

**myHEXplan™**

From the very beginning to the end of the treatment, beside you

Download on the App Store

You have started a journey, the goal of which is to allow you to get back to your everyday life. You are the most important member of the care team, and need to be active in the process to help your limb heal. Tasks include adjusting the external fixator, caring for the pin-sites, performing physical therapy exercises, and others as instructed by your surgeon and other members of the care team.

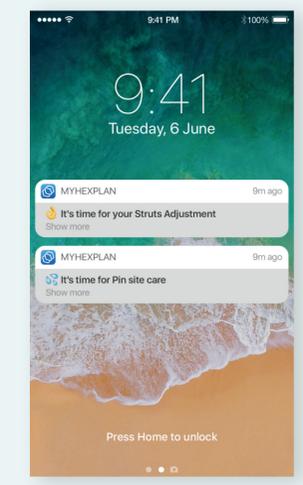
The myHEXplan mobile app acts in addition with the standard treatment approach, to support you from the first day after surgery through device removal and all the treatment phases, from your smartphone. Once you have loaded your prescription, you will be able to:

- Access your struts adjustment prescription
- Receive reminders of pin-site care and struts adjustment, and mark these activities as complete
- Receive insights on the treatment and some other useful features

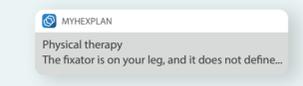
Using the mobile app will also allow your surgeon to have a complete overview of your treatment.



### Push notification

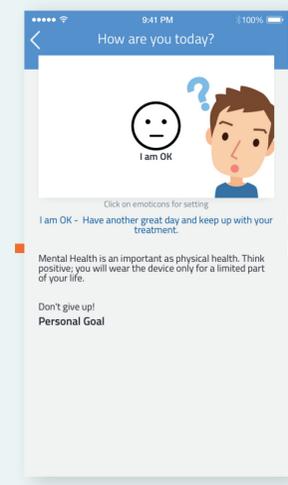


### Insight messages



Your physician may have chosen to send you treatment messages on a pre-set frequency, about the pin-site care, the struts adjustment, the physical therapy and about the treatment in general.

### Mood assessment



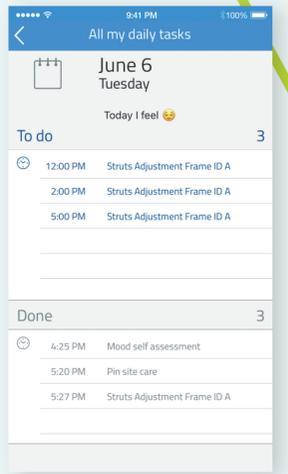
Once a day, you will be invited to indicate how you feel. Anytime during the day, you can tap on your mood icon to change it.

### START

Tap here to get started

"Tap here to get started" and then "Scan your QR code" in order to load the treatment plan.

### MOOD ROAD



### All my daily tasks

Summary of daily "to-do" and "done" tasks, considering all the prescriptions loaded in myHEXplan mobile app.

### User profile

Load a photo and create your nickname.

FULL VERSION - You can also access your surgeon's contact info

### Surgeon contact

### Settings

Set timing for pin-site care alert notifications. Send anonymous feedback to Orthofix.

FULL VERSION  
Set personal treatment goal  
Set timing for insight messages

### Pin site care

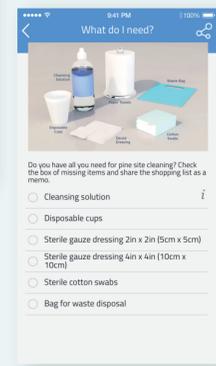
An automatic alert notification for your pin-site care appears as a banner on your smartphone and on the homepage of myHEXplan™ mobile app, to remind you this task as assigned by your surgeon. It also appears as a red dot with an exclamation point, on the Pin-Site Care hexagonal button. Tap on the button and mark the activity as complete.



### SIGN OF INFECTION

INFECTION SELF EVALUATION  
If needed, get a photo of your pin sites and share it with your surgeon

### SUGGESTED DISPOSABLE FOR PIN-SITE CARE



### Time-lapse

You have the ability to take a daily photo of your frame and limb. Overlapping this sequence of photos will produce a short video showing your limb deformity correction.

