movehealth+

Powered by **VALD**

Features Guide

Sign Up	https://hub.valdperformance.com/sign-up
Pricing	**FREE**
Program Builder (Home Exercise Programs)	Build exercise programs quickly and easily with MoveHealth's intuitive and flexible program builder that updates directly to your patients' app. **Key features include:** + 7,000+ exercises in the library and growing + Build a program to suit your needs: edit the sets, reps and rest period and create supersets + Set your program parameters: start date, frequency and duration + Allow patients to report pain and RPE levels + Favorite your most-used exercises for quick and easy access + Assign pre-populated exercise templates + Create custom exercise program templates + Transfer program notes to EMRs or other documents
Validated PROMs	Clinically curated, research-backed questionnaires that capture patient outcomes throughout their rehabilitation journey. **Key features include:** + Set parameters on start date, injured side (if applicable), number of surveys and how often to complete the survey + Results generated on the patient's profile + Automated follow-ups
Patient Education Library	Patients have access to over 140 educational topics, all curated by practitioners. **Key features include:** + Easy to assign and preview educational content + Automatically notify patients and mark content as read in their profile once completed
Security Certifications	+ SOC 2 Type 1 + HIPAA + Three data regions to meet data sovereignty requirments.

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Patient Access

Patients access their tasks directly through the MoveHealth patient app or via a printable PDF report option.

MoveHealth patient app features include:

+ Easy sign-up process on Android or iOS
+ Guided exercise sessions or quick-complete options
+ Push notifications and reminders to complete tasks
+ Record sessions at home for their practitioner to review
+ Access to their test results from VALD systems

Support

Support Team – available at all times to assist with queries

Learning Sessions – free tutorials with one of our experts

VALD Academy – self-paced, easy-to-understand educational courses on using MoveHealth

Knowledge Base – a how-to guide for all things VALD

Other Services

VALD products (fees apply) that integrate with the digital health hub (VALD Hub) and MoveHealth patient app:

DynaMo
Handheld Strength & ROM

ForceDecks
Dual Force Plate System

ForceFrame
Strength Testing System

NordBord
Hamstring Testing System

HumanTrak
Movement Analysis System

SmartSpeed
Timing Gate System

Additional Resources

+ The Practitioner's Series
+ News and Case Studies
+ VALD Webinars
+ VALDCAST

Sign up for free

95%
Avg session completed

80%

Plank
Set 1 of 1 · 30 sec

Exercise Program
Circulation Exercises · 2 exercises

Get started →