Tenzr Health®

Tenzr Mobile App User Guide

A Guide to Key Actions on the Tenzr Health System

October 2024

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Welcome to the Tenzr Mobile App

Welcome to the Tenzr Mobile App User Guide, your guide to using the key actions patients take on the App.

Beginning with an introduction to the Tenzr kit, you will gain a comprehensive understanding of the sensors and how to use them for your recovery if required.

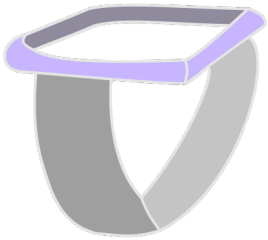
The following sections offer detailed instructions for each key action, ensuring clarity in executing tasks such as navigating the homepage, completing a sensor-based exercise, and more.

To download the Tenzr Mobile App, visit:

tenzrhealth.com/tenzr-home-download

Your Tenzr Kit

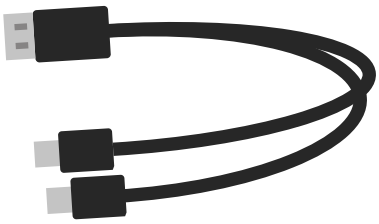
Reset Key x1



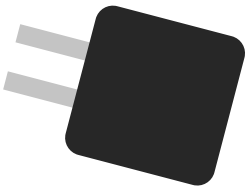
Wrist Strap x1

Wipes x5

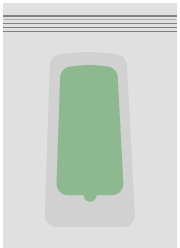
Carrying Case x1



Charging Cable x1



Power Brick x1



Sensor Adhesive x5

Sensor Donning

Only required if you were provided a sensor kit.

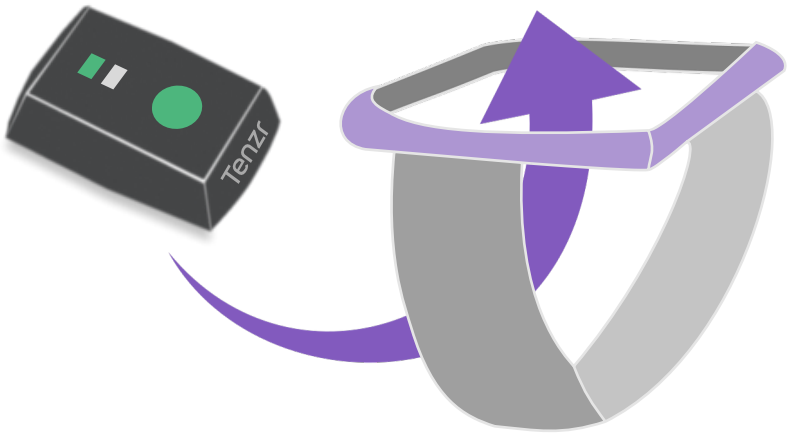
Donning the sensors correctly is important to obtain accurate data from the sensors. Do not use Tenzr sensors on any part of your body other than the hand and wrist.

The Tenzr sensors work for both right- and left-hand use.

1. Insert Wrist Sensor into strap

a. Slot the Wrist Sensor into the plastic bracket of the strap from underneath. The sensor should click into place.

b. To remove the sensor from the strap, press down on the sensor until it pops out of the bracket.



2. Apply tape to the Hand Sensor

a. Remove the backing of the provided tape and apply to the bottom of the Hand Sensor.

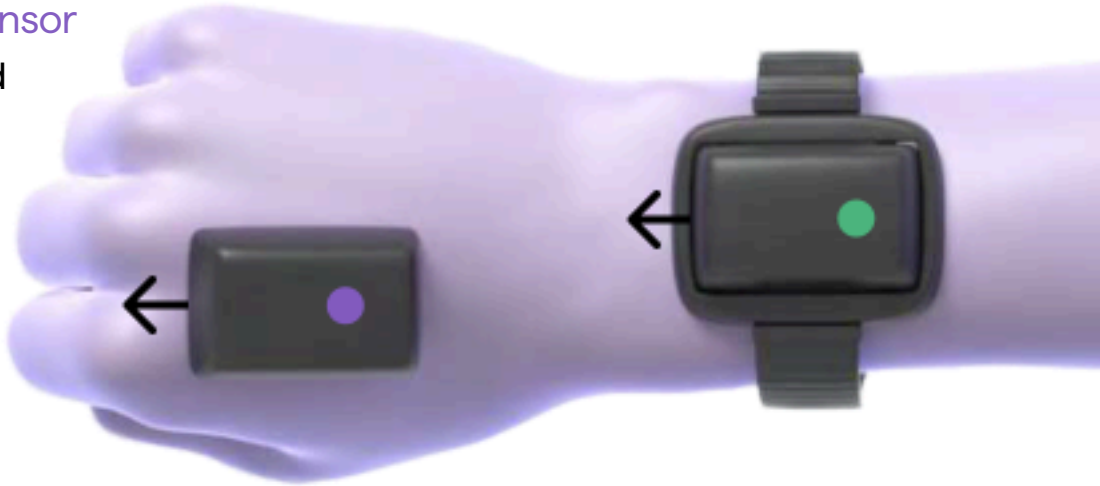
b. One piece of tape can be reused 10-14 times. Replace the tape if the Hand Sensor starts to move on your hand.

3. Apply sensors to hand & wrist

a. Secure the strap and the Wrist Sensor one inch below your wrist bone.

Both USB ports facing towards fingers

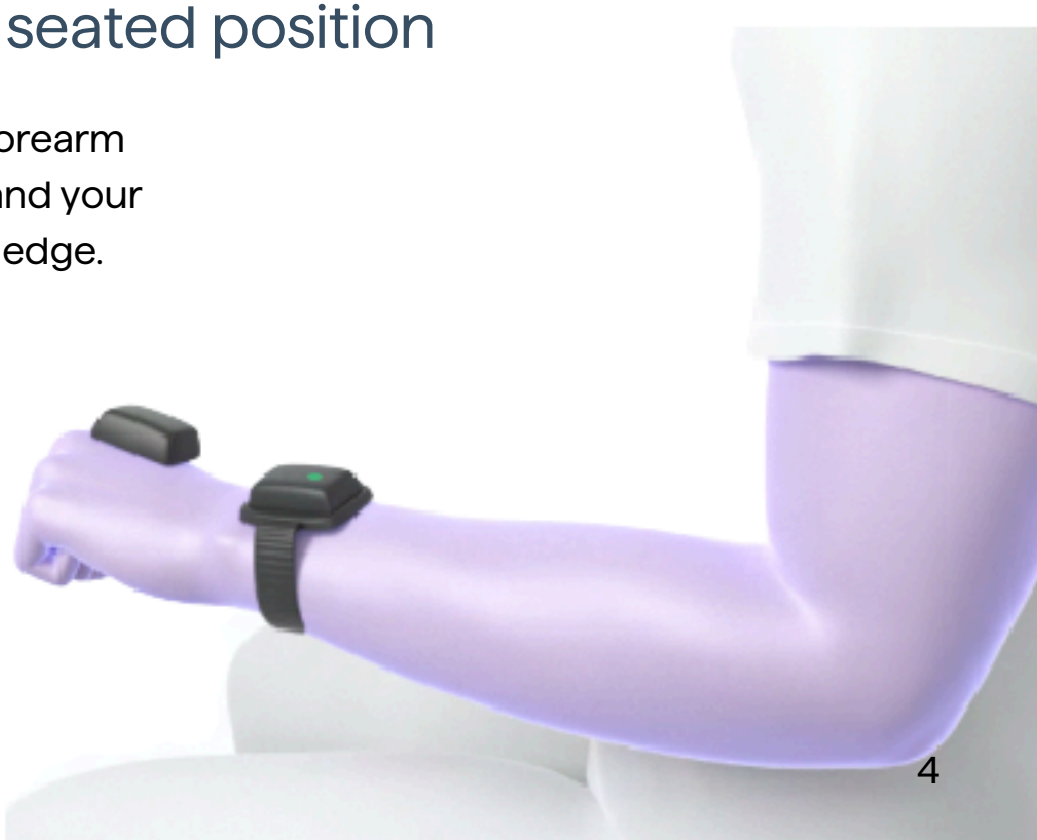
b. Place the Hand Sensor behind your first and second knuckle.