### PIN SITE SQUARE

### PIN SITE MARKET

### PHOTOGRAPHER

### Anonymous



### Prescription QR code



The QR code is associated with ALL your treatment plans. Scanning the QR code will enable all the functionalities of the FULL VERSION.

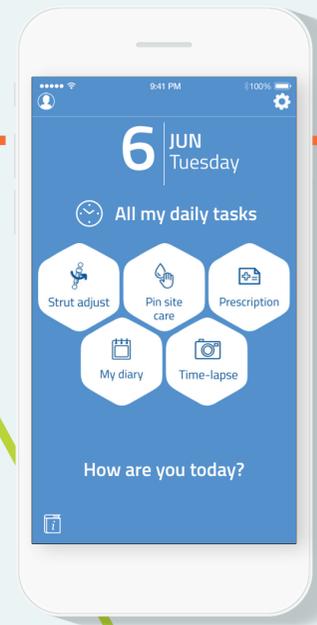
### ADJUSTMENT STREET

### Struts adjustment

A recap of all your daily struts adjustment of your prescriptions.

Tap on the Strut Adjust hexagonal button to start the struts adjustment guided mode and mark the activity as complete.

### NEWS STAND



### BELL PARK

Do not close the view before having completed and confirmed all the six strut adjustments.

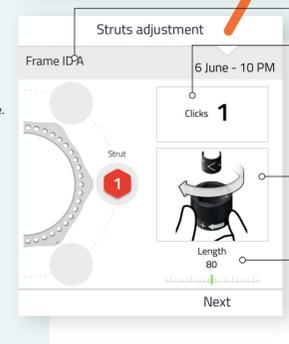


| Strut | Click | Length | Strut | Click | Length |
|-------|-------|--------|-------|-------|--------|
| 1     | 0     | 9      | 4     | 1     | 27     |
| 2     | 1     | 27     | 5     | 0     | 9      |
| 3     | 1     | 3      | 6     | -1    | 14     |

Red dot with a number indicates the pending tasks. Tap to start the struts adjustment guided mode.

Green dot with check marks means that the task is on-track.

Strut: hexagon numbered from one to six. These numbers and colours correspond to the six struts on your TL-HEX frame.



Frame to adjust

Click: adjustment for each strut is represented by number of clicks. The showed number reflects the number of clicks to do on your strut. Pull, turn and push the knob until it clicks.

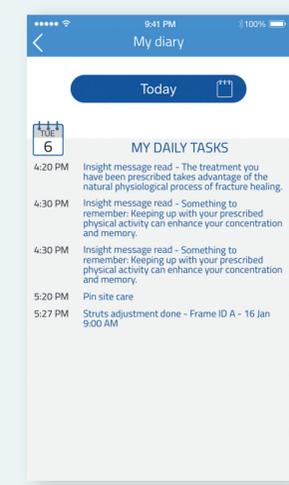
Direction: an image reminds you of the strut knob turning direction.

Length: this number corresponds to the strut reference length, indicated by the green line on each strut, after the strut adjustment. This indication is just for reference.

### DIARY PARK

### My diary

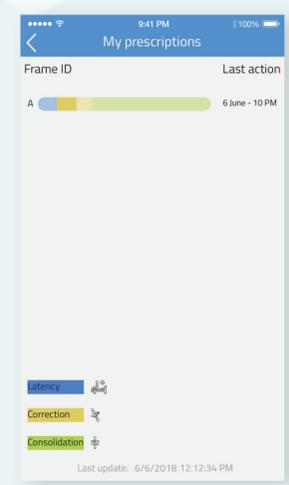
Summary of all completed tasks and your interactions with the app, on each day of the treatment.



### PRESCRIPTION STATION

### Prescription

List of loaded prescriptions, identified by a letter and treatment timeline.



### HELP CORNER



# What is myHEXplan™?

## Introduction

You have started a journey, the goal of which is to allow you to get back to your everyday life. You are the most important member of the care team, and need to be active in the process to help your limb heal. Tasks include adjusting the external fixator, caring for the pin-sites, performing physical therapy exercises, and others as instructed by your surgeon and other members of the care team.

