

## Intelligent Motion Mobile App Instructions

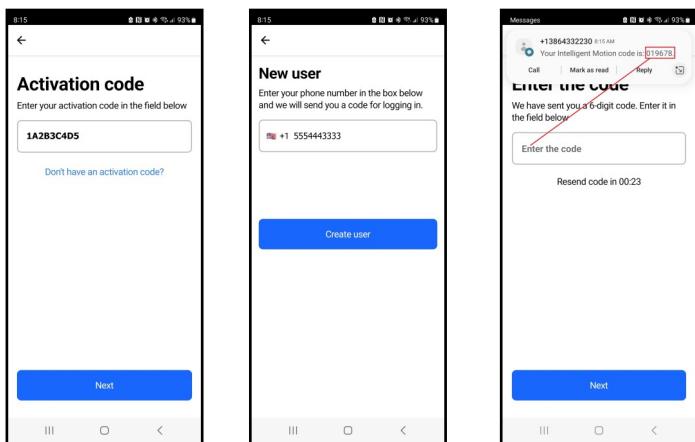
### DOWNLOADING AND OPENING THE APP:

- Download the Intelligent Motion app from the Google Play/Apple App store.
- Open the app.



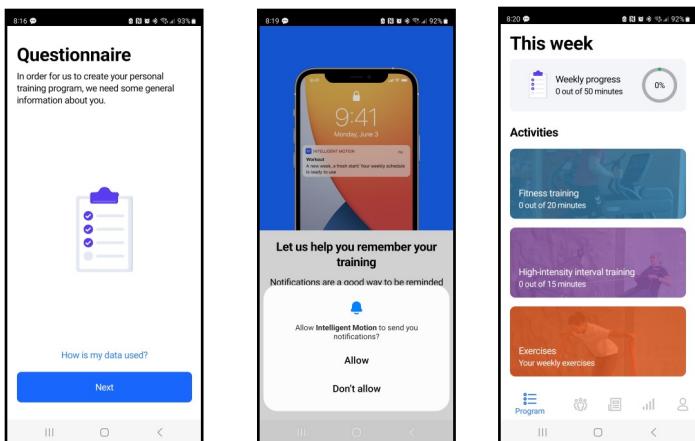
### GETTING STARTED WITH THE APP:

- Tap "Create an account".
- Accept the Terms of Use. Click "Ok" on the next screen.
- On the Activation Code page, enter the 9-digit activation code given to you by the study team. Tap "Next".
- On the New User page, enter your 10-digit cell phone number. Make sure to switch the country to United States (tap the flag icon) before entering your phone number. Tap "Create user".
- You will get a notification with a 6-digit verification code. On the Enter the code page, enter the code and tap "Next".



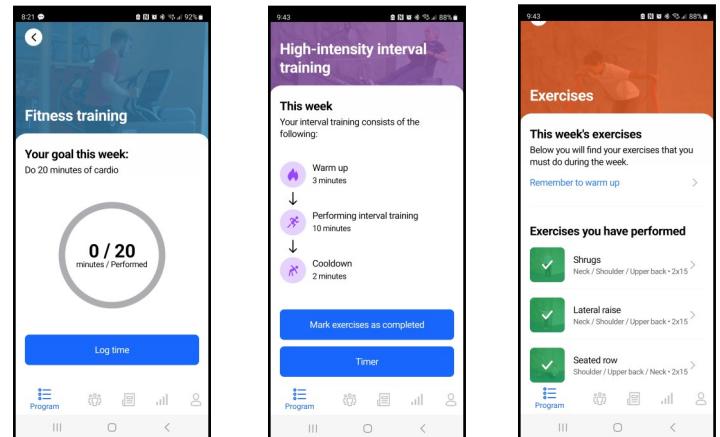
### COMPLETING THE INITIAL QUESTIONNAIRE:

- You will complete a brief questionnaire about your current activity level and musculoskeletal pain. This questionnaire allows the app to tailor your exercise program to your needs.
- After you complete the questionnaire, tap "Create program".
- The next few pages will give you a brief overview of the app. When you receive a notification asking you to allow Intelligent Motion to send you notifications, tap "Allow". Continue to tap through the introductory pages until you get to the app home screen.



### NAVIGATING THE APP:

- On the Home page, your weekly progress will be displayed at the top. Your goal is to do/log 50 minutes of exercise per week.
- The Activities section includes the 3 types of exercises you might complete in your program. Remember, each person will have a slightly different program depending on their needs.
- Fitness Training:** On this page you will log any cardio exercise you perform. To log time, tap "Log time", select the appropriate number of minutes from drop-down menu, and tap "Save". You can also view examples of different cardio exercises.
- High-Intensity Interval Training:** On this page you will log time spent doing interval training. You can also see examples of different types of interval training. When you complete your prescribed amount of interval training for the week, tap "Mark exercises as completed".
- Exercises:** On this page you will log your strength-building exercises (with or without the resistance bands) and see example videos of how to complete these exercises. Tap on any exercise to see the example video and log your exercises by tapping "Mark as completed". You will enter the number of repetitions you completed for each set and what resistance band was used (if any).



Program

Team

Articles

Stats

Settings

- Along the bottom of the app home page, you can tap on different icons to navigate through the app.
- Team:** Tap the Team icon to create a team of fellow Intelligent Motion users to work towards exercise goals together. When you create a Team you will be given a Team Code. You can share this code with others to invite them to your Team.
- Articles:** Tap the Articles icon to learn more about Intelligent Motion and how exercising regularly can help with musculoskeletal pain and disorders.
- Stats:** Tap the Stats icon to view your exercise progress over time. "My training weeks" shows your progress toward your goal of completing 50 minutes of exercise per week. The week number represents the current week of the year.
- Settings:** Tap the Settings icon to update your account information, program, work profile, and notifications. If your work profile or questionnaire responses have changed, you can update this information in the Settings menu. This will update your exercise program accordingly.