

OneStep



Patient Education Guide

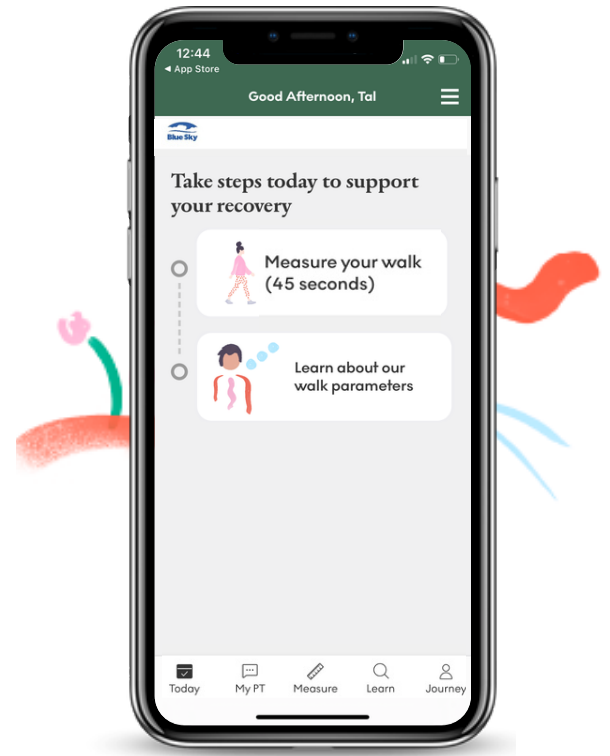
Step-by-step instructions on how to download
and use the OneStep app.

About OneStep

OneStep's mobile application for remote physical therapy is an easy-to-use digital tool that helps you reach your mobility goals quickly and efficiently.

Our science turns any smartphone into a 24/7 motion analysis lab measuring your progress along the way. This puts you in control of your journey.

Above all, it's easy to use, and turns your daily activities into an effective program that helps you move your body with freedom and confidence.



**Physical
therapy
anytime,
anywhere
with
OneStep.**

- Track your own progress with our real-time feedback - anytime anywhere
- Stay connected for support using the chat features within the app so you never feel alone throughout your journey
- Enjoy your easy to follow home program with our in app videos that walk you through each exercise as if a physical therapist is right there with you

Downloading and Navigating the OneStep App

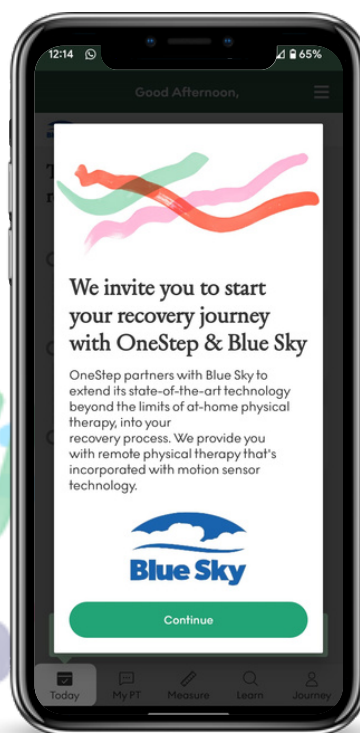
STEP 1: Download the app.

A clinician will walk you through the steps to download the app with you. They will register you as a patient and present you with a QR code to scan that will direct you to download the app.

Please be sure to only download the app via the QR code generated during onboarding, unless otherwise instructed, as this is a unique QR code just for you.

STEP 2: Enter the app.

Once downloaded, open the app on your phone to enter the app. If prompted, sign in using your phone number. Once you have done so, a clinician will introduce you to the app features and help you get started.