The myHEXplan mobile app acts in addition with the standard treatment approach, to support you from the first day after surgery through device removal and all the treatment phases, from your smartphone or mobile device. Once you have loaded your prescription, you will be able to:

- Access your struts adjustment prescription
- Receive reminders of pin-site care and struts adjustment, and mark these activities as complete
- Receive reminders of scheduled check-up visits with your physician or care team members
- Access to educational materials about TL-HEX treatment
- Receive insights on the treatment and some other useful features

Using the mobile app will also allow your surgeon to have a complete overview of your treatment.

## NOTE

- Even if your physician has enabled the prescription in the myHEXplan mobile app for you, Orthofix recommends that you must keep the printed copy of the prescription, in the event that something occurs to your mobile device.
- Your smartphone needs to be connected to the internet to allow your myHEXplan mobile app to synchronize with your physician's system. For this reason, Orthofix recommends you connect to the internet at least once a day and after each check-up visit with your physician. Please remember to enable push notifications for your smartphone.
- The myHEXplan system is not intended for the diagnosis of disease or other conditions, or the cure, mitigation, treatment, or prevention of disease, or is intended to affect the structure or any function of the human body
- The myHEXplan system does not substitute the paper treatment plan provided by the surgeon
- The information visualized on the myHEXplan system does not substitute the scheduled check-up visits with the surgeon
- Any changes to the paper treatment plan will be provided by the surgeon during the check-up visit.

## System requirements

The iPhone models currently supported are 5s or higher, iOS version 10.3 or higher.

# Install myHEXplan™

## Introduction

If your physician has decided that the myHEXplan mobile app can be useful to support your treatment journey, your printed prescription will include:

- **myHEXplan mobile app** icon printed on each page of the prescription
- **QR Code** printed on the last page of the prescription
- **Instructions** to install myHEXplan and load the prescription on your mobile device. You simply need to:

- Go to AppStore
- Search for the myHEXplan app
- Install the app on your smartphone
- Launch the app
- Read and accept the Terms of Use

## Basic version

The myHEXplan app comes with some general functionalities. The homepage consists of:

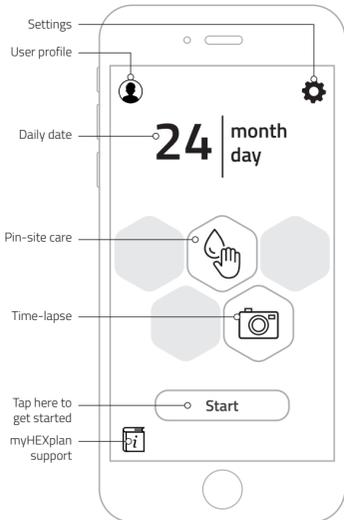
- **User profile:** positioned on the top left corner, this area enables you to load a personal photo and create a nickname
- **Settings:** positioned on the top right corner you will find a feature that allows you to set a preferred time to receive pin-site care alert notifications and send anonymous app feedback

- Send anonymous app feedback: we value your feedback. If you would like to make a suggestion about how we can improve this app, please let us know through the "Send app Feedback" function. This feedback is intended for the app developer. Please note that Orthofix will not be able to provide remote support for your myHEXplan mobile app. For any issues about the app or questions relative to your treatment, please refer to your physician.

- Daily date
- Two active hexagonal buttons:
  - **Pin-site care:** educational video, list of suggested disposables for pin-site care, infection self-monitoring
  - **Time-lapse:** you have the ability to take a daily photo of your implant, to create a time-lapse video of your treatment and limb deformity correction. See also "Other functionalities"

- "Tap here to get started" button: here you can start setting your mobile app, depending on the type of treatment you are following. You have the ability to scan the QR code to load the first TL-HEX prescription or set the app in a "generic treatment with external fixator" mode
- Time-lapse
- Go to the myHEXplan app support to access a digital version of this guide.

## BASIC VERSION



# How to start

Once you have installed the myHEXplan mobile app on your smartphone, you will be asked to "Tap here to get started" and then "Scan your access code" in order to load the treatment plan.



- Scan your access code: The myHEXplan mobile app will open a view using your smartphone camera. Simply hold your smartphone over the QR Code printed on your paper treatment plan, to capture the code.

NOTE – In the case you have more than one TL-HEX frame, the myHEXplan app will help you manage all your prescriptions. The QR Code is associated with your name and all your treatment plans. This means that you only need to scan the QR Code once to load all the current available treatment plans. Future updates will automatically download in your myHEXplan mobile app when your smartphone synchronizes with the system. See also "How to manage multiple treatment plans".