4. Assume correct seated position

a. Sit upright with your forearm on an armrest or table, and your wrist suspended off the edge.

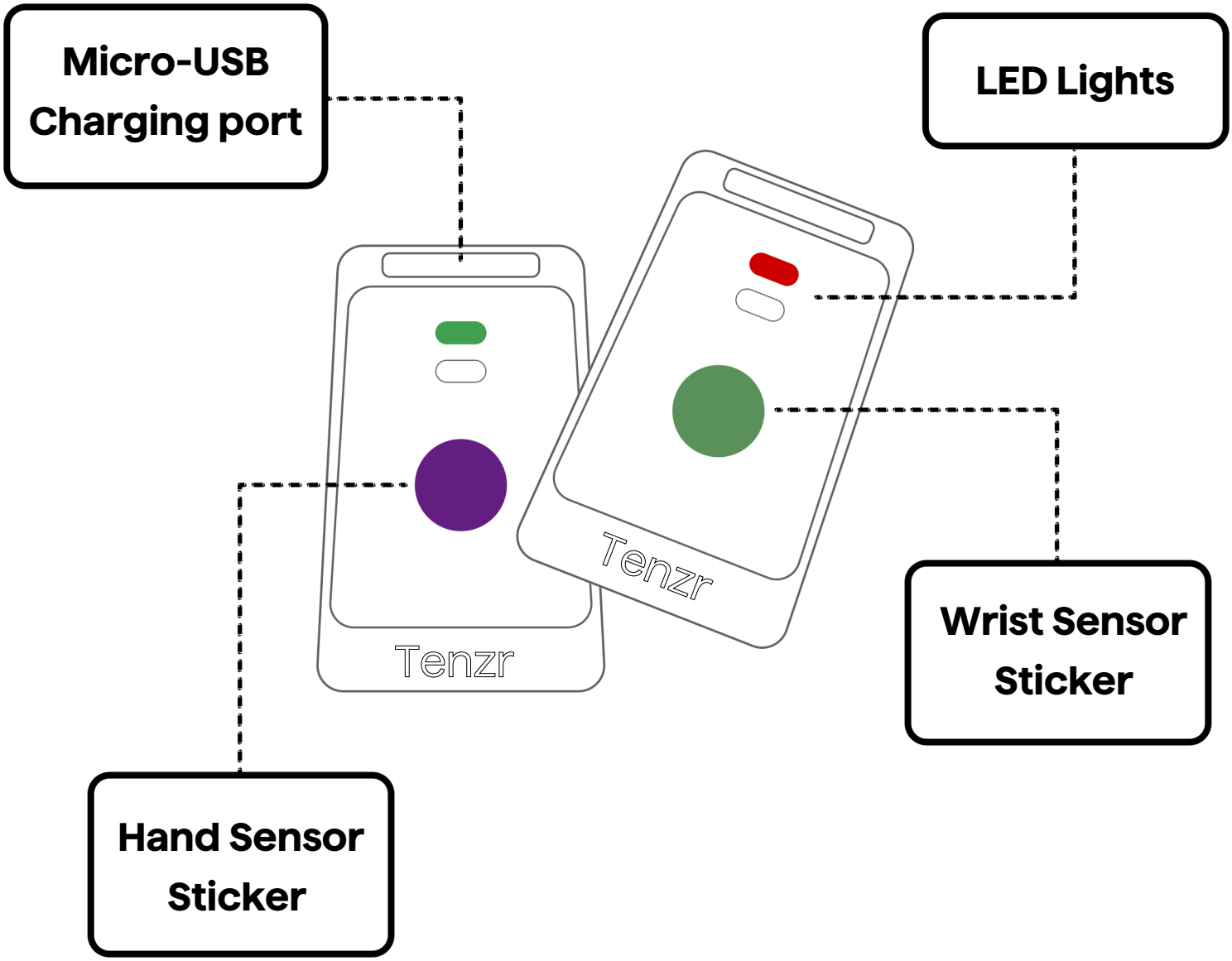
b. Keep your forearm planted during use; parallel to the floor.



The Sensors

The Sensors comprise of the Hand Sensor and the Wrist Sensor. You can identify the Hand Sensor by its purple sticker and the Wrist Sensor by its green sticker.

The LEDs on the sensors indicate their battery life, connectivity, and charge. It is important to treat the sensors with caution and care to ensure their longevity.



Sensor Power Saving

The sensors can last for up to 12 hours of continuous use.

Click on “See More” next to each sensor in the Settings screen to see the sensors’ current charge.

Sensor LEDs

- Blinking green = connected, 100-75% battery
- Blinking yellow = connected, 75-50% battery
- Blinking orange = connected, 50-25%
- Blinking red = connected, 25-0% battery

