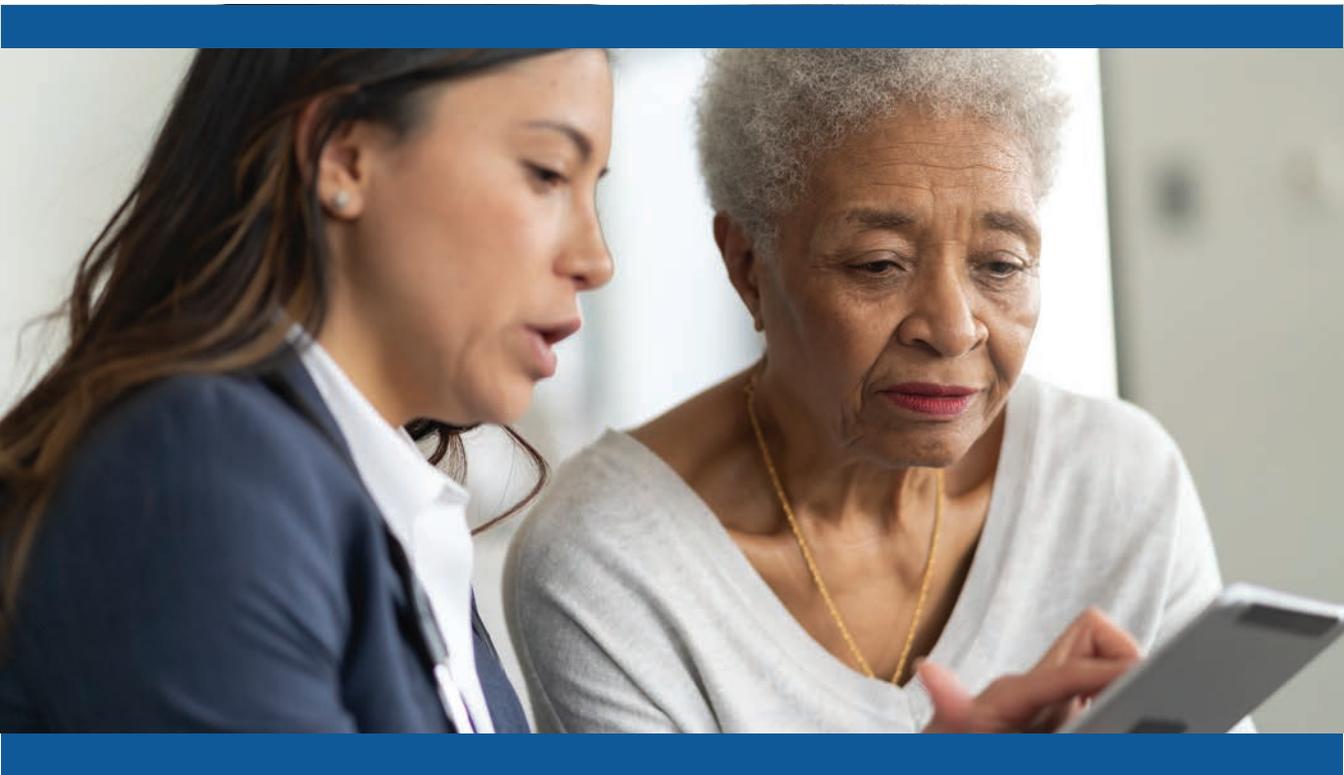


Movement is Life™ Shared Decision Making Tool

User Guide



movement is life™

Catalyst for Change

Prior to Using

1. Enable pop ups on your browser

This varies by browser, but generally involves changing the settings or advanced settings to unselect “Do not allow any site to show pop ups”. You can do this by website, enabling pop ups for this site only. The link below gives directions by type of browser.
[https:// www.isc.upenn.edu/how to/configuring your web browser allow pop windows.](https://www.isc.upenn.edu/how-to/configuring-your-web-browser-allow-pop-windows)

Where do I find the program?