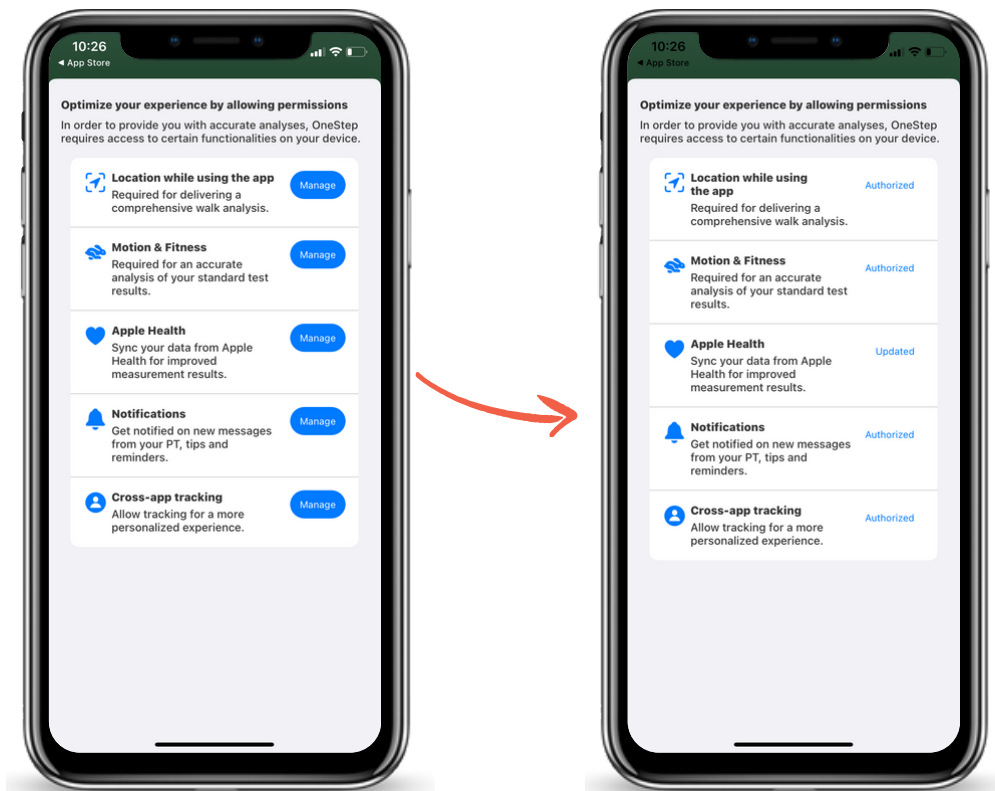
STEP 3: Enable all permissions within the app.

When you first log in, you will be asked to grant various permissions within the app. Enabling each of these permissions gives better clinical insight into your movement which will optimize your experience and results.

For example, enabling the notifications will allow the app to remind you to exercise daily and notify you of in-app messages.

To enable, click the blue "Manage" button beside each permission and select "allow". After completing, each permission's status will be changed to "Authorized". You can choose to change your selection at anytime.

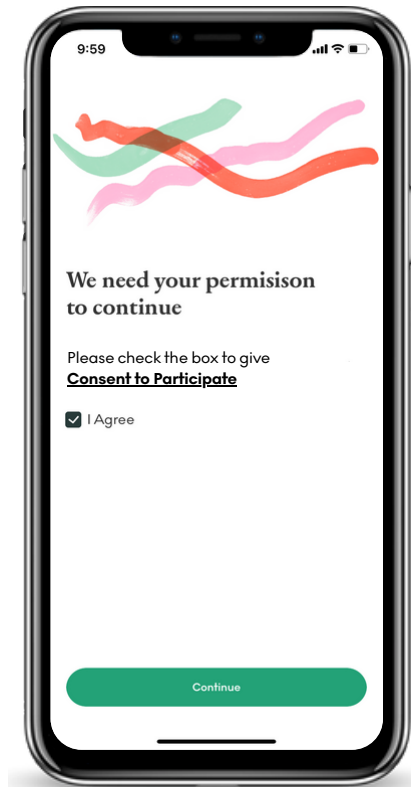
All data collected by OneStep is maintained within HIPAA compliance and treated with the utmost caution to respect your privacy. Your information is never shared without your permission.



