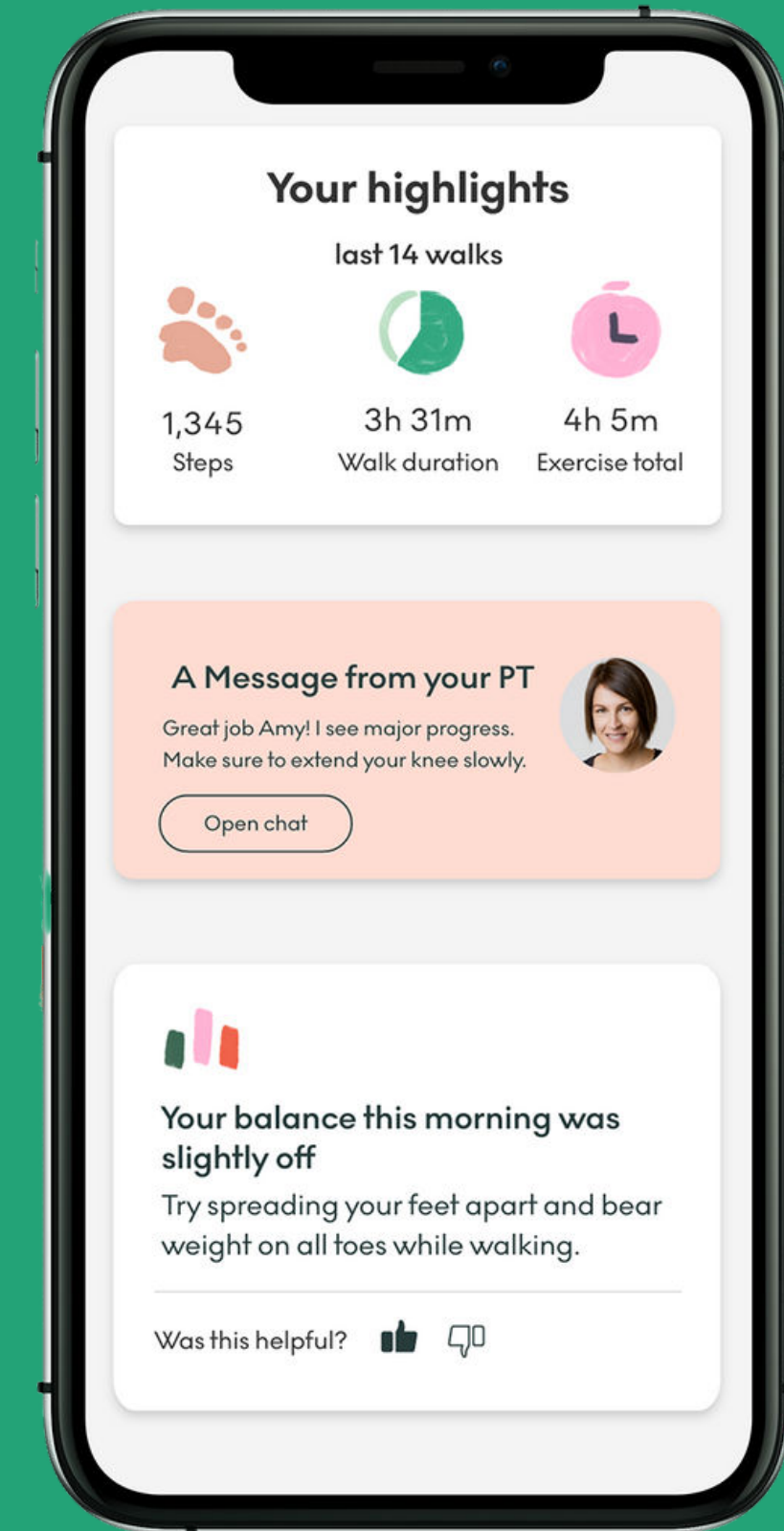


OneStep

Download & Scheduling Guide



IN PARTNERSHIP WITH



Hi there! We're OneStep, a digital physical therapy app here to support your recovery at every step of the way.

Your personalized recovery program

As a Kinomatic patient, we are delighted to offer you a complimentary personalized recovery program created just for you by a licensed physical therapist to help get you back on track from the convenience of home.

The best part? The exercises are broken down into bite-sized daily routines you can perform from anywhere. And don't worry, you don't need to buy any fancy equipment to get started.



Your personalized recovery program

After you meet your OneStep physical therapist, your recovery program will be delivered directly to your smartphone within minutes. All you have to do is follow this download guide to get the OneStep app, schedule a meeting with your OneStep PT and start your recovery journey with us today.

