

# Patient Engagement & Remote Therapeutic Monitoring

The Keet app gives you the tools and support you need to improve your health—so that you can live your best life.

Did you know that people who are more engaged and active in their healthcare have better health outcomes?  
**It's true!**

To ensure the best patient experience available, your therapy provider has partnered with Keet Health. All you need to do is download the Keet app and stay engaged with your therapist over the course of your care.

## Benefits of using the Keet app include:



**Exercise adherence.** Sticking with your home exercise program isn't always easy, but the app keeps all of your homework in one place and helps track your performance.



**Track your progress.** Weekly surveys capture how you feel about your journey. We might ask about pain, general activity levels, and progress towards goals. Please be honest!



**Motivation.** The rehab journey can feel overwhelming, but you aren't alone.

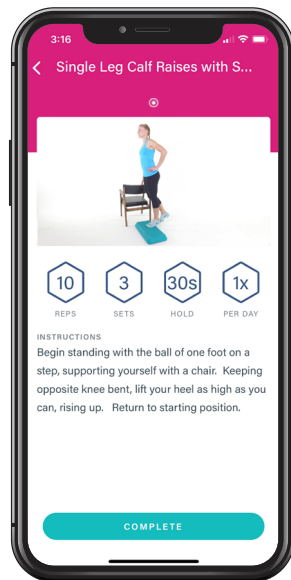


**Direct communication with your provider.** In-app messaging lets you seek advice even when you're not in the clinic.

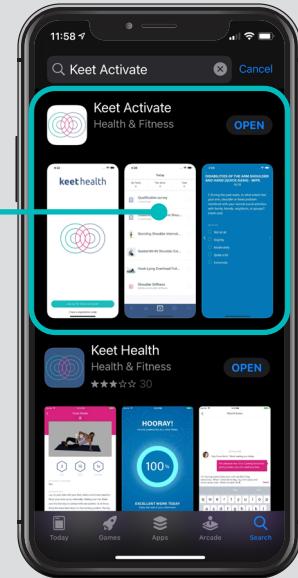
## Commonly asked questions:

**How am I being monitored via the app?** Keet relays exercises, surveys, education, and in-app activity like direct messaging, but that's it. Your provider is monitoring your progress and answers.

**Is there a cost to using the app?** No. The app is free to use, however aspects of remote therapeutic monitoring may be reflected in the cost of your care episode.



## Download Keet Activate app



### For Apple iOS users:

- From your iPhone or iPad, open the Apple Store
- Search for "Keet Activate"
- Select and install Keet Activate app



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### For Android users:

- From your phone or tablet, open Google Play
- Search for "Keet Activate"
- Select and install Keet Activate app



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