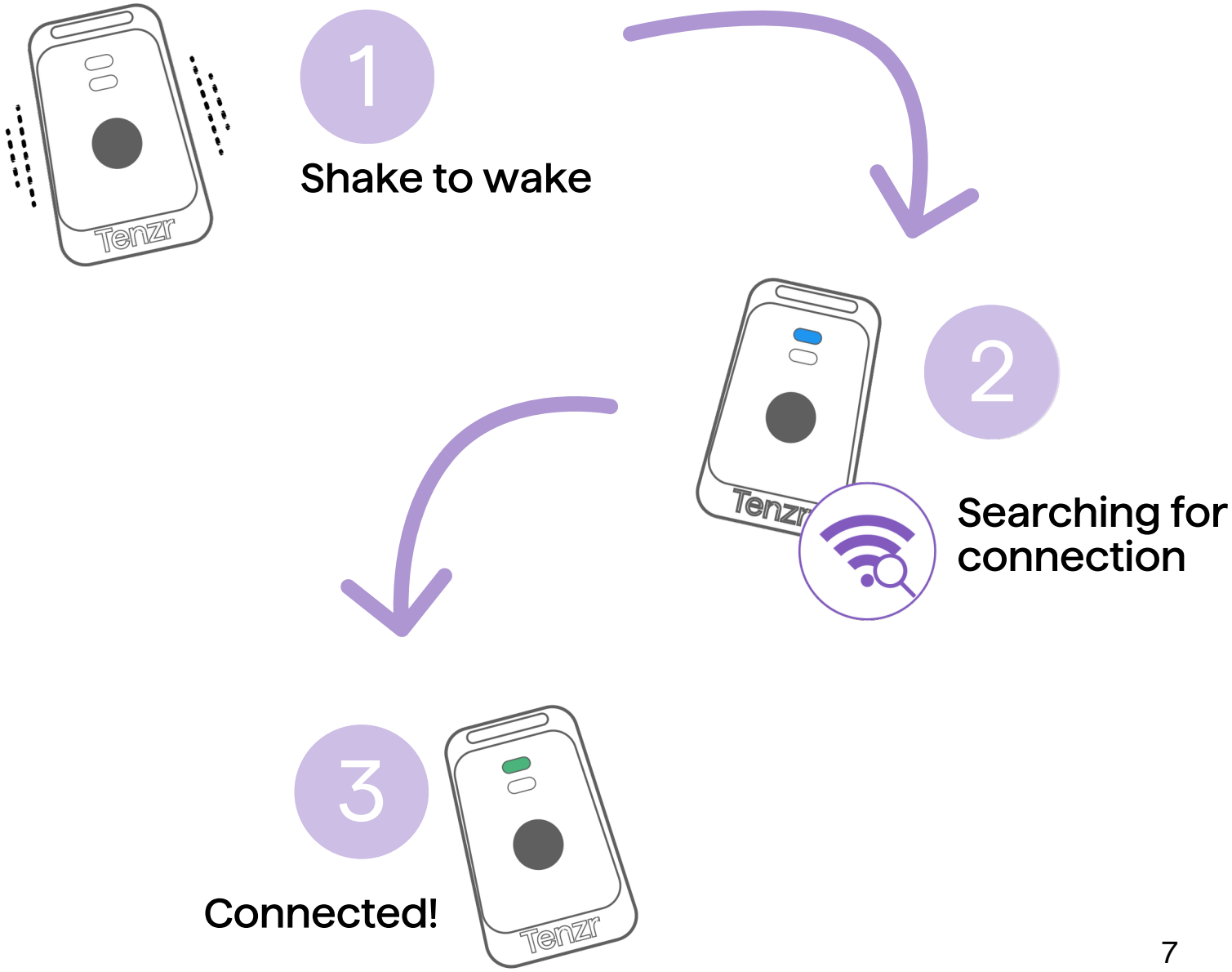
Sensor Battery Life

The sensors will go to sleep after the Tenzr Mobile App is navigated away from or closed. The sensors will last up to 14 days in sleep mode.

Shake to wake the sensors from sleep mode. Store the sensors in a place where they won't be disturbed.

Sensor LEDs

- Blinking blue = searching for connection to app
- No lights = sleep mode (shake or plug in to wake)

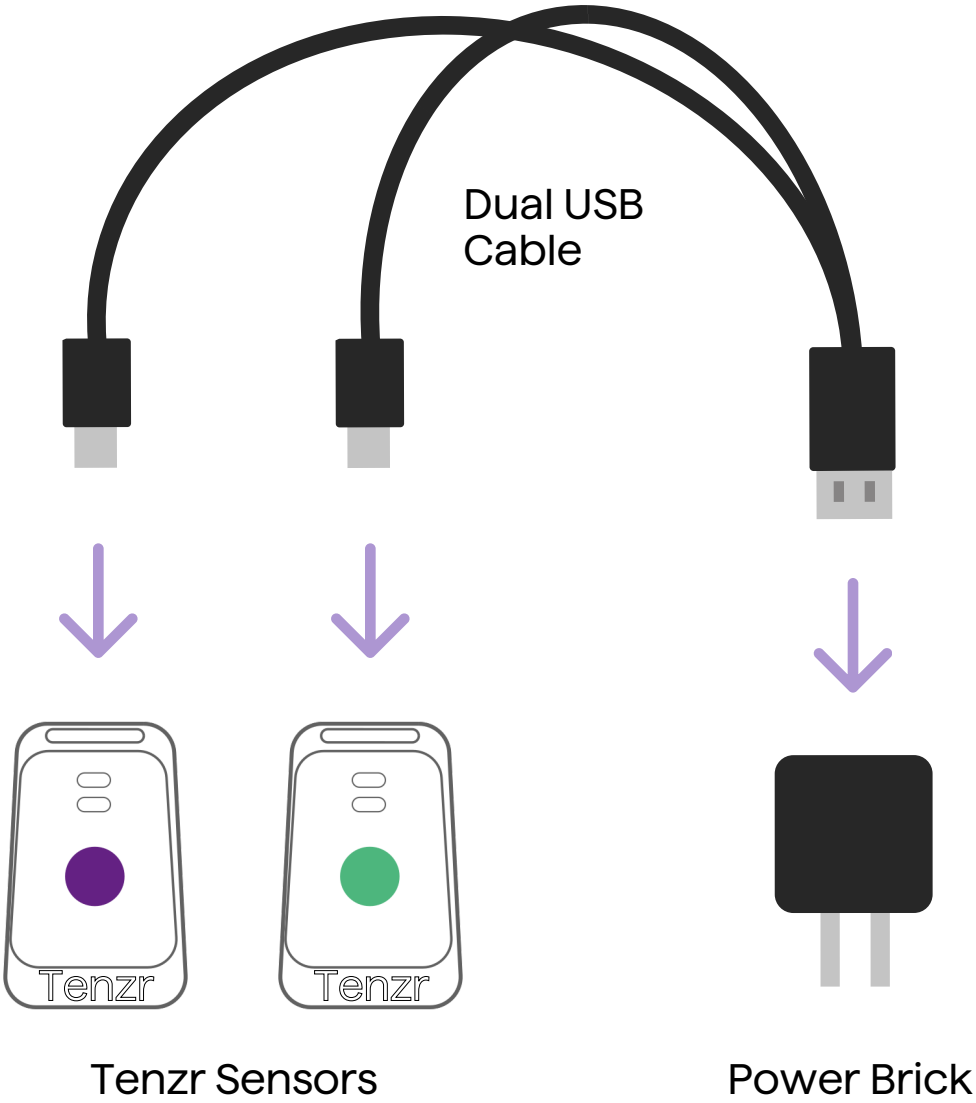


Sensor Charging

Sensors will fully charge in 3 hours.