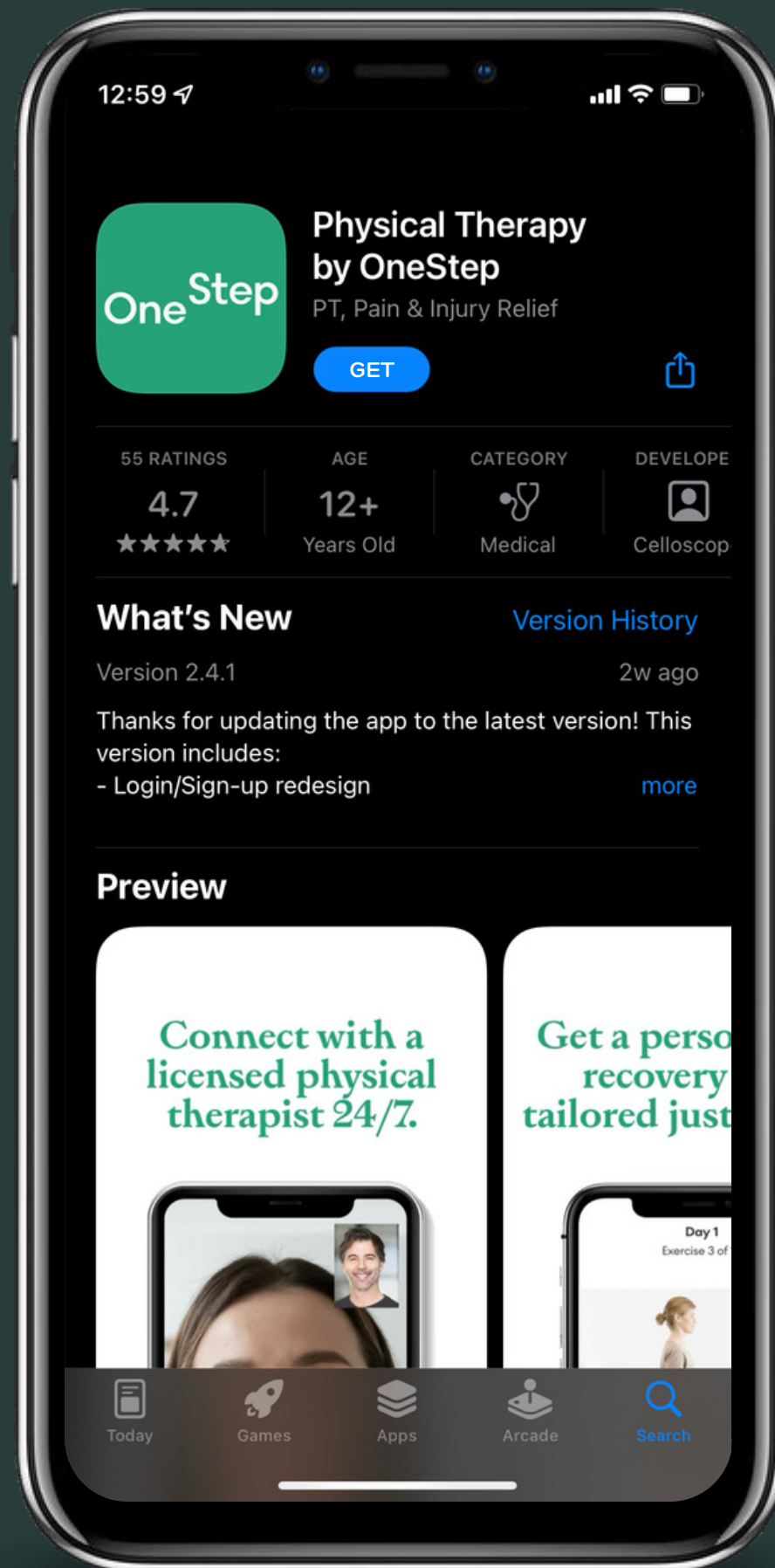
We look forward to seeing you and are excited to support you on this meaningful journey!



In this section, we'll walk you through how to download the app and set it up on your smartphone.

First, you will receive a text message from Kinomatic containing a link to download the OneStep app.

**Hi Jane! This is Kinomatic. It is time to begin your OneStep Digital Physical Therapy journey. Tap the link below to download the app and get started.
<https://open.onestep.co/EKSS/kinomatic>**

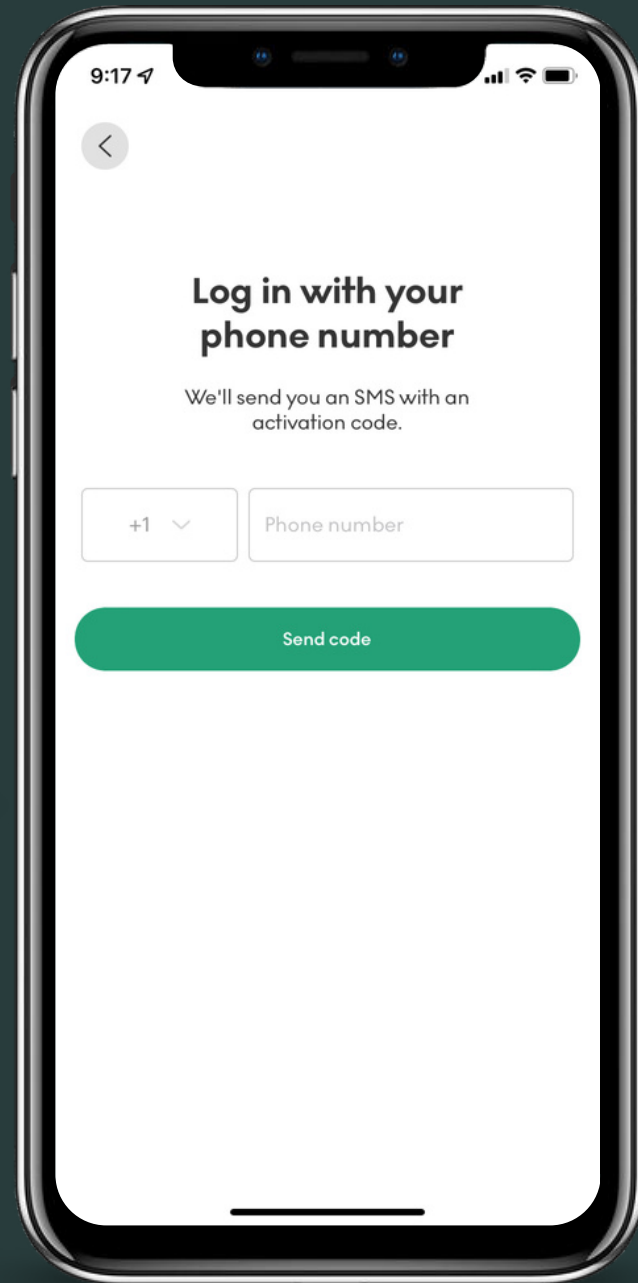
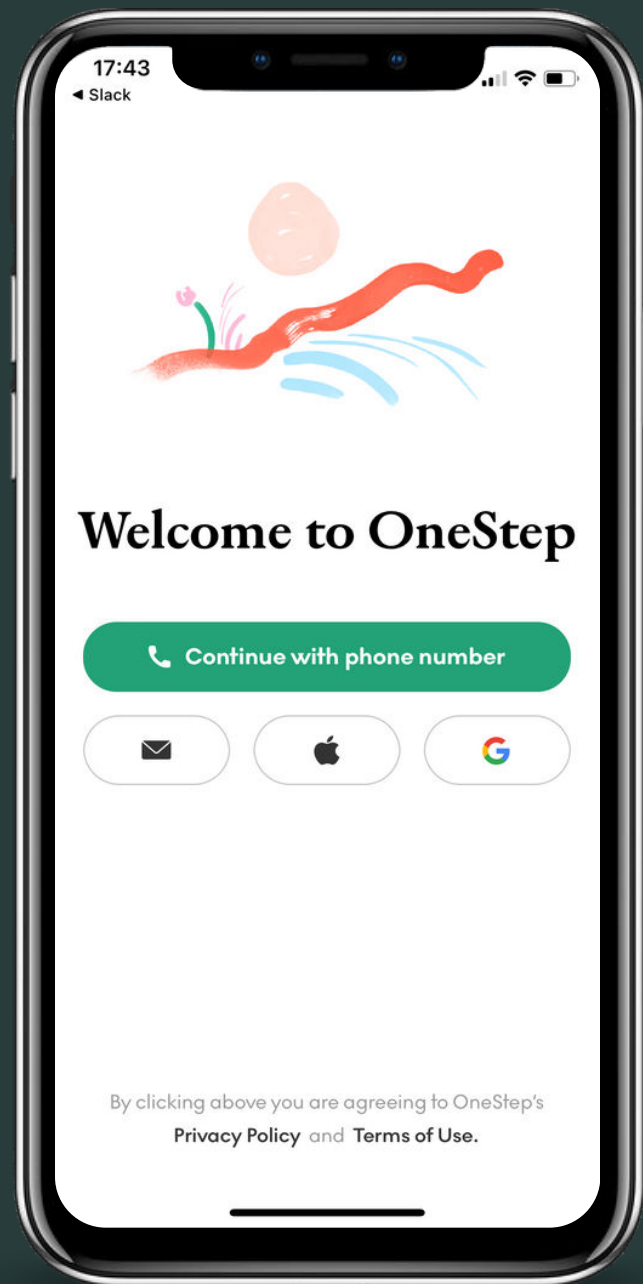