STEP 4: Give consent to participate within the app.

After granting permissions, you will see the following screen.

Please review and check "I Agree" in order to give consent to participate and enter the app.



Note: For further details on how to enable permissions within the app, and why it's important, please refer to:



[Guide for iOS](#)



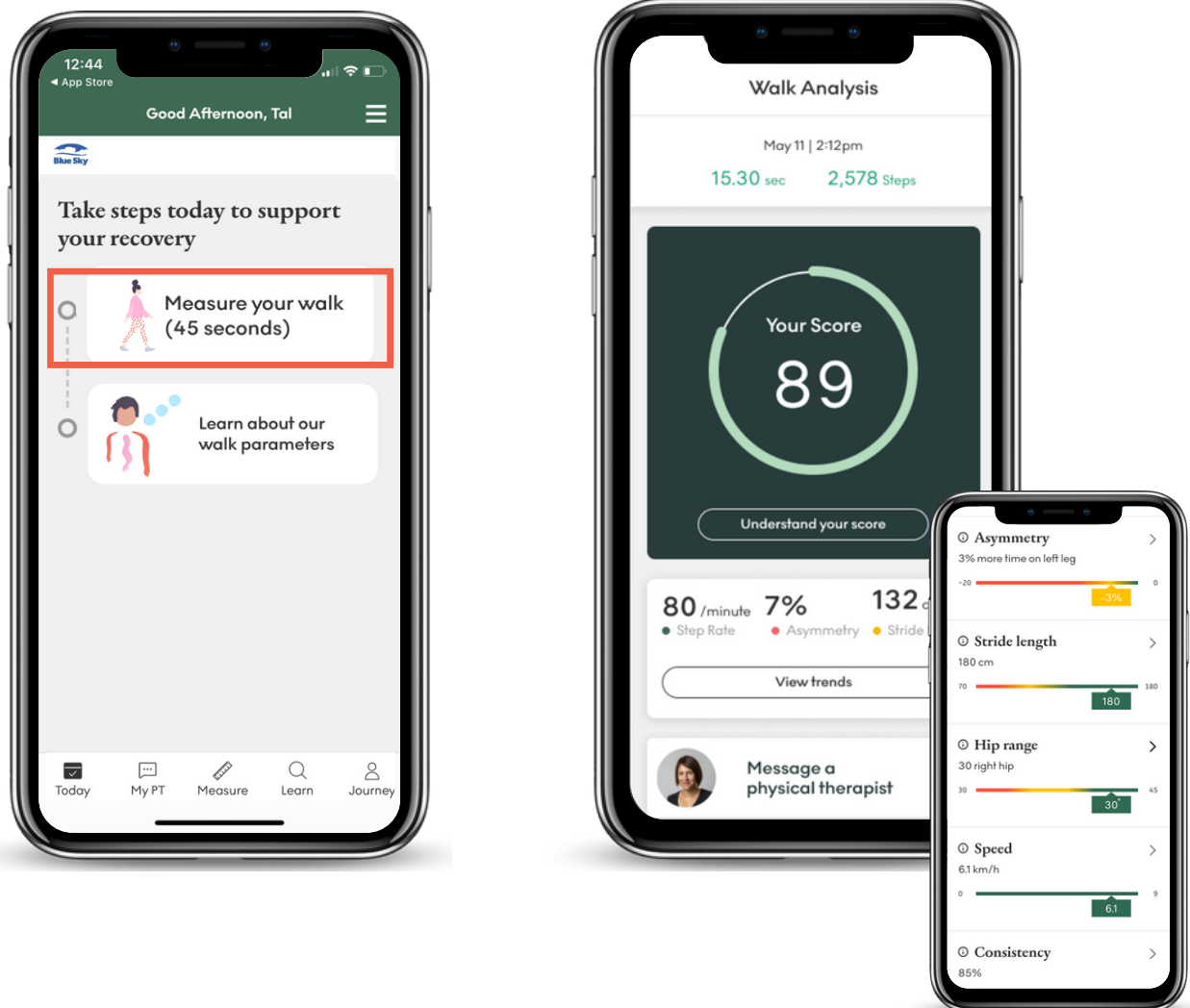
[Guide for Android](#)

*If you would like paper copies of these guides, contact OneStep's Patient Experience Team.

