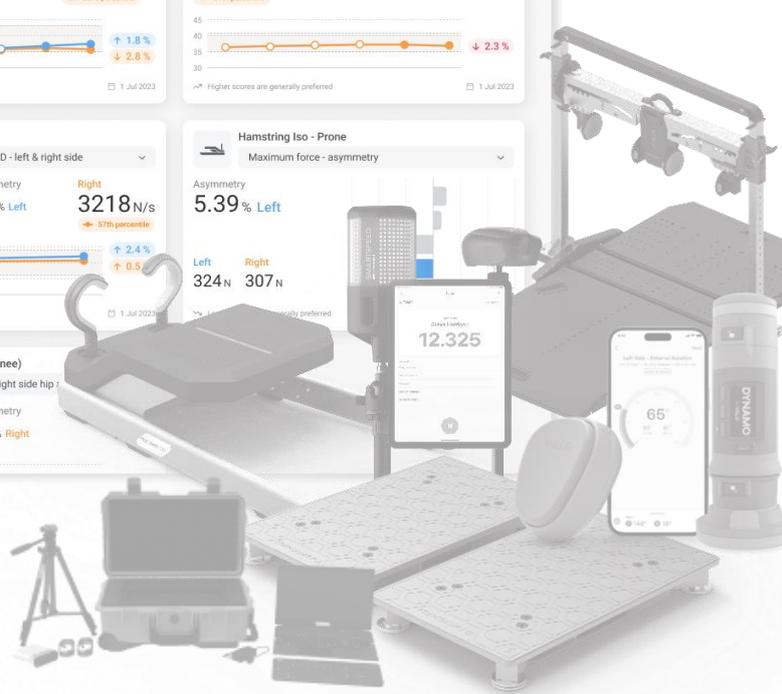
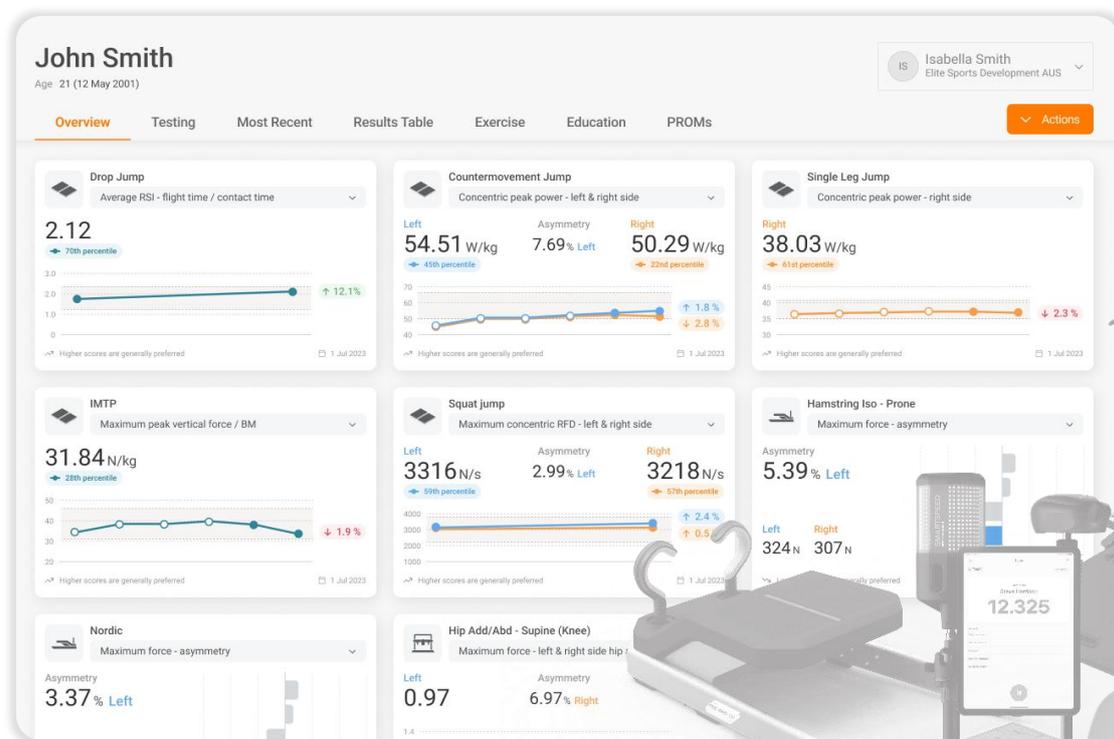


VALD

VALDHUB



VALD Hub Starter's Guide

A comprehensive guide to setting up your VALD Hub, creating profiles and viewing test results.