- Following the scan of the QR Code, you will be able to complete your myHEXplan app settings (which can be set anytime from the Settings tab):
  - **User profile:** you can load a personal photo and enter a nickname.
  - **Personal goal:** you can enter your personal treatment goal, to remind yourself why you decided to start this treatment journey. You also have the ability to disable the personal goal.
  - **Pin-site care:** if your physician has chosen to set a pin-site care alert notification, this functionality will be enabled. You have the ability to change the time, at your convenience, for receiving the pin-site care alert notifications. However, you will not be able to change the frequency of this activity, since it corresponds to what your surgeon has decided is best for you.
  - **Insights messages:** if your physician has chosen to send you some treatment insights on a pre-set frequency, you have the ability to either disable these messages or set the daily time to receive them.

## Full version

Loading the prescription will enable some added functionalities within the myHEXplan mobile app and the homepage will change as follows.

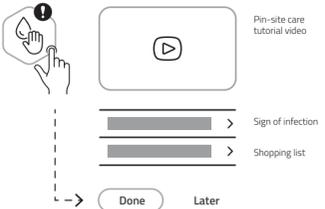
- User profile: provides access to your surgeon's contact info
- Settings: this area gives you the ability to change/set your personal goals, disable the insight messages or change/set the time for insights alert notification
- All my daily tasks: here you can see a summary of daily "to-do" and "done" tasks, considering all the prescriptions loaded in the myHEXplan mobile app
- Five active hexagonal buttons:
  - Pin-site care – In the standard mode, when no alert notification is active, this area allows you to still access the pin-site care educational video, the list of suggested disposables for pin-site care and the infection self-monitoring. See also "How to manage pin-site care alert notifications"
  - Strut Adjustment – In the standard mode, when no alert notification is active, you can still access the struts adjustment educational video here. A recap of all your daily strut adjustment notifications and pending notifications, for all your prescriptions, is also available.
  - Recap: A "green dot with check marks" means that the task is on-track. A "red dot with a number" indicates the pending tasks. The number in the red dot corresponds to the number of tasks to complete. Tap on the pending tasks to start the strut adjustment guided mode. See also "How to manage Struts adjustment alert notifications"
  - Prescription – List of loaded prescriptions, identified by a letter, the same as applied on the physical device. Clicking on one of the prescriptions will enable viewing of the treatment roadmap for that prescription:
  - Treatment roadmap: the myHEXplan mobile app supports you from the first day after the surgery until the device removal. The treatment roadmap indicates the current phase of the treatment for the selected frame
  - My diary – Summary of all completed tasks and your interactions with the app, on each day of the treatment, for all your prescriptions. You can navigate through the past days of treatment
  - Time-lapse – You have the ability to take a daily photo of your frame and limb. Overlapping this sequence of photos will produce a short video showing your limb deformity correction.

# Pin site cleaning

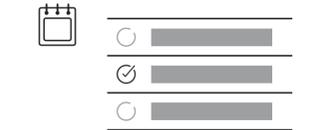
## How to manage Pin-site care alert notifications

An automatic alert notification for your pin-site care appears as a banner on your smartphone and on the homepage of the myHEXplan mobile app. It also appears as a red dot with an exclamation point, on the Pin-Site Care hexagonal button.

- Tap the notification on your screen, or open the myHEXplan mobile app and tap the Pin-Site Care hexagonal button
- The app will present a view, which allows you to:
  - View the pin-site care educational video
  - Access the infection self-monitoring, get a photo of your frame and share it with your surgeon
  - Access the list of suggested disposables for pin-site care, check the box of missing items and share the shopping list as a memo
  - Mark the pin-site cleaning as complete

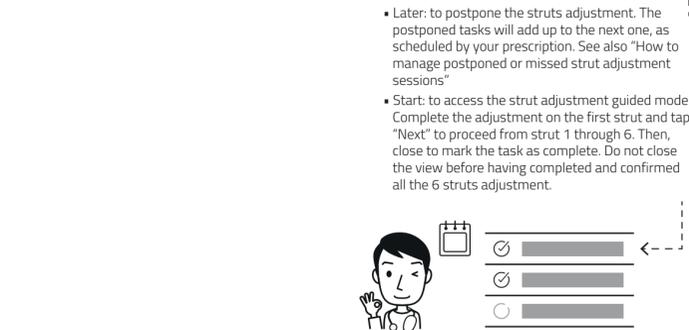


NOTE – All interactions with the app will be tracked in the diary and shared with your physician at the next synchronization.