URL

<http://apps-movementislife.caucus.com/pe>

Users need to register the first time they use the site.

Registration will trigger an email with the link to the program input page

One-Time Registration Form

Request Access

Thank you! Registering with this website will provide you access to the Movement is Life™ Shared Decision support tool for patients with chronic knee pain that is likely knee osteoarthritis. This one page framework was designed to support a discussion with patients. Please take a moment to tell us a bit about yourself so we can quickly provide you with the materials you need.

Information Fields To Complete:

- Name, email address, institution, city, state, zip code
- Are you a healthcare provider? (yes, no)
- What type of healthcare provider? (dropdown)
- Links to patient encounter video and user guide
- Attestation “I have viewed the training materials and will use the tool as directed.”
- Terms of Use / User Agreement

User Agreement

In order to access the Movement is Life™ Shared Decision Making support tool, we ask that you agree to the terms of use. By agreeing, you will become a registered user and may access the tool directly in the future. For information on our privacy practices, see the [Zimmer Biomet Privacy Policy](#)

I Agree

Next Steps

- Once registered, you will receive an email with a program link.
- Please save this link.
- If you lose the link, you can enter your email address and click on “lost email link” to have new email generated.

Step-by-step Input Information

The Program opens to the Input Page

Please complete the form as instructed below.

In case you would like to refresh on a typical patient encounter, please click the link to the demonstration on the top right of the input form.

Patient Shared Decision Making Tool Log Out

Input Form.

This program requires that pop-up windows are enabled on your browser. Please refer to the user manual if you are unsure how to enable pop-ups.

Fill in the Patient information

Clinical Site

Patient#

Please select the treatment pathway that is closest to the treatment recommendation for this patient from the physician

Increase Activity, Weight Loss, OTC medication

For comparison purposes, please select a treatment pathway that is the most likely alternative for this patient

Physical Therapy, Unloader Brace, Rx

Gender Male Female

1. Please enter the name of your institution here and consistently use this name for all patients.

2. The patient number will automatically populate. This will increase sequentially for each patient entered for a specific site. It is unrelated to other patient numbers and functions as a counter. You cannot enter anything here.

Patient Shared Decision Making Tool Log Out

Input Form.

This program requires that pop-up windows are enabled on your browser. Please refer to the user manual if you are unsure how to enable pop-ups.

Fill in the Patient information

Clinical Site

Patient#

Please select the treatment pathway that is closest to the treatment recommendation for this patient from the physician

Increase Activity, Weight Loss, OTC medication

For comparison purposes, please select a treatment pathway that is the most likely alternative for this patient

Physical Therapy, Unloader Brace, Rx

Gender Male Female

3. Choose a clinical treatment pathway; the program automatically compares the chosen treatment pathways to a “Do Nothing” pathway.

4. Choose a second, alternative clinical treatment pathway for comparison.

Treatment Pathway Choices

“Do Nothing” is hard programmed into the Shared Decision Making tool;

It is the comparator for the two recommended pathways.

The treatments listed below are over a 6 year timeframe.

Most patients will be in the
early OA stage.

Treatment Pathway	
Increase activity, weight loss, OTC Medication	Earlier OA
Increase activity, unloader brace, prescription pain medication	Earlier OA
Physical therapy, unloader brace, prescription pain medication	Earlier OA
Corticosteroid injections, unloader brace, prescription pain medication	Earlier OA
Physical therapy, corticosteroid injections, NSAIDS	Earlier OA
Corticosteroid injections, physical therapy, prescription pain medication, TKA at 2 years	Later stage OA
Corticosteroid injections, physical therapy, prescription pain medication, TKA at 4 years	Later stage OA
Physical therapy, corticosteroid injections or hyaluronic acid injections, NSAIDS	Later stage OA

Recommendations

- If the patient is overweight or obese, select the weight loss option.
- The goal is to include realistic options for each individual patient. Most of the time, those will be in the “earlier OA (osteoarthritis)” category or the first five pathways. This is to help the patient understand their options and that their choices have an impact on their health outcomes.
- If you need guidance, please see the video for an example of how to begin the patient provider discussion.