Download the OneStep app

Click on the link you received in the text message from Kinomatic.

The link will redirect you to the App Store, for Apple phones, or the Google Play Store, for Android phones.

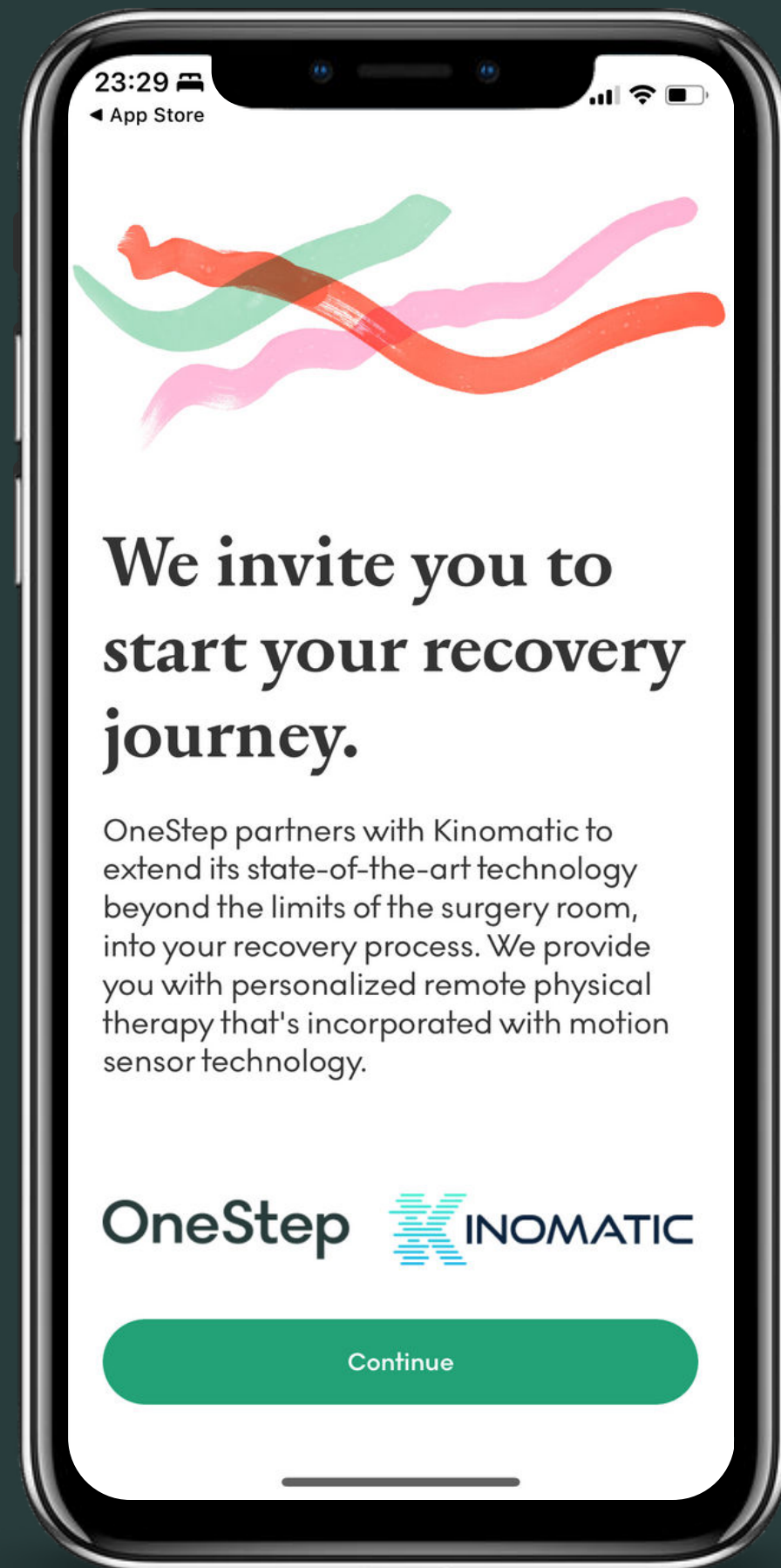
Proceed to download the app to your phone.



Log in to the OneStep app

When you are prompted to log in, select the option to use your mobile phone number.