Sensor LEDs

- Solid red = plugged in, charging
- Solid green = plugged in, fully charged



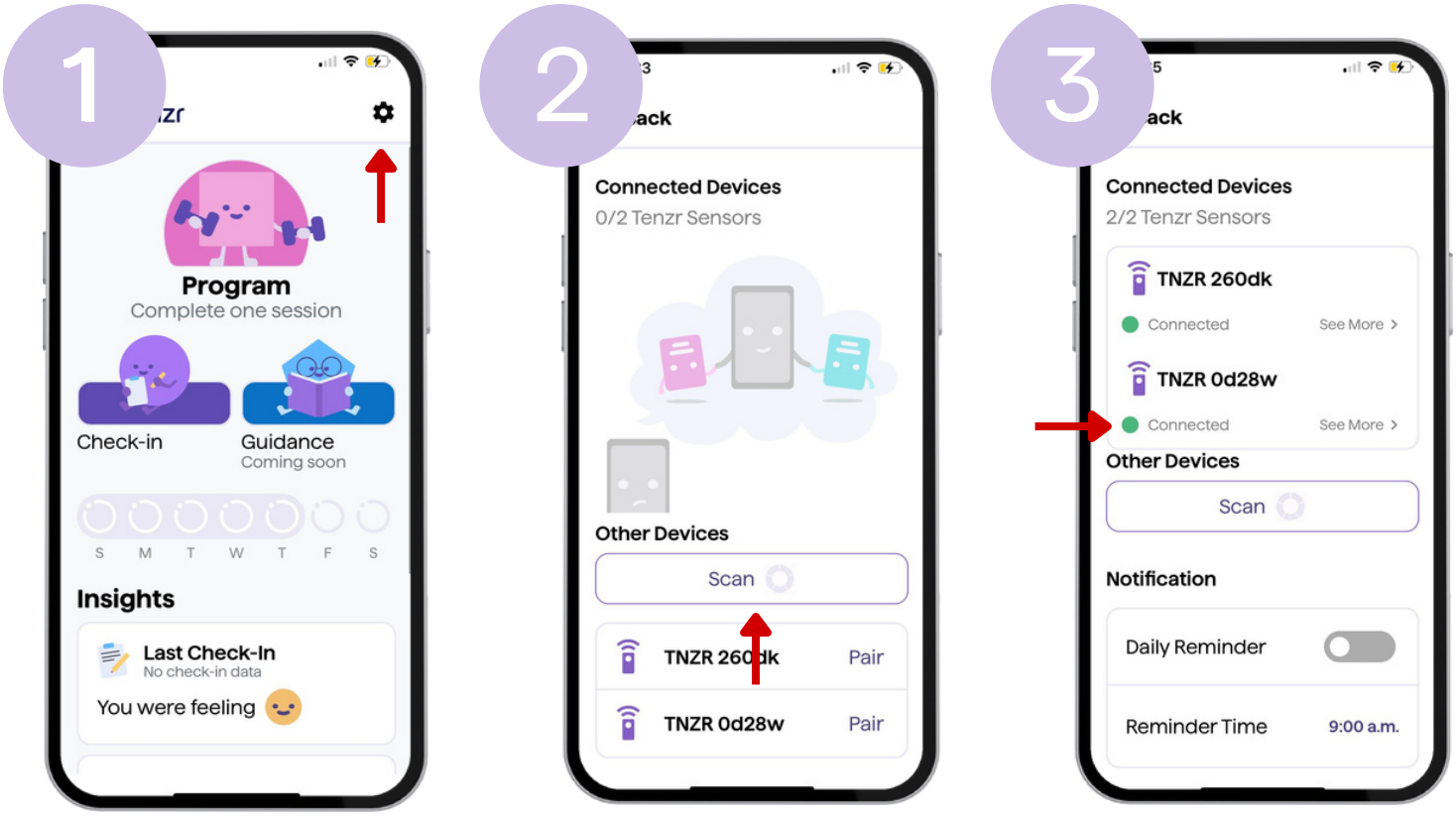
Sensor Pairing

Ensure your device's Bluetooth is turned on. Open the Tenzr Mobile App and log in to your account.

1. Navigate to the Settings screen in the Tenzr Mobile App.

2. Click "Scan" to find nearby sensors. Make sure your sensors are blinking blue, shake to wake or plug in to charge.

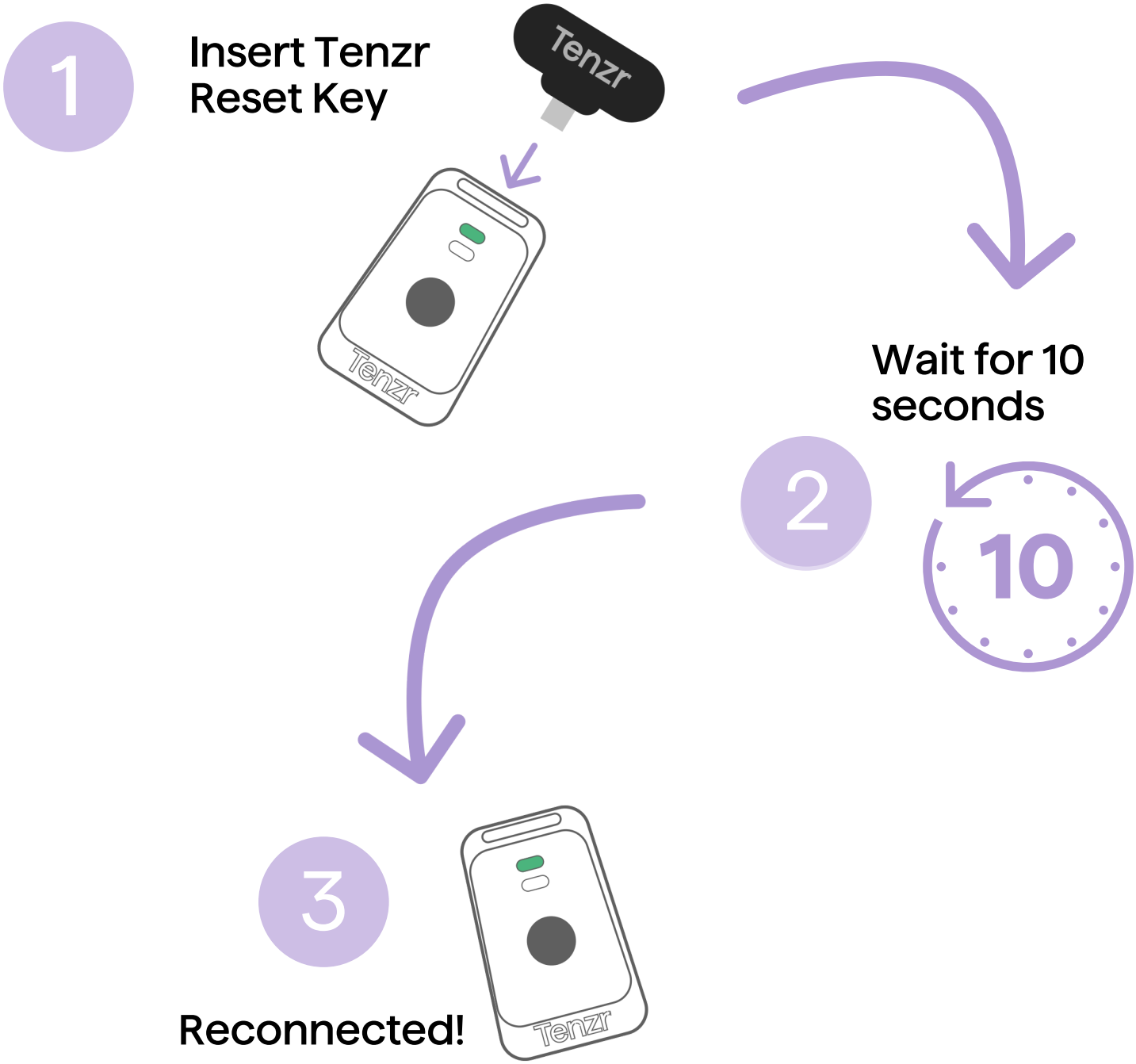
3. Click "Pair" next to each appropriate sensor to pair the sensor. Once paired, it will show both sensors as being connected.