STEP 5: Take a 45-second walk with OneStep.

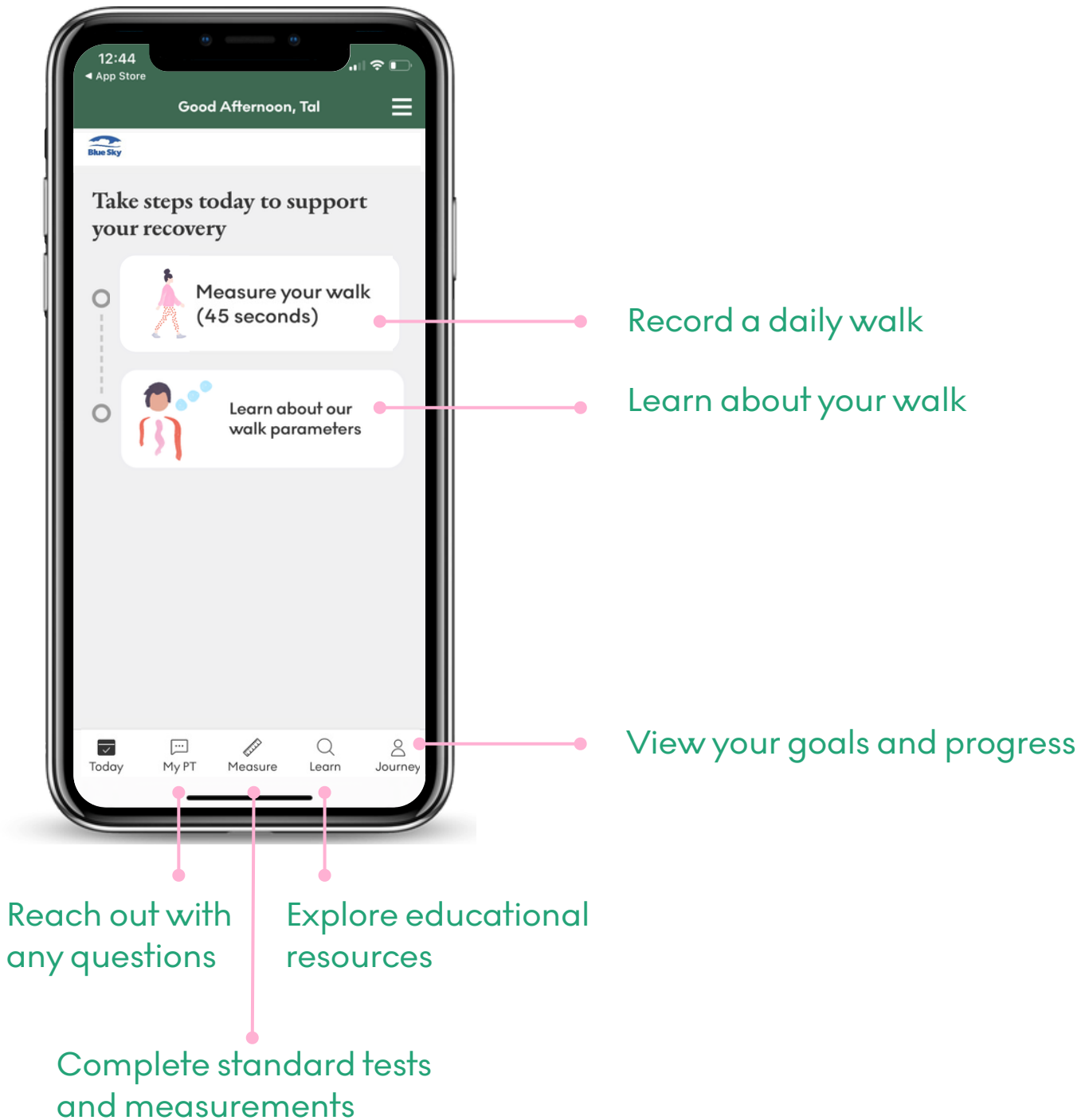
To take a walk, click the "measure your walk" card on the today screen. Place the phone in your front pocket (or hold it against your thigh as you move), and walk until the app prompts you to stop. Immediately after, the app will analyze your walk and provide you with an easy-to-understand gait analysis.

