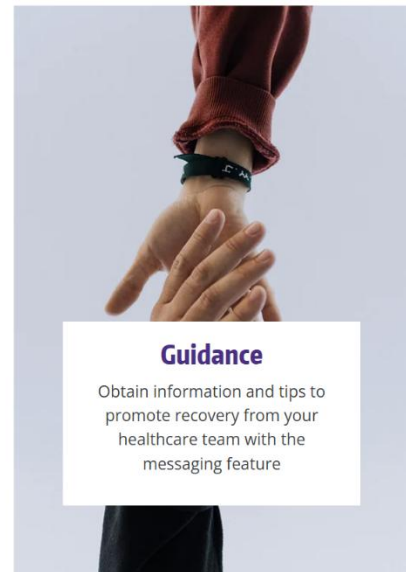
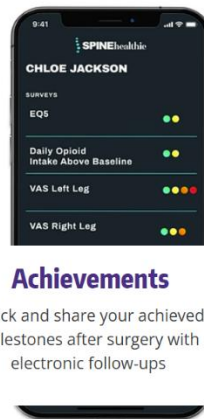
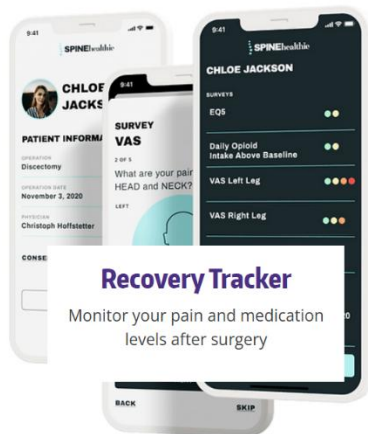




# SpineHealthie - A Mobile Application to Track Recovery Progress



## Background

When a patient undergoes spine surgery, they typically have post-operative follow-up appointments at 2 weeks, 1 month, 3 months, 6 months, 1 year depending on what surgery is performed. To track progress beyond these clinic visits, healthcare professionals or researchers must contact the patient by phone and administer questionnaires. By utilizing a mobile application that allows patients to complete questionnaires at their convenience, we eliminate many of the barriers to collecting information more frequently. This also empowers patients by giving them a tool to keep their healthcare provider informed. The goal of this system is to provide healthcare providers with a seamless tool for tracking patient progress.

## About the App

The SPINEHealthie mobile application is an application owned by the University of Washington and managed by their Department of Neurological Surgery. It is designed for tracking post-operative outcomes and enhancing patient satisfaction through improved communication and data collection, is utilized within the scope of a research study and has not sought FDA approval, as its primary purpose extends beyond clinical diagnostic or therapeutic use to a focus on research and data gathering.

## What's Involved?

As part of the study, you will be asked to fill out surveys and information in the SpineHealthie mobile application. We hope that these surveys will help you and the clinical team track your progress over time after spine surgery. The surveys will be sent to you directly through the app once before your operation and post-operatively every day for the first week, and then at 2 weeks, 1 month, 3 months, 6 months, 1 year, and 2 years. The app also allows you to leave comments and message your care team. iPhone users can also track and share their daily step count. For more information please ask your spine surgeon.