Sensor Reset

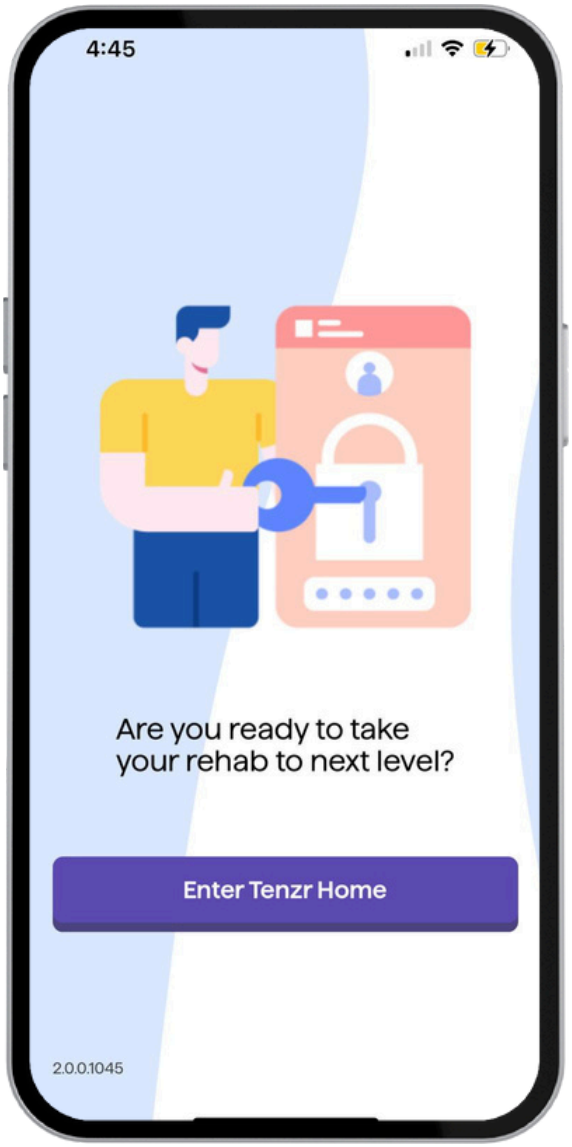
If the sensors are not functioning properly, the Tenzr Reset Key can be used to reset the sensor. Make sure to charge the sensor before resetting it.

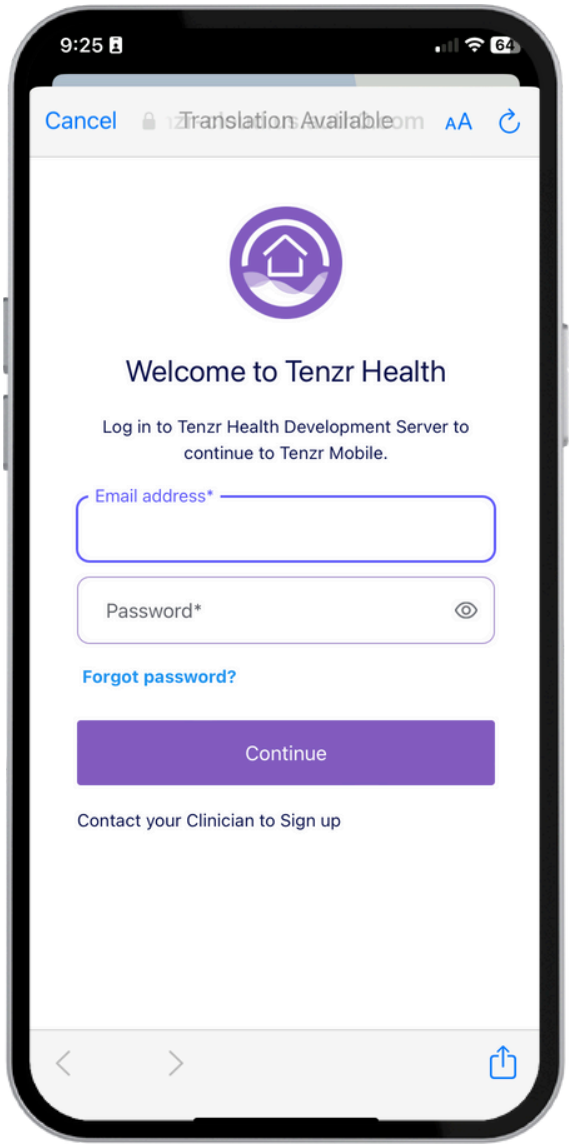
Connect the Tenzr Reset Key and hold it for 10 seconds. The sensor will vibrate and soon connect to the App.



Login

Open the Tenzr Mobile App and
log in using your email and password.



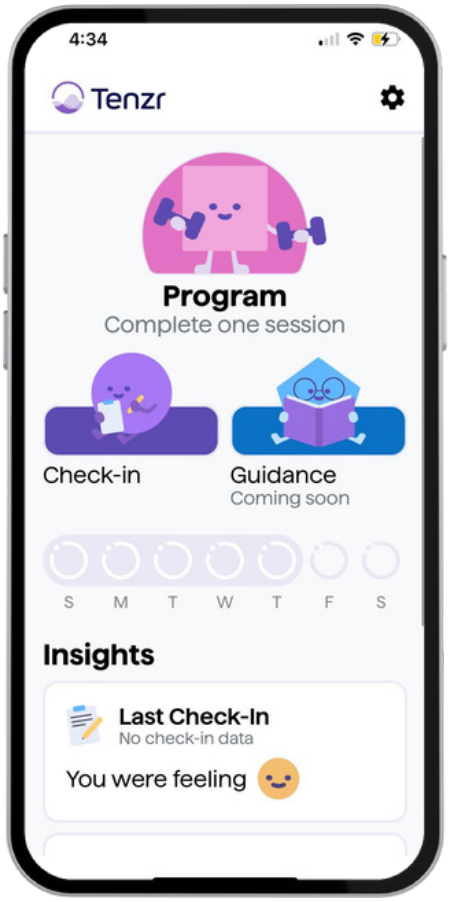


Homepage

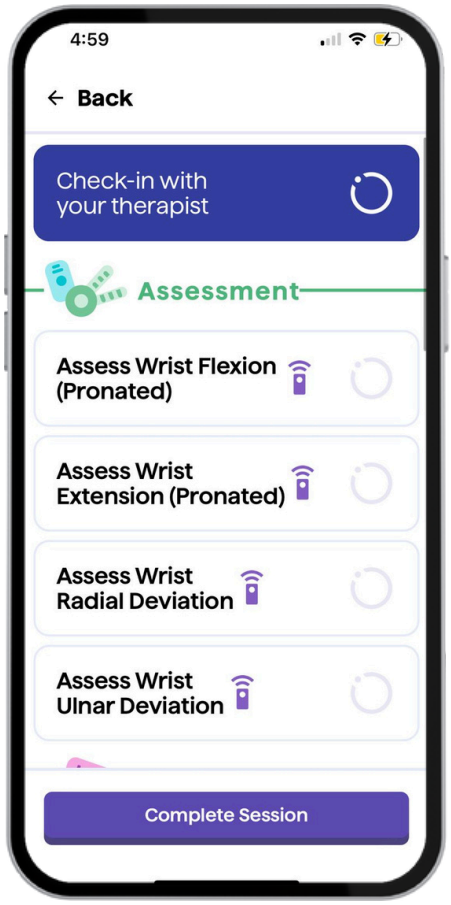
The Tenzr Mobile App Homepage is where you can access your program and view insights on your recovery progress.

