# Welcome to OneStep

OneStep

bioness

Track Your Recovery. Celebrate Every Step.

## Bioness + OneStep

Your recovery doesn't stop when you leave the clinic! Bioness has partnered with OneStep so you can track your recovery at home using the same precise technology trusted by your clinician. See your progress over time and celebrate every step of your recovery journey.

## What is OneStep?

OneStep is a free smartphone app that measures how you walk using the sensors already built into your phone—no wearable devices or special equipment required. Your therapy team uses this information to monitor your progress, personalize your care, and help you reach your mobility goals.

## Getting Started

1. **Accept Your Invitation:**
   Open the text from your therapist and download the free OneStep Move app.
2. **Verify Your Phone:**
   Enter your phone number, tap Send Me a Code, and enter the 4-digit code you receive.
3. **Allow Permissions:**
   Enable Notifications, Motion & Fitness, Apple Health (iPhone), and Location (Allow While Using App, then Always Allow). These permissions help accurately measure your walking. OneStep does not track where you go or sell your information.
4. **Complete the Consent Form:**
   Scroll down on the menu to review and sign the patient consent form in the app. Your information is never shared publicly.
5. **Take Your First Walk:**
   Tap Walk, place your phone in your front pants pocket, and walk at least 20–30 steps.

## Keep It Going!

- Complete a walk test each week with your phone in your front pants pocket (same side each time).
- The app will remind you if it's been a while.
- Each walk test helps your care team monitor your improvements throughout the treatment. You can also view your progress in the app.

## Frequently Asked Questions

- Will it drain my battery? *Very little.*
- Do I need to hold my phone? *No, keep it in your front pocket.*
- Is my information private? *Yes. Your data is HIPAA compliant and shared only with your care team.*

## Need Help?

Contact OneStep Support:
support@onestep.co

Watch the Setup Video:

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