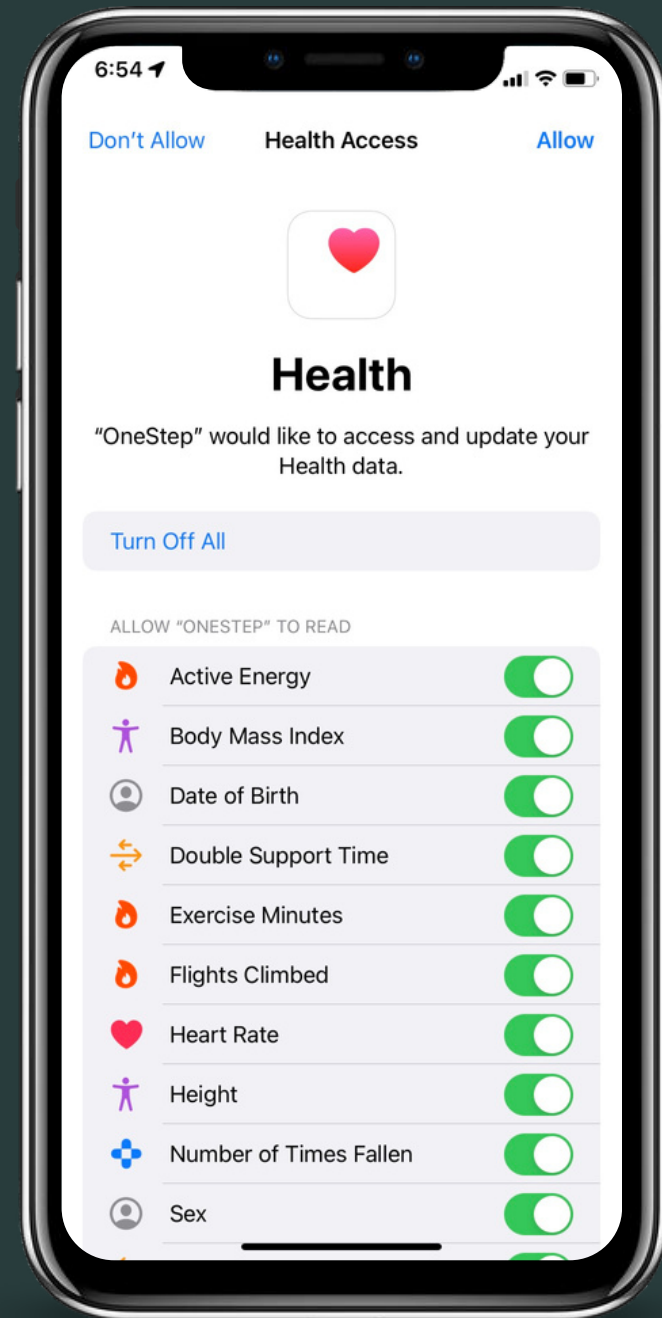
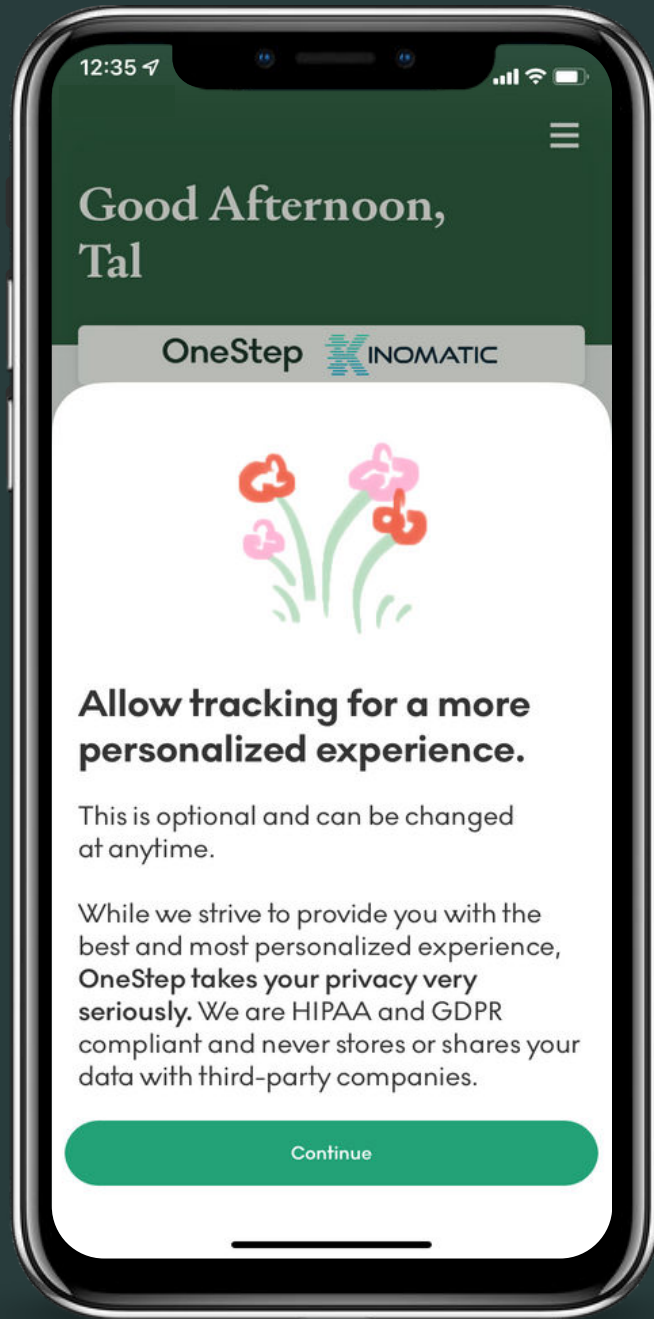
Enter your phone number to receive a one-time code that will be sent to your phone.
Use the code you received to enter the app.



Open the OneStep app

Once you have entered the app you will be automatically logged in and will see the Kinomatic welcome page.

Select continue to enter the app.



The optimal recovery experience

OneStep uses the data you record in the app to analyze your motion and provide valuable information to your physical therapist.

When you first log in, you will be prompted to give OneStep permission to track your health data. By enabling these settings on your phone (optional), you can enhance your recovery plan, personalize it to your continued progress, and ensure you get the best care possible.

** OneStep is HIPAA compliant. Your data will not be shared with any other party without your consent.

You made it!