Continue Input

Please select the treatment pathway closest to the treatment recommendation for this patient from the physician

For comparison purposes, please select a treatment pathway that is the most likely alternative for this patient

Gender Male Female

Age

Height (in inches) Weight (in lbs) BMI

Do you have hypertension? Yes No

Do you have diabetes? Yes No

Race African American Caucasian Other

5. Enter gender.

6. Enter age. This is a drop down. If the patient is over 90, use 90 and if the patient is under 45, use 45.

7. Enter height in inches.

8. Enter weight in pounds (lbs), BMI will calculate.

9. Enter patient reported hypertension status.

10. Enter patient reported diabetes status.

Race African American Caucasian Other

Ethnicity Hispanic/Latino non-Hispanic/Latino

Living Arrangements Alone With someone else

Marital Status Single/Divorced Married Widow

Highest Achieved Education Level No College Some College College Degree Advanced Degree

Type of Insurance Medicaid Medicare Private Uninsured

11. Enter patient reported race.

12. Enter patient reported ethnicity.

13. Enter living arrangements.

14. Enter marital status.

15. Enter highest achieved education level.

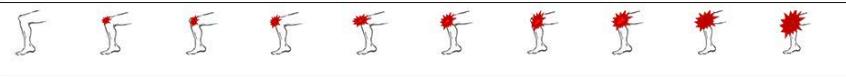
16. Enter type of insurance.

Patient Reported Pain and Activity Level (Today)

17. Enter pain level. Note, 1 is best, 10 is the worst pain imaginable.

Rate your knee pain level today (where 1 is no pain at all and 10 is the worst pain ever)

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>									



What is your activity level? (where 1 means you have no limitation and 10 means you are very limited)

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>									



Please select Language of the Output Form

English

18. Enter activity level today. Note, 1 is best, 10 is most limited.

1. Able to run with no limitation
2. Can dance but not run with no limitation
3. Gardening, bending and other light exercise, but limited in previous
4. Walks without limitation
5. Needs banister assistance on stairs
6. Shuffling gait when walking
7. Needs occasional assistance to walk
8. Needs cane assistance
9. Walker assistance
10. Wheelchair assist

Select Language for SDM Tool Generation

Please select Language of the Output Form

English

English

Spanish

Both

19. Select the language for the SDM tool generation. Print to pdf so that you have the patient SDM tool saved, then print a hard copy for the patient discussion and for the patient to take home.

Please select Language of the Output Form

Both

Submit

20. Click "Submit".

Output Page

Knee Osteoarthritis: Impact of Treatment Choices

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Patient# 8 Date: 10/21/2019

Input: 67 year old, non-Hispanic/Latino African American
Female No College, Medicare, hypertensive, not diabetic and obese

Arrows below show changes relative to today

Knee Pain	What would happen if you:	Year 1	Year 3	Year 6
		1 - No Pain	5	6
10 - Extreme Pain	Do Nothing	5	6	7
	Increase Activity, Weight Loss, OTC medication	0	2	5
	Physical Therapy, Corticosteroid Injections, Rx	0	2	5

Activity Level	What would happen if you:	Year 1	Year 3	Year 6
		1 - No Limitation	5	6
10 - Extreme Limitation	Do Nothing	5	6	7
	Increase Activity, Weight Loss, OTC medication	0	2	5
	Physical Therapy, Corticosteroid Injections, Rx	0	2	5

Lost Productivity

Year	No Treatment	Increase Activity, Weight Loss, OTC medication	Physical Therapy, Corticosteroid Injections, Rx
Year 1	\$1,992	\$1,000	\$1,185
Year 3	\$1,548	\$4,620	\$5,170
Year 6	\$19,200	\$11,880	\$12,000

These estimates are based on statistical modeling of outcomes from clinical studies, income estimates from the Medicare Expenditure Panel Survey (MEPS), self-reported medical conditions based on the United States Centers for Medicare and Medicaid reimbursement rates, disease and opportunity resources from the Behavioral Risk Factor Surveillance System (BRFSS) and the expenditure from the National Vital Statistics Report. Your individual results may vary. Results presented here are an average projection based on patients like you.