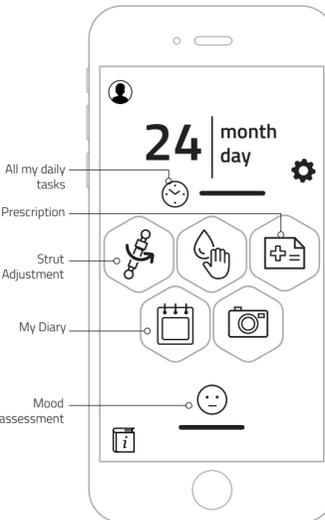


## PIN-SITE CARE WITH MULTIPLE PRESCRIPTIONS

When myHEXplan notifies that it is time for your pin-site care, you can manage the cleaning for all your frames at the same time. You will not receive a pin-site care alert notification for each of your frames.



## FULL VERSION

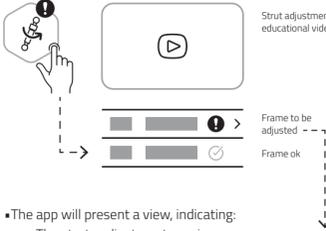


# Managing your prescription

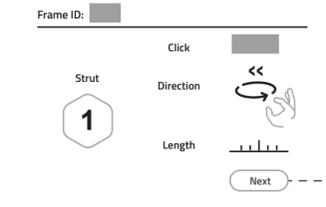
## How to manage struts adjustment alert notifications

Once you have loaded your prescription (see "How to start"), you will receive an automatic alert notification for each set of six struts adjustment, as planned in your struts adjustment schedule. The alert notification appears as a banner on your smartphone and on the homepage of the myHEXplan mobile app. It also appears as a red dot with an exclamation point on the Strut Adjust hexagonal button.

- Tap the notification on your screen, or open the myHEXplan mobile app and tap on the Strut Adjust hexagonal button



- The app will present a view, indicating:
  - The struts adjustment session
  - The frame to be adjusted, identified by a letter, the same applied on the physical device
  - Summary of six struts adjustment:
    - "Strut": six hexagons numbered one through six. These numbers and colours correspond to the six struts on your TL-HEX frame.
    - "Click": adjustment for each strut is represented by number of clicks. The number beneath any strut reflects the number of clicks to make on your strut. The number can be positive or negative. In any case, the direction of the turn is indicated by the arrow tab on the strut.
    - "Direction": an animation that reminds you of the strut knob turning direction.
    - "Length": this number corresponds to the strut reference length, indicated by the green line on each strut, after the strut adjustment. This indication is just for reference.



- Later: to postpone the struts adjustment. The postponed tasks will add up to the next one, as scheduled by your prescription. See also "How to manage postponed or missed strut adjustment sessions"
- Start: to access the strut adjustment guided mode. Complete the adjustment on the first strut and tap "Next" to proceed from strut 1 through 6. Then, close to mark the task as complete. Do not close the view before having completed and confirmed all the 6 struts adjustment.



NOTE - Please note that all your interactions with the app will be tracked in the Diary and shared with your physician at the next synchronization.

## How to manage postponed or missed strut adjustment sessions

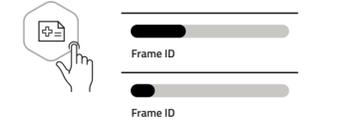
It is very important that you follow your struts adjustment schedule as prescribed by your physician. This lengthens your bone at a comfortable rate, letting your new bone cells grow. Lengthening too fast may mean that new bone cannot grow fast enough. Lengthening too slowly may result in the bone growing together before lengthening is done. Unless instructed by your physician, do not interrupt your daily struts adjustment program. If you feel pain, or have any questions, please refer to your physician or care team.

In some cases, your physician might suggest that you delay or skip a struts adjustment. Always follow the instruction provided by your surgeon.

- Although you should follow exactly the prescription, if you need to postpone a struts adjustment task, the myHEXplan mobile app will enable you to do so. Simply tap the alert notification and then tap "Later".
- At the following struts adjustment session, as scheduled by your prescription, you will be asked to complete all the pending struts adjustments.