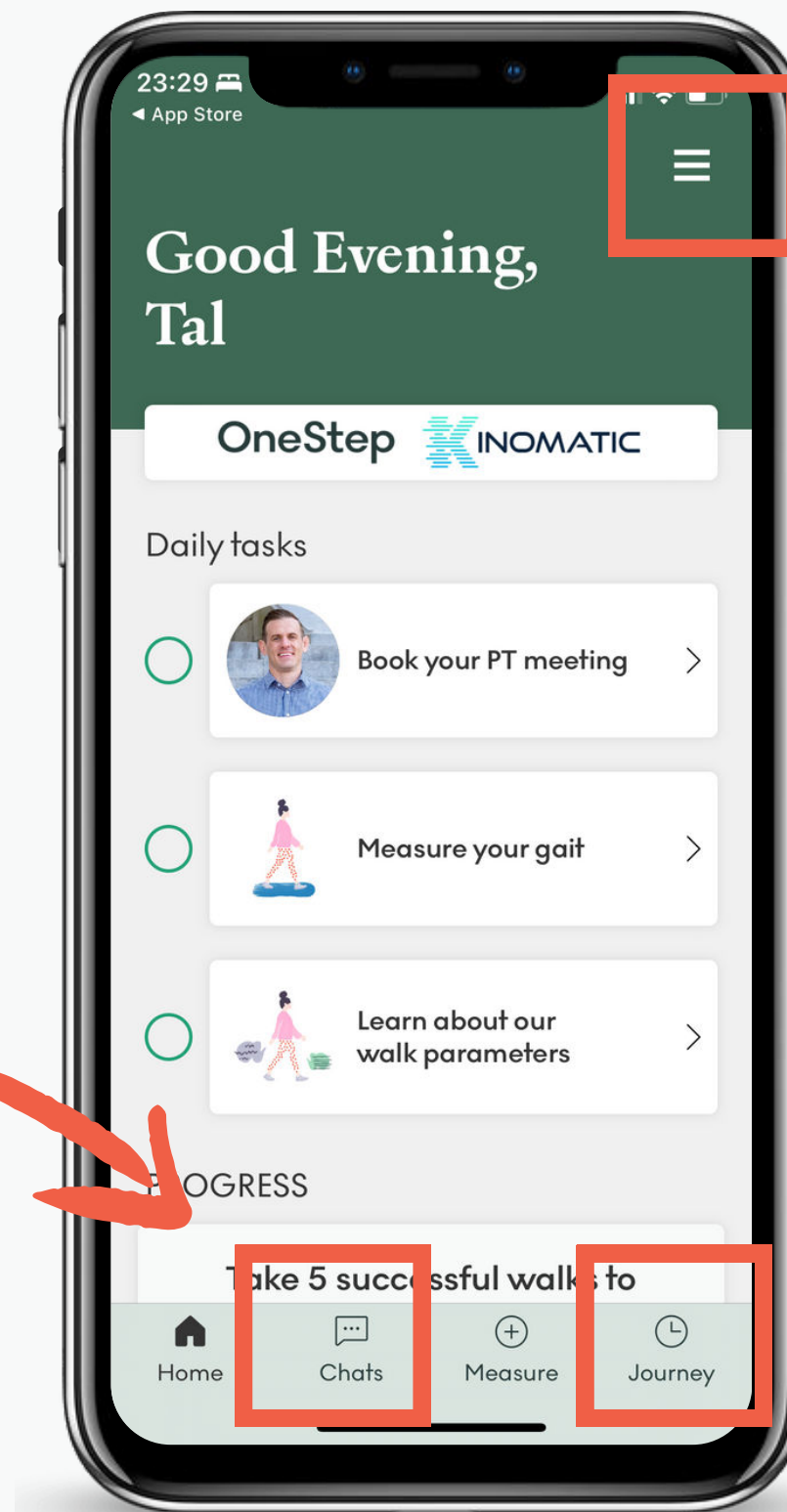
This is your home screen

Complete your workout

Perform your daily exercises curated for you by your licensed physical therapist as part of your personalized recovery plan.

Contact us for support

Tap the 'chats' icon within the bottom bar to get in touch with OneStep support or your physical therapist.



Modify your app experience

Select the settings icon represented by three bars at the top right-hand corner of the app to manage your subscription, change notification settings, or schedule an appointment.

Track your recovery

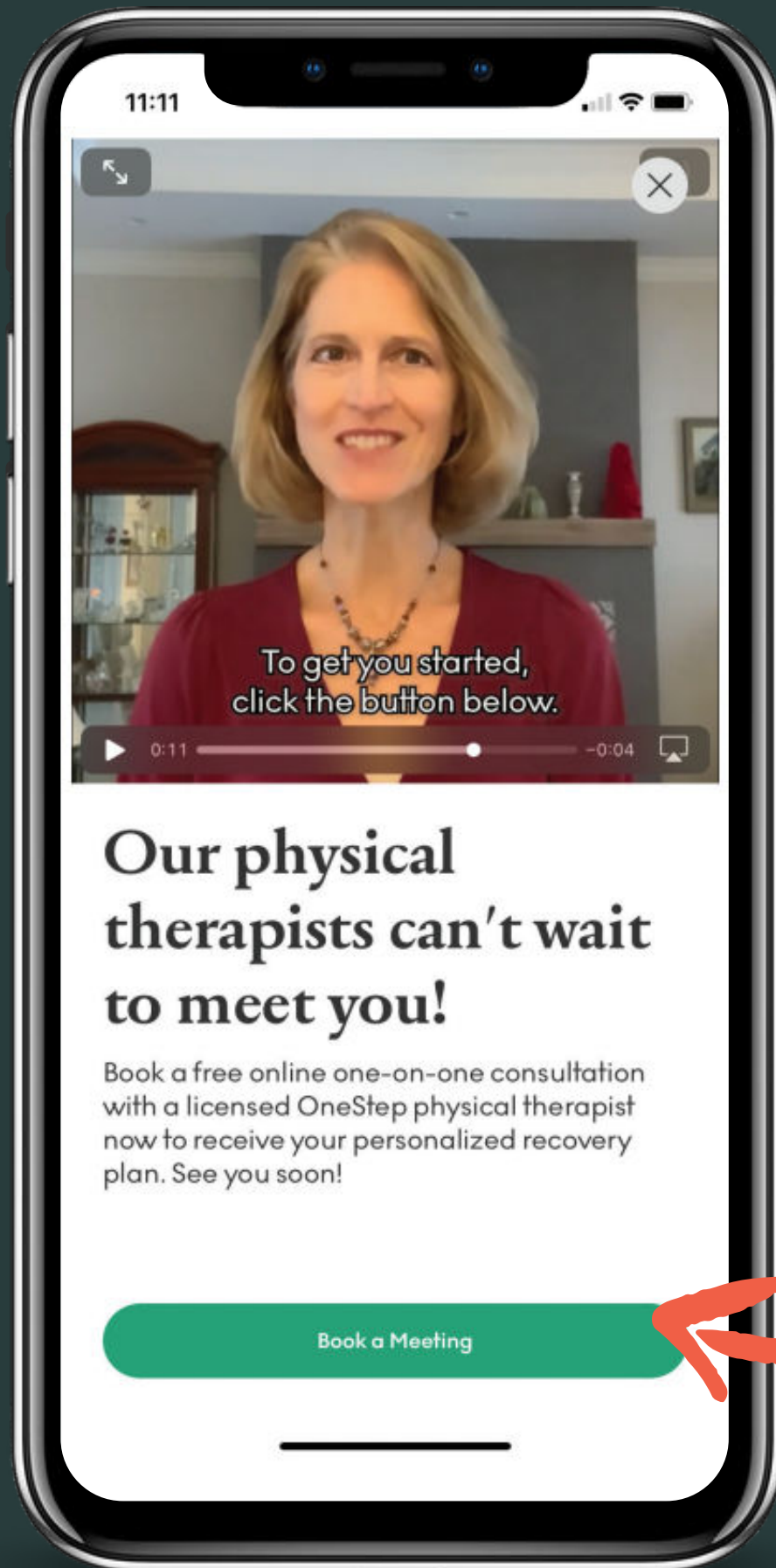
Tap the 'journey' icon to monitor your own progress throughout your plan of care.

