

How Do Levels Work in the Nymb1 App?



Levels:

At the highest level, Nymb1 distinguishes between seated exercises and standing exercises. A user can graduate out of the seated level, and move on to the standing levels. This is the overall level structure:



Where Do Users Start?

The initial assessment, based on the STEADI score, determines your starting point in the Nymb1 journey. If you select “I need the help of others to get up out of a chair”, you will start at the seated level. From there, users can graduate out of the seated levels and on to the standing levels.

Additionally, if you select “I need to push with my hands to stand up from a chair”, or “I can stand up from a chair without using my hands to push off”, you will then be prompted to choose the option that best describes your level of mobility: Low, Light, Moderate, or Vigorous (providing a few different examples for each option).

This safeguard consists of a mandatory checkpoint before the user can graduate to the standing level. Users in this “Seated Only” status will need a manual override through customer support in order to graduate to the standing levels.



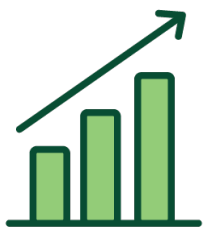
Users in this category who reach the top seated level will be sent a support email asking if they feel confident to move on to standing exercises, or if they would like to stay seated. Depending on their answer (via email or phone), they will cycle through the seated levels again, or they will be promoted to Basics 1.

This safeguard is in place to avoid inadvertent graduation to standing levels for high-risk users.

Users who score the lowest risk factor on the assessment will skip the Basics level and start at the Bronze level.

All other users will start at the Basics level.

Once a user reaches the highest level (Gold 8), the user automatically starts over the Gold level, and cycles through this indefinitely. This ensures a variety of exercises for people who have gone through the entire program.



Leveling Up

Users can move to the next level up by doing at least 3 sessions within any 7-day period. For an individual session to count, at least 80% of the session needs to be completed.

Adjusting Levels on Day 1

Users will be asked for feedback on the difficulty level of the physical exercise during their first day. They will be asked if the exercise was too easy, too difficult, or just right.





If the user is currently in Seated 1, Basics 1, or Bronze 1, and they indicate that the exercise was too easy, they are offered to move up to a more challenging level.

If the user is currently in Basics 1, or Bronze 1, and they indicate that the exercise was too difficult, they are offered to move down to a less challenging level.

If the user is currently in Seated 1 and they indicate that the exercise was too difficult, they receive a message explaining how they can adapt/adjust the exercises as needed.

While we ask for feedback on difficulty on a regular basis throughout the Nymbbl journey, we only adjust the levels based on this feedback during the first day of training.