

Welcome

The tools in this kit will give you everything you need to get started with your tailored care program. At Hinge Health, we believe movement is medicine, so let's get moving!

Three easy steps to get started

Step 1

Download the Hinge Health app

Step 2

Open and sign in to the app

Guided instructions will have you set up in minutes.

Step 3

Start your first exercise session

Questions? Email help@hingehealth.com or call (855) 902-2777

Step 1

Download the Hinge Health app

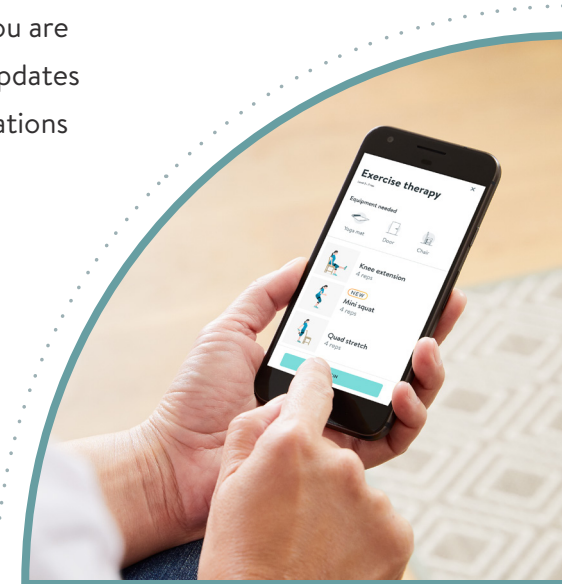
Scan QR code with your device's camera or visit hingehealth.com/install-app



QR code



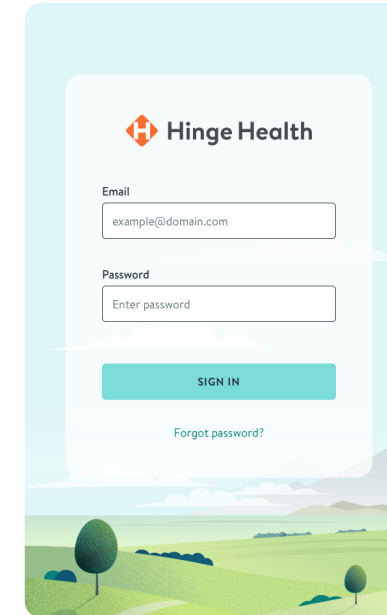
- Exercise wherever you are
- Get automatic app updates
- Receive push notifications



Step 2

Open and sign in to the app

Enter the email address you used when you applied to Hinge Health and your case-sensitive password.



Can't remember your password?

Tap **Forgot Password?** to send a reset link to your account email address. Check your email's spam or promotions folder if you don't see the reset email in your inbox.

Step 3

Start your first exercise session

After signing in to the app, follow the prompts and you'll be set up in minutes!

What to expect

The app will guide you through setting up your motion sensors and completing your first exercise session. It will ask questions to help personalize the program to you.

This will take **about 15 minutes**.

What you'll need to get started

- Device stand
(or an object to prop your device against)
- Motion sensors
(are optional, but we encourage you to use them if you're able to)





Motion sensor charging instructions

Your Hinge Health sensors arrive with enough charge for your first few uses. For best results, sensors should be charged every 6–8 sessions.

- Connect the sensor charging cables to the sensors and connect the other ends to the wall charger.
- Allow the sensors to charge until the lights stop flashing.



Sensor on



Battery dead



Battery charging



Fully charged



Questions?

Email or call Hinge Health Support

help@hingehealth.com
(855)902-2777

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Wearable sensor regulatory information

The motion sensor model number, FCC ID (U.S.) and IC (Canada) can be accessed within the Hinge Health mobile application by navigating to Account > 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. In any event, 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 with one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Plug the equipment in to an outlet on a different circuit than the one the receiver is connected to
- 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. To maintain compliance with FCC regulations, shielded cables must be used with this equipment. Operation with unapproved 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 the manufacturer could void the user's authority to operate this equipment.



Designed to increase mobility and reduce pain

Quick Start Guide

