



# GETTING STARTED



Digital Care Program  
Knee Pathway



# THE HINGE HEALTH KIT

In your Hinge Health kit you will find:

- 1 Tablet with the Hinge Health app installed
- 1 Tablet stand
- 1 Tablet charger
- 2 Knee motion sensors with straps
- 1 Y-Cable sensor charger
- 3 Resistance bands



## WAIT A SECOND

Stretching and strengthening exercises are recommended by the American Orthopaedic Association.

While it's good to go through a full range of motion, only go as far you feel comfortable. If the exercises cause you significant pain, **please stop and consult your coach.**

# CONNECTING TO WI-FI

The Hinge Health app needs to be connected to the Internet to work correctly. So, before you get started take a minute to set the tablet up on your home Wi-Fi network.

1. Tap on the  **Settings** icon on the tablet home screen to take you into the tablet settings.
2. Tap on  **Wireless** to access the Wi-Fi settings.
3. Tap on **Wi-Fi** to take you to a list of available networks.
4. Find your home network from the available list and select it. Enter your Wi-Fi password and tap **Connect**. You should now be connected to the Internet and have access to the Hinge Health app.

# YOUR HINGE HEALTH SENSORS

The wearable motion sensors included in your kit will help guide you through the exercise therapy program in the Hinge Health app. You will find instructions on using the sensors in the app.

The light on each sensor has four different states:



**Flashing red** means the battery is dead.

To charge the sensors connect the **Y-Cable sensor charger** to the motion sensors and plug the main power plug into a wall socket.



**Flashing orange** means the battery is charging.

Once connected to an outlet, the sensors should start to flash orange.



**White** means the battery is fully charged.

This usually takes **around two hours**.



**Green** means the sensors are on and the batteries have charge.

# HELP

Should you need anything, don't hesitate to:

Message your coach in the app

Call: (855) 902-2777

E-mail: [help@hingehealth.com](mailto:help@hingehealth.com)

## **WEARABLE SENSOR REGULATORY INFORMATION**

Motion sensor model number, FCC ID (U.S) and IC (Canada) can be accessed within the Hinge Health mobile application by navigation to **Settings > Legal > Regulatory**.

### **FCC**

This equipment has been tested and found to comply with the limits for a class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receive
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

This equipment has been verified to comply with the limits for a class B computing device, pursuant to FCC Rules. In order to maintain compliance with FCC regulations, shielded cables must be used with this equipment. Operation with non-approved equipment or unshielded cables is likely to result in interference to radio and TV reception. The user is cautioned that changes and modifications made to the equipment without the approval of manufacturer could void the user's authority to operate this equipment.

#### **ISED**

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