Now that you're all set, it's time to schedule your first physical therapy consultation meeting.



How to make the most of your OneStep experience

We recommend scheduling your first meeting as early as possible so you will have time to perform an assessment, take pre-op measurements, and prepare for your upcoming surgery.

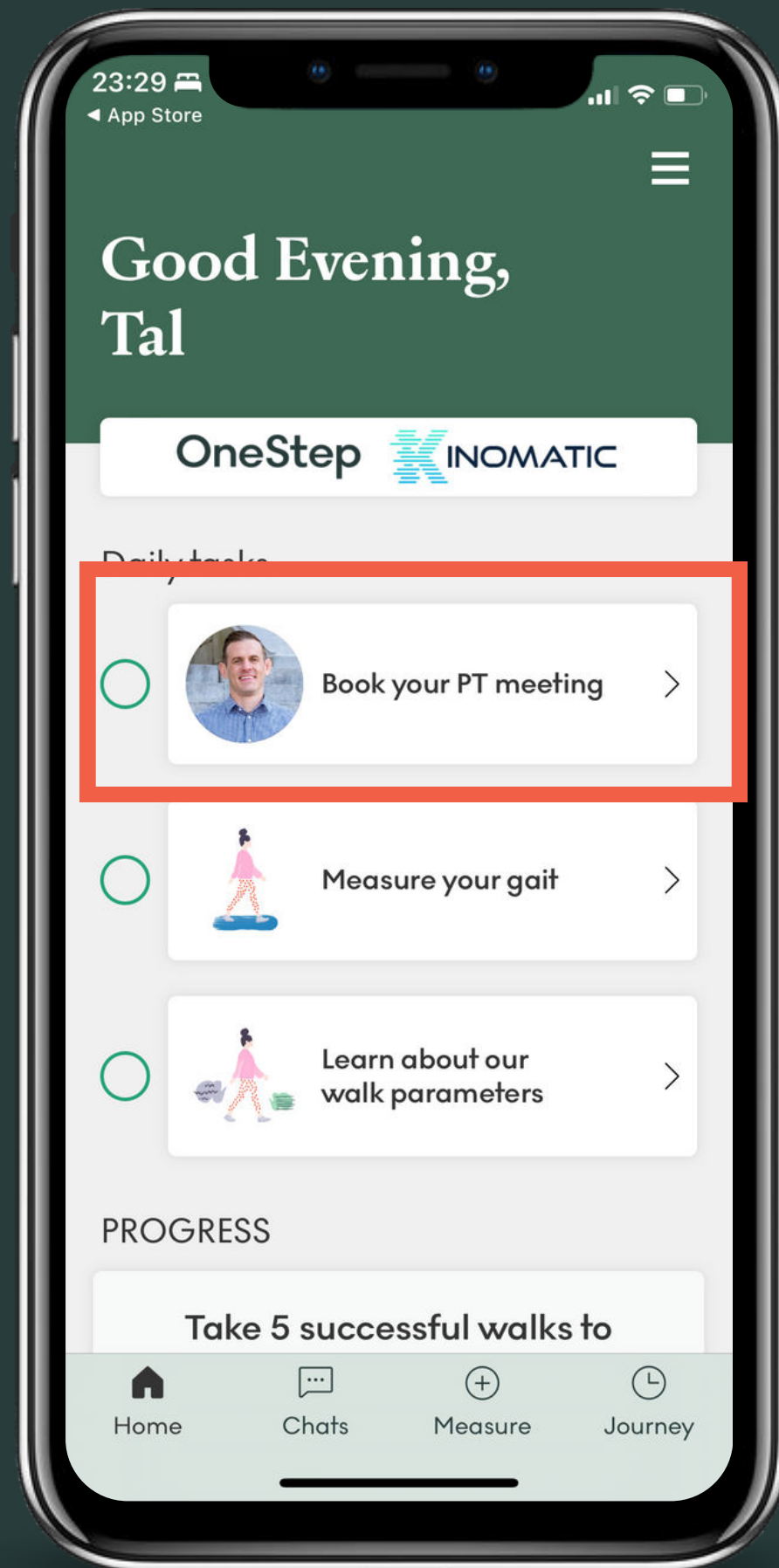


OPTION 1

Schedule a PT consultation immediately

When you open the OneStep app for the first time, a pop-up screen encouraging you to schedule your first session will appear. Click the green "book a meeting" button and follow the instructions on the screen to schedule a suitable time.