Homepage Overview

Program	Activities your clinician has assigned you to complete, including assessments, warm up/cooldown, exercises, and communication.
Check-In	Quick way to update your clinician on your progress and add notes up to three days in the past.
Insights	Summary of your progress so far and when your Program was most recently updated.



Home Exercise Program



At the top of your Program, you can click “Check-in with your therapist” to provide your clinician with a quick update on how you are feeling that day. You can check-in up to three days in the past.

Then, you can view and complete the rest of your activities as directed. Activities with will need to use your sensors.

Type of Activities

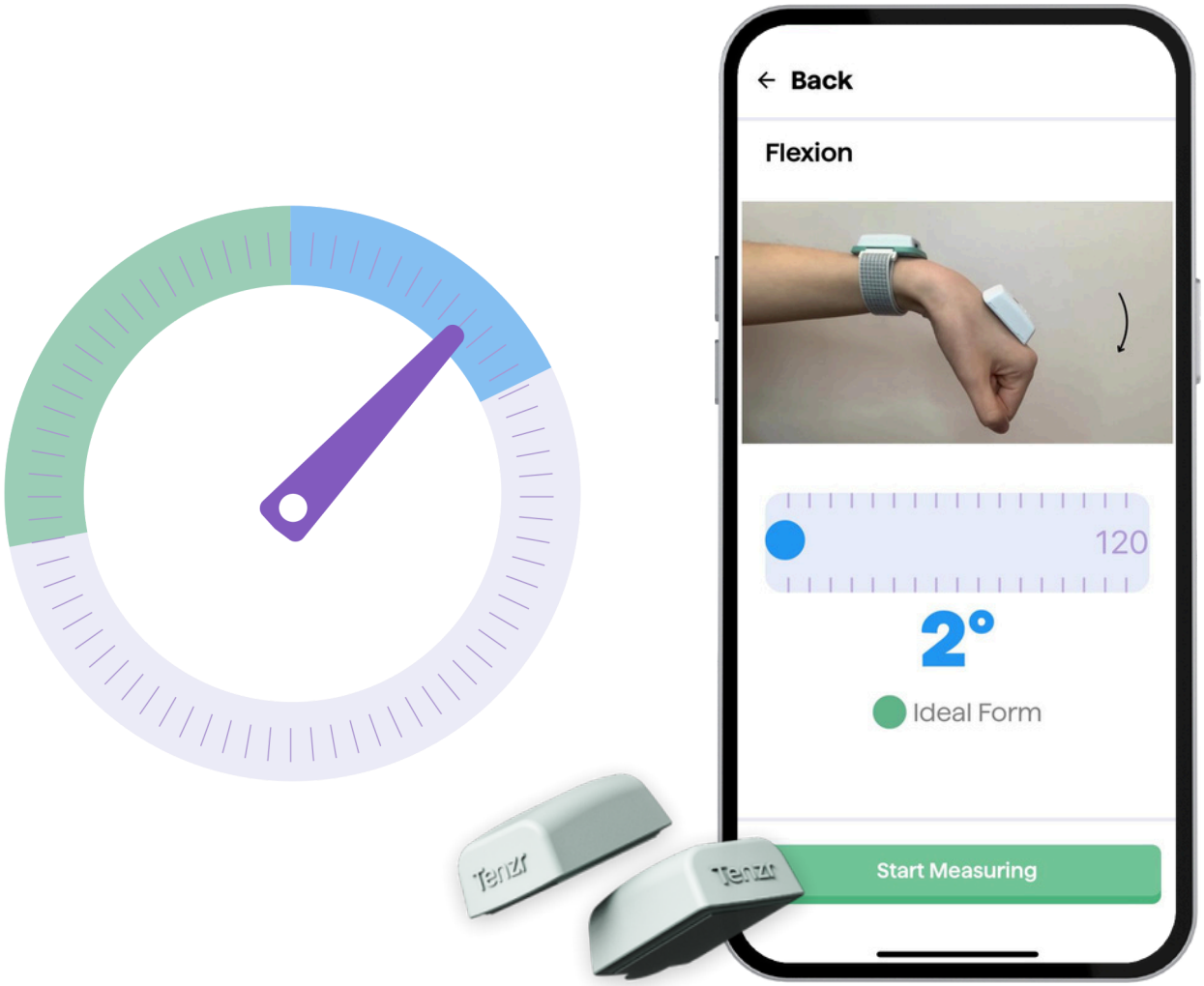
Warmup/Cooldown	Activities to complete before or after exercise
Assessment	Measures your range of motion and sets parameters for games
Exercise	Includes both directed (video) and sensor-based (games) activities
Communication	Pain assessment or a question of your clinician’s choice

Assessment Activities

An assessment measures the maximum Range of Motion (ROM) of your wrist and forearm. The 3 ranges of motion to assess are pronation/supination of the forearm, radial/ulnar deviation of the wrist, and flexion/extension of the wrist.

You can start assessment from any arm position, as long as they are within the correct plane of motion. All movements should be performed with proper posture and a loose fist.

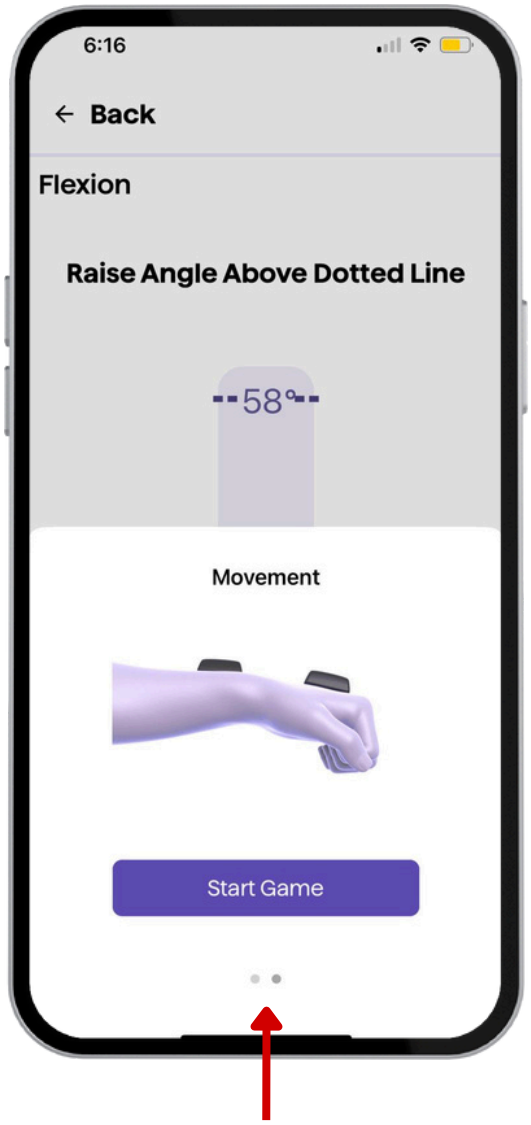
You can view the video to understand how to move your wrist and/or forearm. Click “Start Measuring” to begin the assessment.



