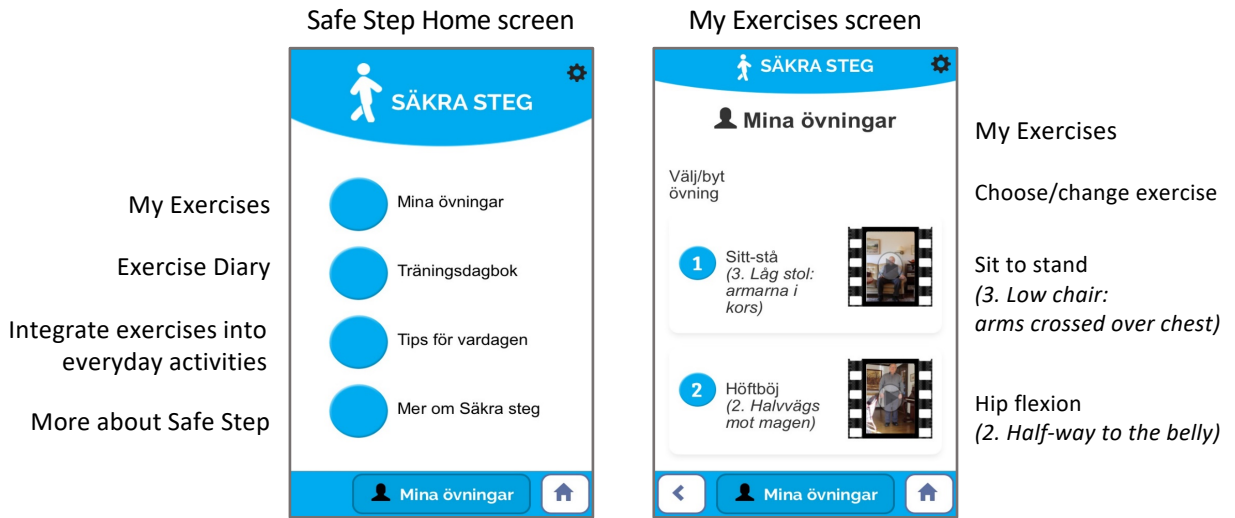


## Additional File 1.

Example of the application's interface (Safe Step v1 web-based or mobile application) with translation from Swedish. Please see Additional File 2 for more information about the content in the Safe Step application v1.



The home screen with four options:

- Go to the exercise programme (My Exercises)
- Access the exercise diary (Exercise Diary)
- Get hints about how to integrate exercises into everyday activities or outdoor (Integrate exercises into everyday activities)
- Get more information about the application (More about Safe Step)

The screen for My Exercises, with example of Sit to stand and Hip flexion exercises.

- To choose/change exercise click on the circle with a number (1-10 for the ten exercises) to show the list of selectable exercises.
- The video clip with exercise instructions starts and expands when clicking on the movie icon.