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Note, this is a model that uses clinical outcome data from large clinical studies, information from government databases, and information from insurance companies. So it models "Likely outcomes for similar patients." Individual results may vary.

Output page has the randomly generated patient# for that scenario, date and input parameters

Knee Osteoarthritis: Impact of Treatment Choices

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Care for Change

Patient# 8

Input: 67 year old, non-Hispanic/Latino African American
Female No College, Medicare, hypertensive, not diabetic and obese

Arrows below show changes relative to today

Knee Pain	What would happen if you:	Year 1	Year 3	Year 6
		1 - No Pain	5	6
10 - Extreme Pain	Do Nothing	5	6	7
	Increase Activity, Weight Loss, OTC medication	0	2	5
	Physical Therapy, Corticosteroid Injections, Rx	0	2	5

Likely knee pain progression if you do nothing (for similar patients).

Knee pain today as indicated by the patient on the background survey.

Likely knee pain progression if you follow the treatment chosen (for similar patients).

Activity Level

Likely activity limitation if you do nothing (for similar patients).

Activity Level	What would happen if you:	Year 1	Year 3	Year 6
	1 - No Limitation	Do Nothing	5	6
10 - Extreme Limitation	Increase Activity, Weight Loss, OTC medication	0	2	5
Today	Physical Therapy, Corticosteroid Injections, Rx	0	2	5

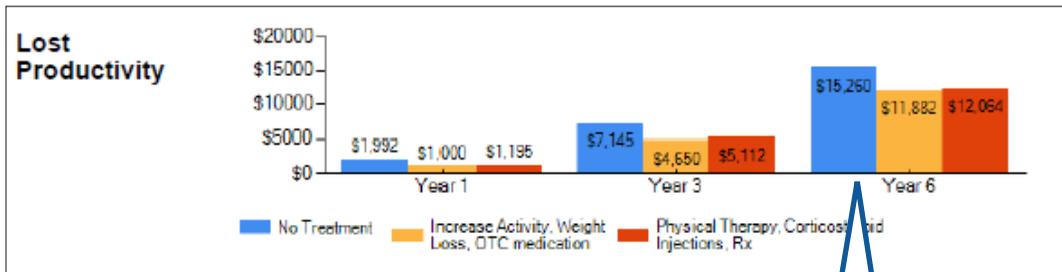
Activity level today as indicated by the patient on the background survey.

Likely activity level if you follow the treatment chosen (for similar patients).

New Concept: **Decreased productivity** means you are not as active, not as effective, may not get the promotions and bonuses if you are still working and either lose income or increases expenses.

These are average, modeled outcomes for patients similar to you.

Please advise patients that these are average, modeled outcomes for patients similar to you had documented economic impact including more out of pocket supplemental costs and losses due to days off.



In this example, you will see that if you do nothing, your pain levels will slowly increase and your activity levels will decrease. Over time, you are less productive. If working, you are likely to lose income at work due to lower productivity compared to your co workers. You maintain higher productivity if you address your pain and remain active.

Potential Error Messages Missing Fields

Example missing information will result in an error message like that below.

Patient Shared Decision Making Tool

Input Form.

Fill in the Patient information

- The gender field is required.
- The height field is required.
- The weight field is required.
- The do you have hypertension field is required.
- The do you have diabetes field is required.
- The race field is required.
- The ethnicity field is required.
- The living arrangements field is required.
- The marital status field is required.
- The highest achieved education level field is required.
- The type of insurance field is required.

Clinical Site#

Please select the treatment pathway that is closest to the treatment recommendation for this patient from the physician

Contact Information

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