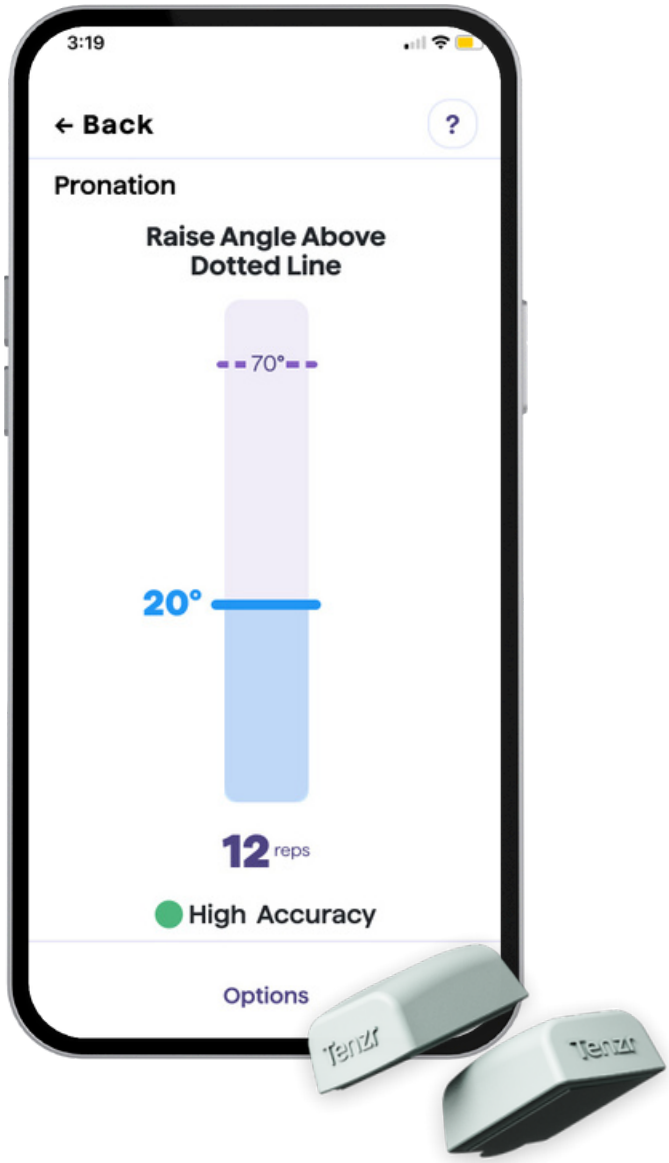
Passive Holds

How to Play

Use your unaffected hand to push the affected hand/forearm to cross the line and hold according to the ROM activity selected. Maintain the position to stay above the dotted line for the time displayed.



swipe to see the Range of Motion you should be performing



Garden Path

How to Play

Move your wrist or forearm, according to the ROM activity selected, to control the paver as it moves vertically on the screen. Follow the path with the paver as closely as possible, paving the walkway over the temporary dirt path while avoiding the plants.

Scoring

A higher score is achieved when the paver stays on the path.

swipe to see the Range of Motion you should be performing

Stellar

How to Play

Navigate the spaceship avatar vertically across the screen and travel as far as possible by moving the wrist or forearm according to the ROM activity selected. Collect speed boost items to increase your speed, while avoiding the space rocks and satellites. Pay attention to the warnings and dodge other spaceships along the way.

Scoring

A higher score is achieved by travelling as far as you can.