Note: For further instruction, visit our YouTube video - [How to Take a Walk With OneStep](#)



STEP 6: Explore the app features

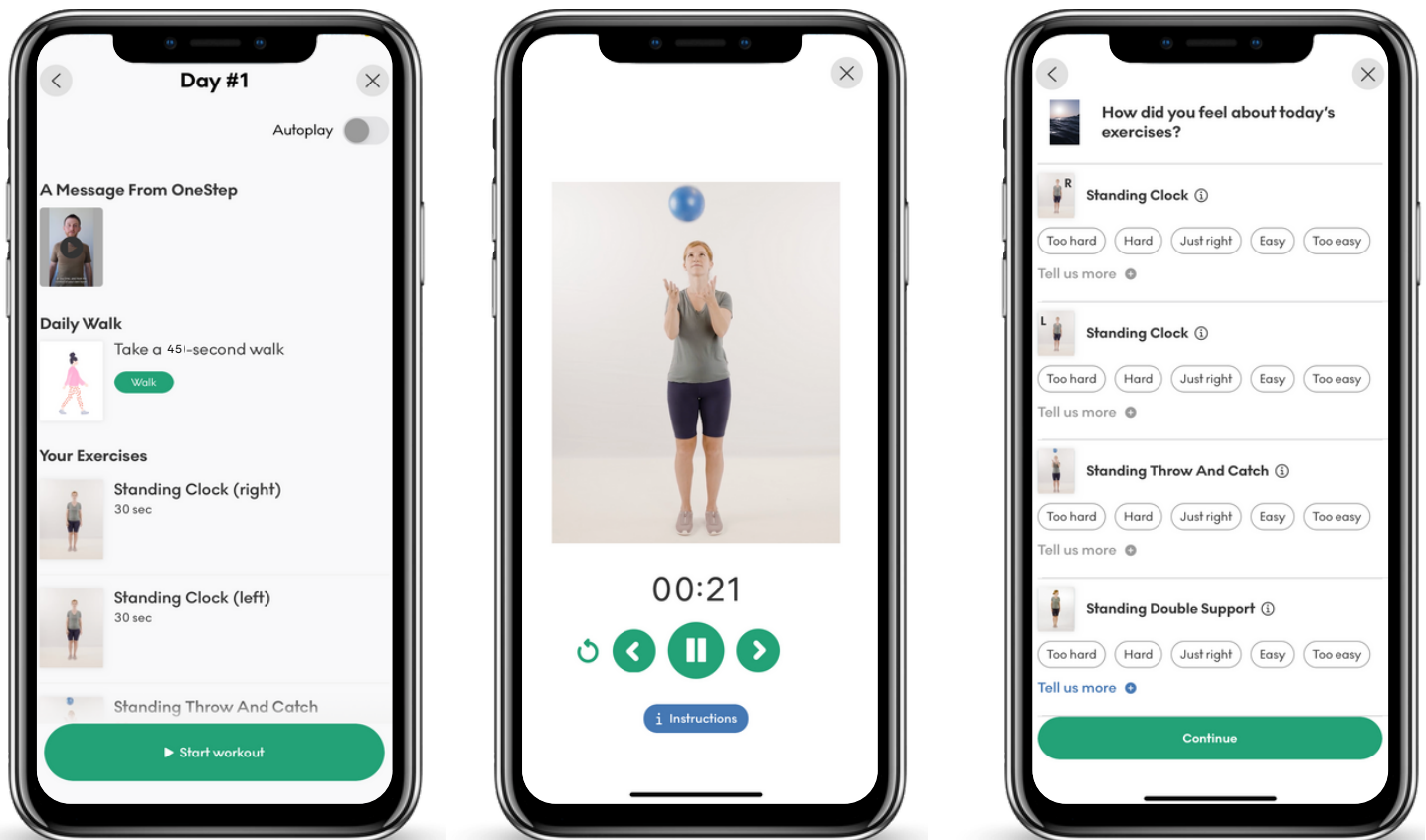
We recommend taking time to go through each feature during your first visit so you can ask any questions and be sure you are comfortable navigating the app independently.