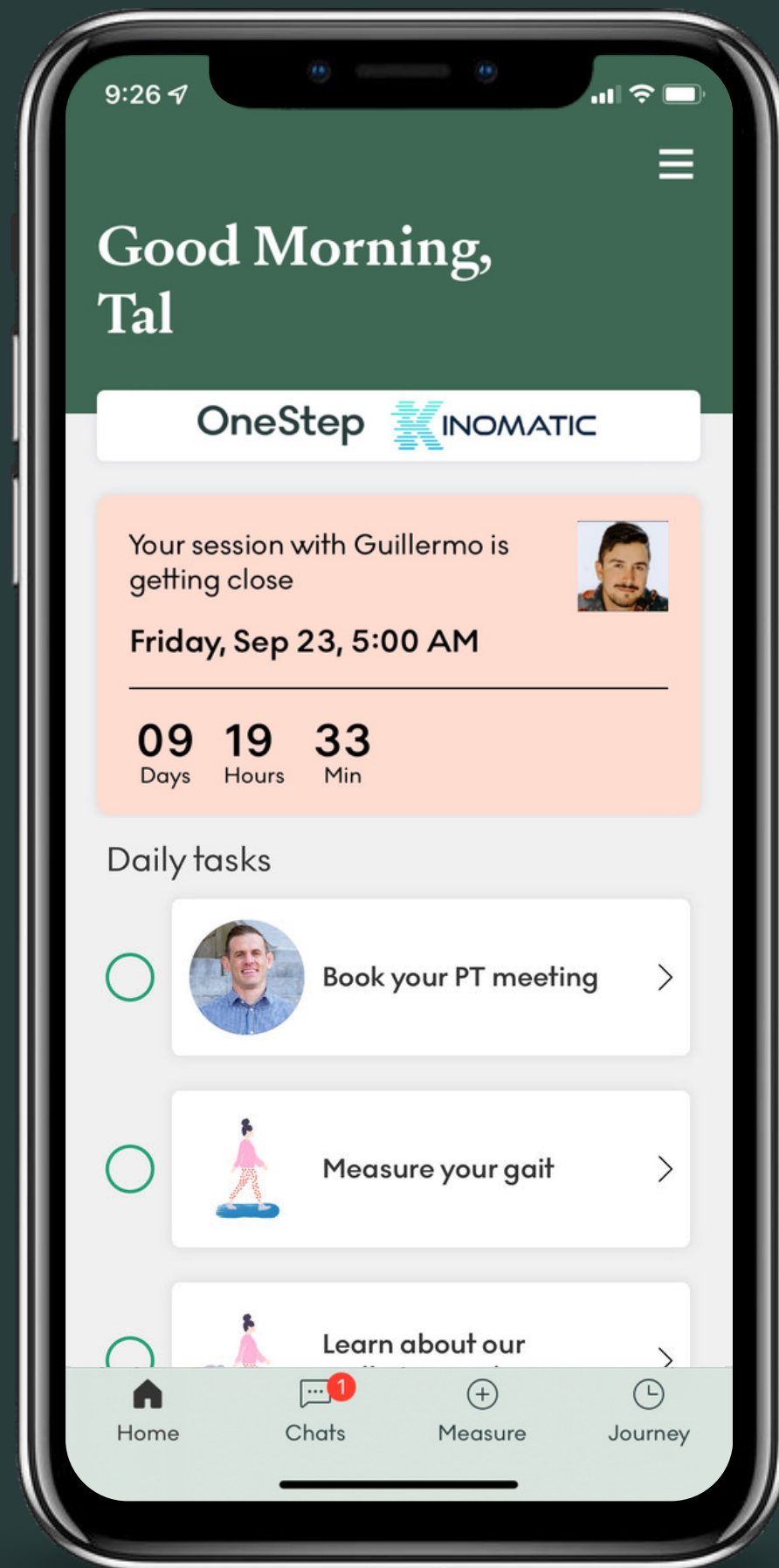
** Don't worry, you can decide to schedule a meeting later on. In the next slide we cover how to schedule a meeting from the app's home screen.