## How to manage multiple prescriptions

In the case that you have more than one TL-HEX frame, each of them will have an associated prescription. The myHEXplan app will help you manage all your prescriptions. With the first QR Code scan, the app will load all the prescriptions available at that moment. You have the ability to see all loaded prescriptions by tapping the Prescription hexagonal buttons.



## How to add a new prescription

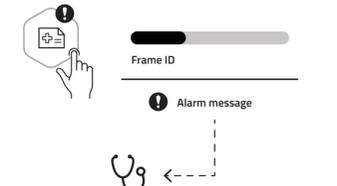
In the event that your physician gives you a new prescription, or an update of a previous prescription already provided on paper and loaded in your myHEXplan mobile app, they will automatically download in your myHEXplan mobile app when you synchronize with your surgeon's system. You will receive a download confirmation on your app. **Please remember that your smartphone must be connected to the internet to receive updates by your physician.**



## What if myhexplan prescription is revoked

Your physician has the ability to revoke one or all your prescriptions in the myHEXplan app. This could be due to several reasons. In this case, you will be informed by your physician and will receive a notification and the involved prescription(s) will be no longer available in the myHEXplan app.

You should contact your physician immediately to get instructions on how to proceed with your treatment. Tapping on the warning will provide access to your physician's contact info.



## Struts adjustment with multiple prescriptions

When the myHEXplan mobile app notifies you that it is time for a struts adjustment, tapping the notification will present a view indicating the frame to be adjusted. The frame is identified by a letter, the same as applied on the physical device. Complete just the set of six struts adjustment for the frame indicated. The myHEXplan app will notify you of the adjustment for any other frames as scheduled by the various prescriptions.

Please note that at any time, you can tap "All my daily tasks" for a summary of "to-do" and "done" tasks, considering all the prescriptions loaded in the myHEXplan mobile app.



- Tap Close to close the view

# Other functionalities

## Insight messages

Your physician may have chosen to send you treatment messages on a pre-set frequency, about the pin-site care, the struts adjustment, the physical therapy and about the treatment in general. If so, a notification for a new message will appear on your smartphone and on the homepage of the myHEXplan mobile app.

- Tap the notification on your screen to open the myHEXplan mobile app and see the full message. The icon on the top right corner will identify the type of content, as follows:



- Tap Close to close the view

## Mood assessment

- Once a day, you will be invited to indicate how you feel. Tap "How do you feel today?" from the homepage of the myHEXplan mobile app or "My Daily Tasks" view
- The app will present the "How do you feel?" view
  - Tap on the mood icon
  - Scroll the bar to select the emotion that best matches how you feel, then Confirm your choice
- Anytime during the day, you can tap on your mood icon from the homepage of the myHEXplan mobile app, to change your mood.

NOTE - Please note that your mood and modifications of the mood will be also tracked in your diary.

## Time-lapse video

You have the ability to take a daily photo of your frame and limb. Overlapping this sequence of photos will produce a short video showing your limb deformity correction.

- First shot
  - Tap the Time-lapse hexagonal button
  - Tap on the "camera" icon
  - The myHEXplan app will present a view using your smartphone or mobile device camera
  - Position the device to capture your frame and leg. When you are satisfied with the shot, tap on the icon of the camera

NOTE – Please note that all proceeding photos will have to be taken in the same way as the first one, meaning at the same distance and the same shot. It is suggested not to take a photo either too far or too close

- If you are satisfied with the photo, simply confirm
- If you are not satisfied with the photo, you can delete it by tapping on the "trash bin" icon
- If you want to take another photo, tap on the "camera" icon

- Second and subsequent shots
  - Tap the Time-lapse hexagonal button
  - Tap on the "camera" icon
  - The myHEXplan app will present a view using your smartphone camera. The last photo taken will be visualized as a reference, shaded below the current view captured by your smartphone's camera
  - Position the smartphone to capture your frame and leg. Try to overlap the new photo with the shaded one below as much as possible. This will determine the quality of your time-lapse video, together with the number of photos used to produce the video
    - If you are satisfied with the photo, simply confirm
    - If you are not satisfied with the photo, you can delete it by tapping on the "trash bin" icon
    - If you want to take another photo, tap on the "camera" icon

If you want to view your treatment time-lapse with current sequence of photos, tap "View treatment time-lapse"