STEP 7: View your video home exercise program.

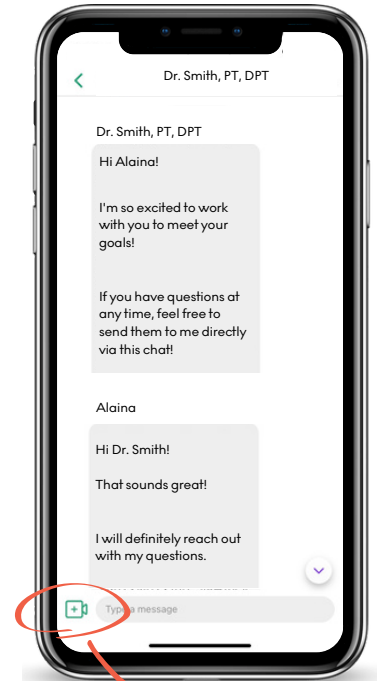
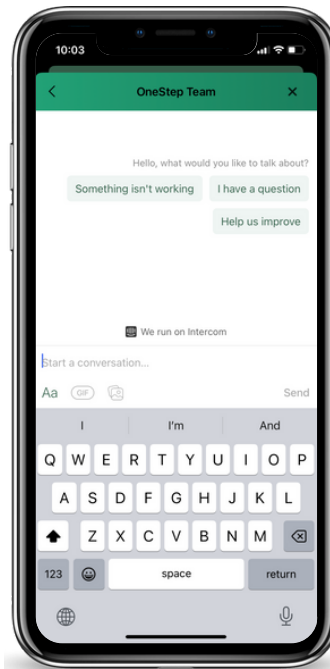
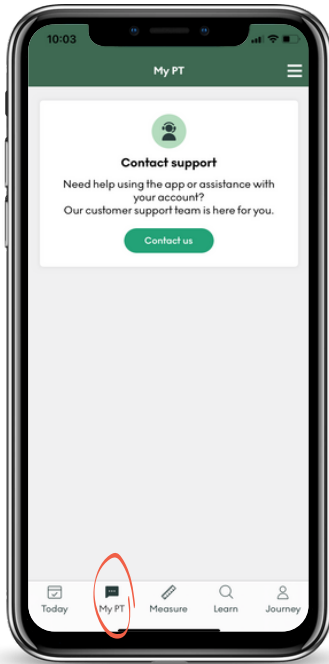
This is where you can find your personalized exercise program. Each exercise is in video form so you are able to pause at anytime to help you go at your own speed. Follow along with the videos to ensure you are using proper form and pacing throughout.

When you finish your exercises for the day, you can leave feedback for each exercise - noting if any were too difficult or too easy.



STEP 8: Familiarize yourself with the chat area.

The "My PT" tab is where you can always reach out for assistance. For guidance, questions, and help with your plan of care, reach out to your clinician within the chat area. For all technical support questions, contact the OneStep Support Team.



You can type a message or select a video, picture, or document to share

Need Help?

For assistance at any point, please contact the OneStep Support Team via the "my PT" tab.