OPTION 2

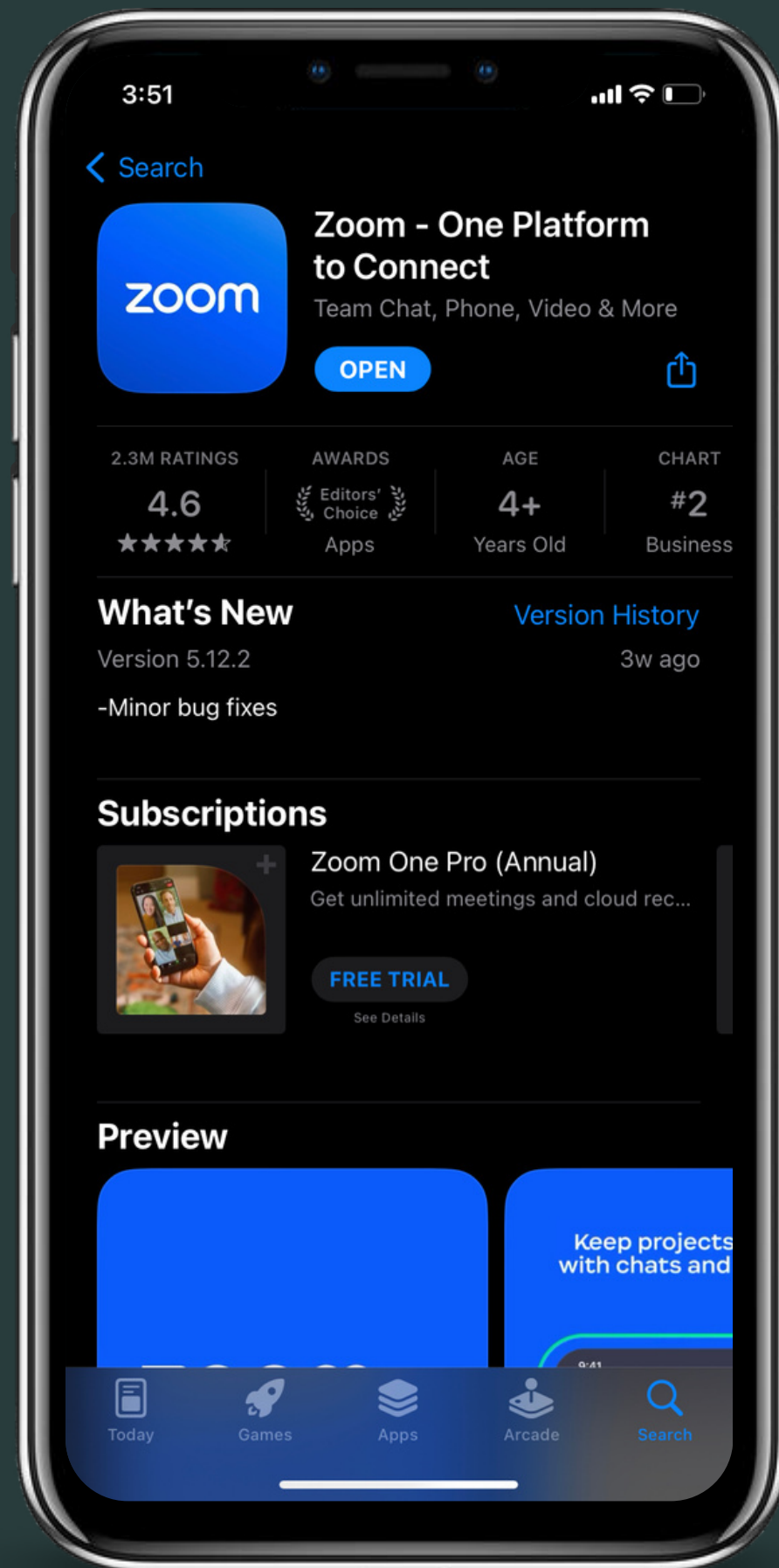
Schedule a PT consultation later

Scheduling your PT consultation from the home screen is just as easy. Simply click "Book your PT meeting," follow the instructions to select a time, and you're on your way to meeting your OneStep licensed physical therapist.



Attend your PT consultation

After you have scheduled a meeting, a countdown will appear. You should also receive an email confirmation and a link to join the meeting. When it is time to attend your meeting, click on the zoom link within the app or from the email you received.



Download Zoom prior to your PT consultation

To make the most of your initial PT consultation, please ensure that you have zoom downloaded to your phone. Enable access to your camera and microphone from your device so that you can begin your consultation on time.

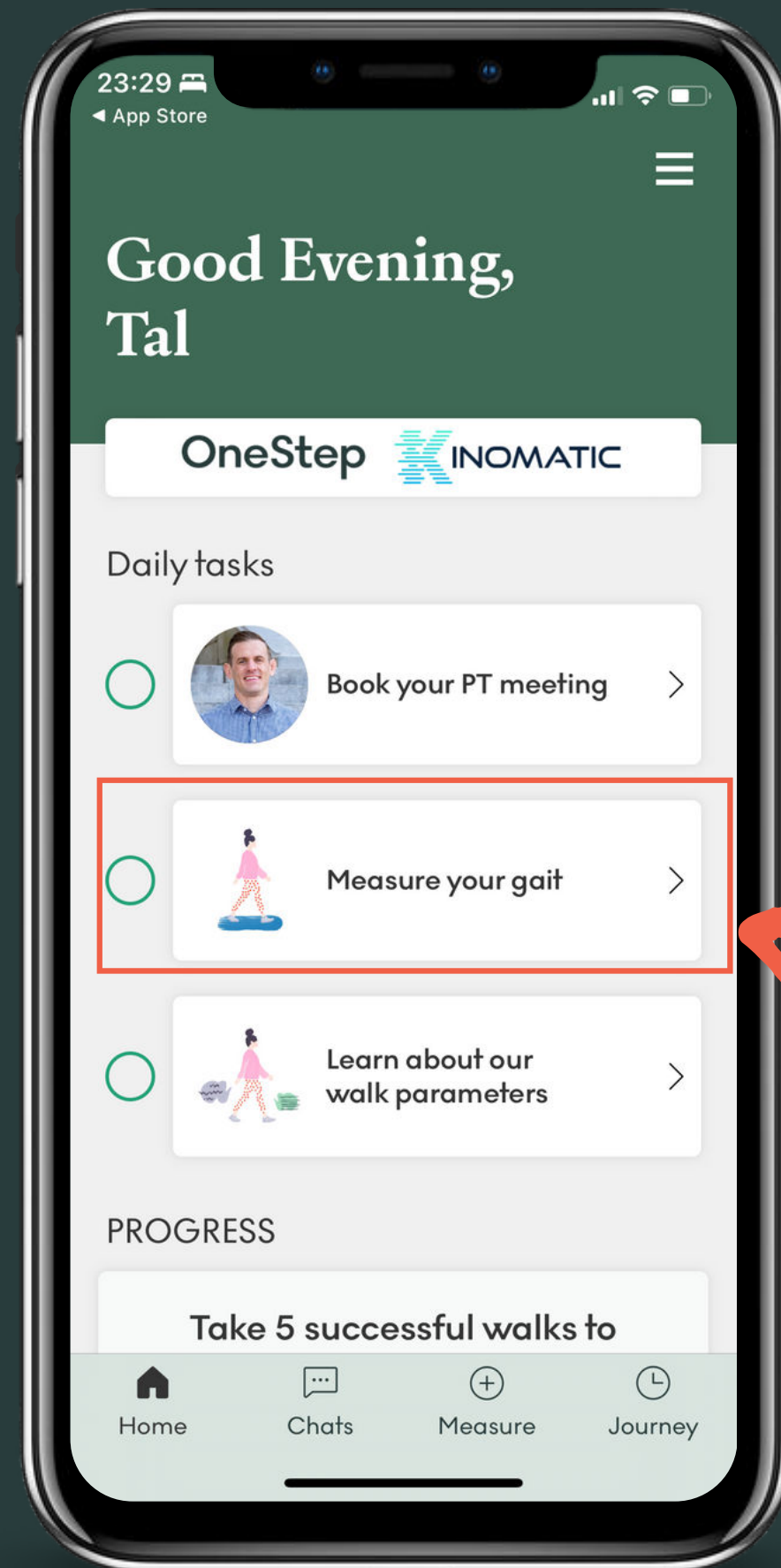
** We recommend spending some time familiarizing yourself with Zoom prior to your initial PT consultation.

All that remains now, is to take your first walk with the app to get a full walk analysis. Here's how to do it.



Why should I perform a walk analysis?

Your first walk with OneStep will serve as a benchmark not only for you to refer to as your recovery progresses, but also as a starting point for your physical therapist to refer to in your one-on-one online meeting.



How to take a walk with OneStep

To measure your walk and get a full analysis of your motion, simply click the "Measure your gait" card on your app home screen.

Once you complete your walk, the report will be available for you within seconds.

Additional features you can enjoy during your recovery journey with us:

- A daily exercise plan tailored specifically to you (delivered after your meeting with a OneStep PT)
- In-app chat with your physical therapist, accessible 24/7
- Personal recovery progress reports
- Subjective Questionnaires (Kinomatic Daily Check-In and monthly LEFS)
- Educational resources
- and more...

Once you complete your walk, the report will be available for you within seconds.



We hope you enjoy your
experience with OneStep in
partnership with Kinomatic.

Thank You!

For any questions, please reach out to us at
support@onestep.co