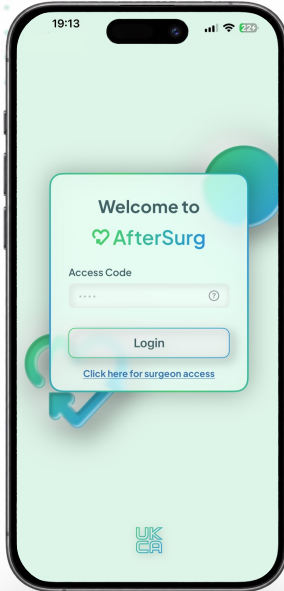


Getting started with AfterSurg

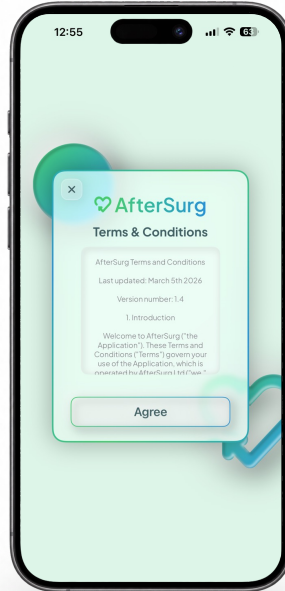
Set up guide

1



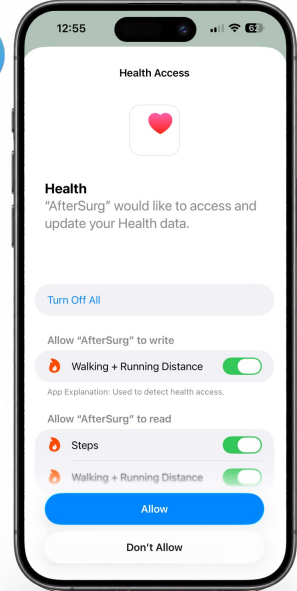
Enter your 4-digit access code (or 0000 without a referral)

2



Read and accept the Privacy Policy and Terms of Conditions

3



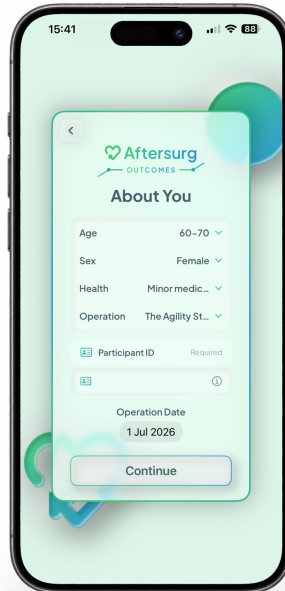
Allow access to your activity data by selecting 'Turn On All'

4



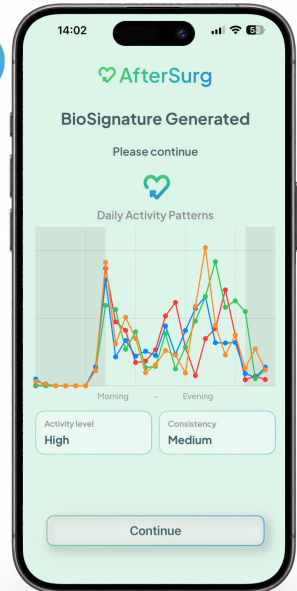
The app is now personalised and ready for use (*custom screen example*)

5



Enter the requested study details, Participant ID, and date of operation

6



Pre-op data is used to create your baseline activity BioSignature



Your data is secure

We use industry-leading security to keep your information safe



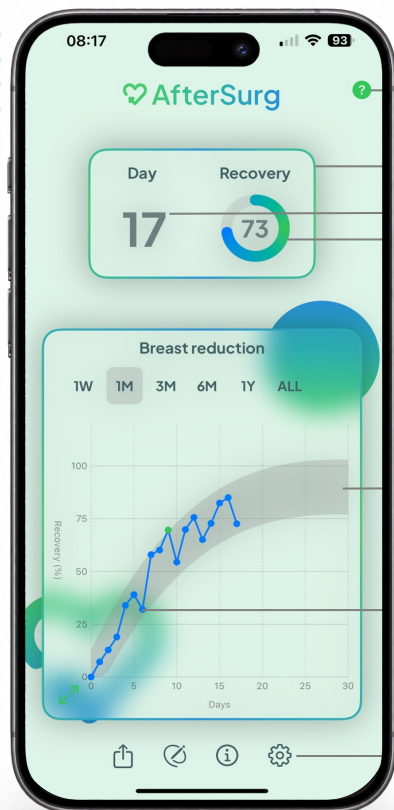
Need help?

Visit our website FAQs or contact your clinical / study team for support



Understanding the recovery dashboard

A quick guide to what each section shows



Repeat the dashboard demo

Toggle this widget to get your recovery metrics

Days since your surgery / intervention

Percentage recovery – where 100% is baseline

Predicted recovery trajectory – based on data from similar patients having the same operation

Your daily recovery score – calculated from your physical activity intensity and daily routine compared to baseline

Share your data, view your biosignature, more info, and settings



Frequently asked questions

1. When will my recovery data appear?

Your graph usually shows data 2 days after your operation, once a complete day of activity is available.

2. Why does today's activity look so low?

Today updates live. Your recovery score uses the previous 3 complete days, excluding the current incomplete day.

3. Does AfterSurg record all activity?

Gym, swimming and static exercise may be missed, but your overall movement trend can still provide useful recovery information.

4. Can you use my smartwatch data?

Yes, if it syncs with Apple Health or Health Connect. Different devices may produce slightly different activity patterns.

5. Is anyone monitoring my recovery data

AfterSurg is not continuously monitored. If you have concerns contact your usual healthcare service rather than relying on the app.

6. Do I need to open AfterSurg daily?

No. AfterSurg collects activity in the background, but open it regularly to review your recovery and complete any requested checks.

For more FAQs, visit www.aftersurg.com/FAQs