Objects Guide

Avatar

Speed boost

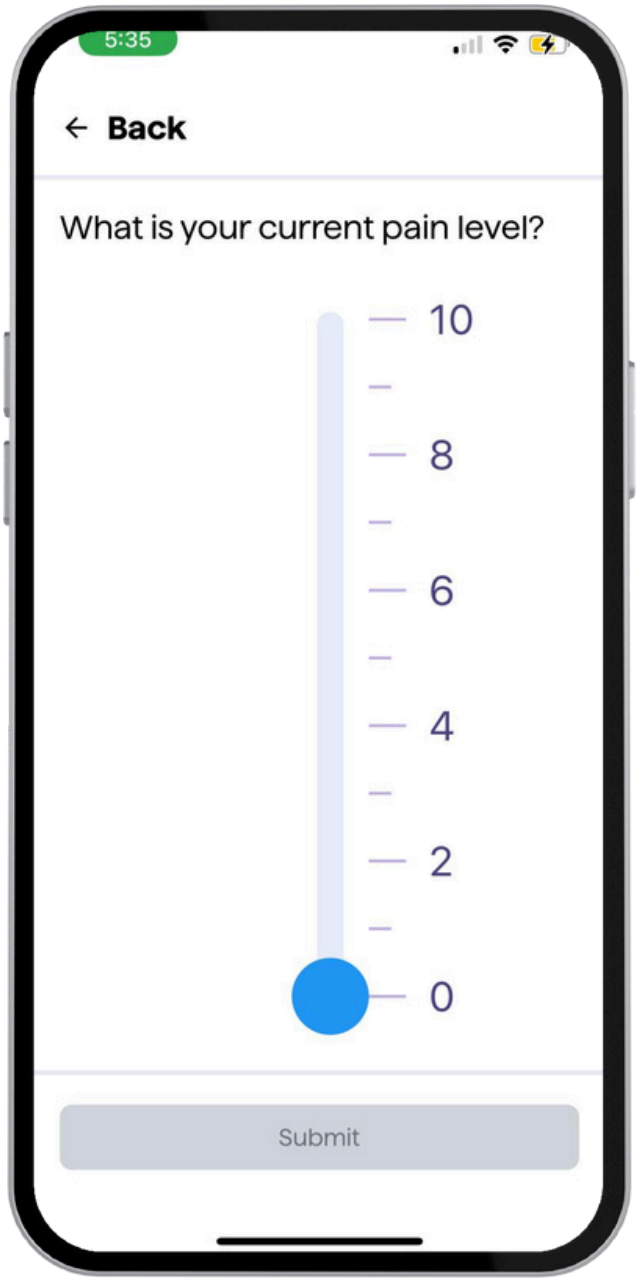
Objects to Avoid

Space rocks, satellites, and ships

Heed the Warnings

Query Activities

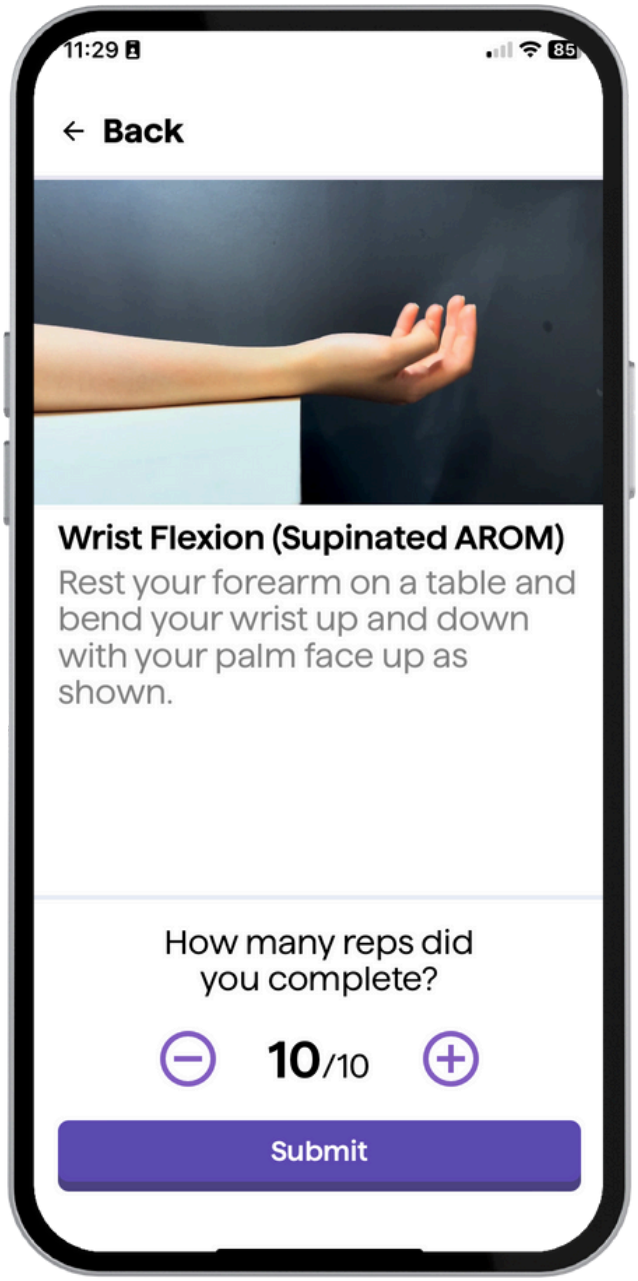
Query Activities are activities that ask you a question. This can range from the pain levels you are currently experiencing or a general question about your ability to perform your activities of daily living. Query responses go back to your therapist to review with you at the next appointment



Video & Image Activities

Video and image activities involve following along with exercise routines or other prescribed activities by watching instructional videos.

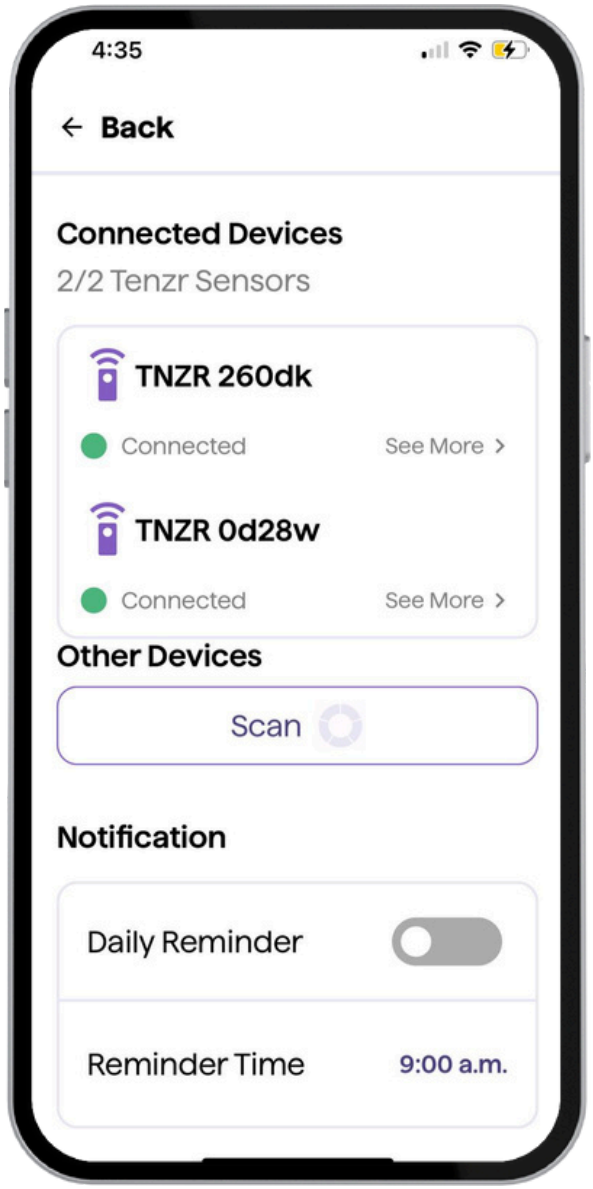
The number of repetitions to be completed is assigned by your clinician. Once you have completed all the repetitions you can click “Submit” to advance to the next activity.

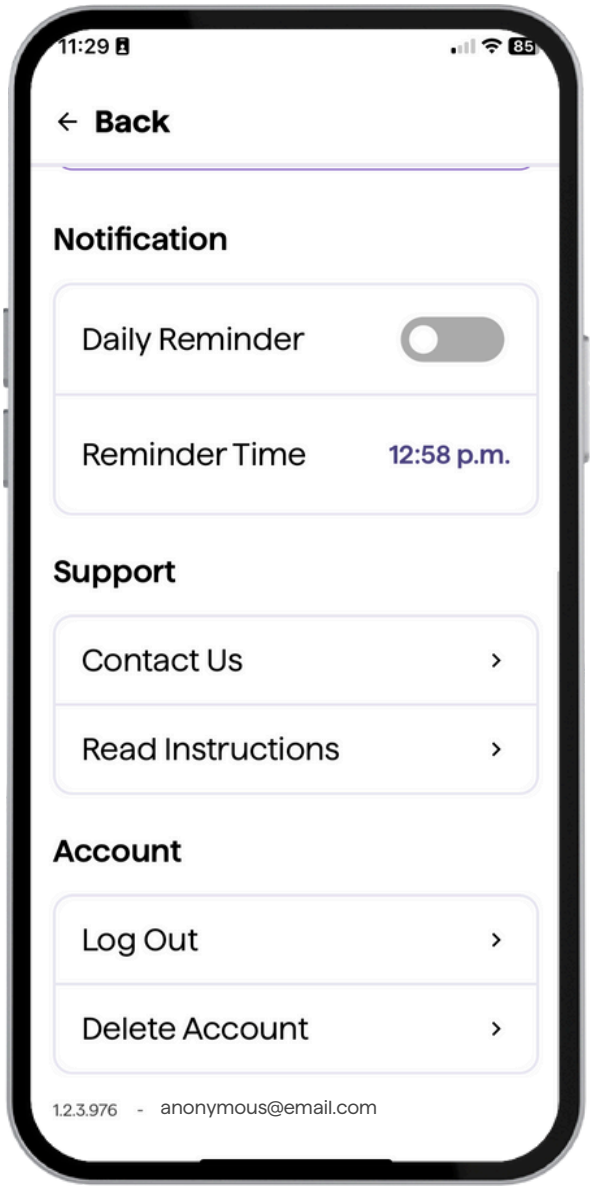


Settings

In Settings, you can see the status of your sensors and access a variety of resources.

You can choose whether or not to receive your daily reminders to exercise, as well as customize the timing to fit your preferences.





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