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1 What is in a Starter's Guide?

This Starter's Guide is designed to assist new users in getting started with VALD. Learn the basics and quickly integrate VALD into your everyday workflows with simple, step-by-step instructions; strategies for getting the most out of VALD; recommendations for best practice; and links to additional resources for further learning.

2 What is not in a Starter's Guide?

This Starter's Guide is intended to initiate your journey with VALD. It does not encompass any advanced information, complex techniques, or in-depth analysis outside of the scope of a new user's level.

While this guide might not cover every single aspect or topic, there are additional resources available to complement the Starter's Guide in your learning journey.

3 Resources

As a VALD client, there are many resources at your disposal in addition to this Starter's Guide.

Get in touch with a Client Success Manager

When you first start your VALD journey, you will be introduced to your Client Success Manager (CSM).

Our CSMs are here to assist you with your onboarding process and have specialised skills and knowledge in the applied use of your VALD systems, uniquely positioning them to set up you and your team for success.

Get in touch

<https://valdperformance.com/vald-client-success-team/>

Get in touch with VALD Support

With our friendly support team members placed strategically across the globe, we are here to help with any how-to or troubleshooting queries.

Get the help you need when you need it by reaching out to our support team.

Submit a request

support@vald.com

Additional resources

In addition to our Client Success and Support teams, we also have a wide range of further documentation available to you.

- [Download VALD system apps](#)
- [VALD Hub Knowledge Base](#)

4 Getting started with VALD Hub

VALD Hub is the central data and administrative platform for all VALD systems. When capturing data using the VALD measurement suite (DynaMo, ForceDecks, ForceFrame, HumanTrak, NordBord, SmartSpeed), these test results are automatically uploaded to VALD Hub. Create users for your team and profiles for your clients directly in VALD Hub or integrate your account with an external Athlete Management System (AMS) or Practice Management System (PMS).



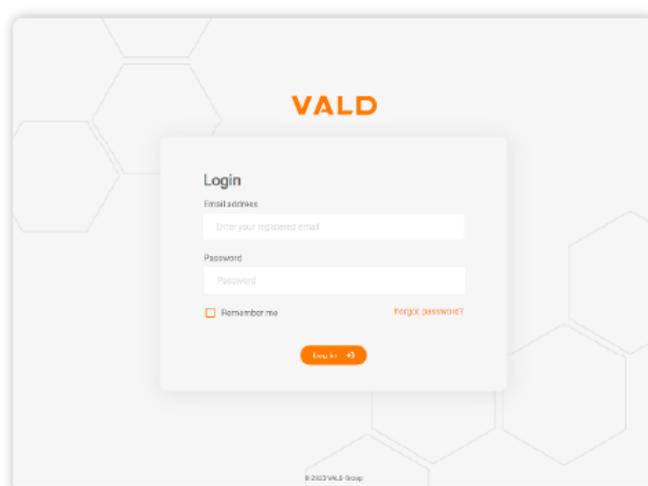
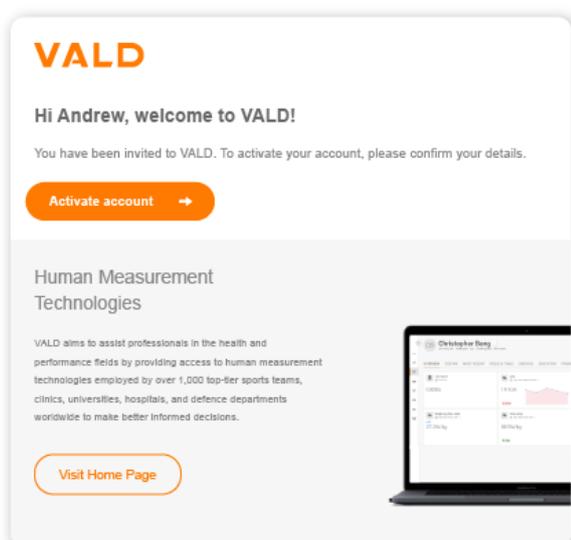
When you first access VALD Hub, you will need to spend 5 – 15 minutes to activate and configure your account. The setup process consists of one-time tasks, and tasks you’ll perform regularly including creating profiles and viewing results in VALD Hub.

4.1 Access VALD Hub

If you are the first user from your organization to sign up you will receive a “Welcome to VALD” onboarding email, as well as an activation email titled “VALD: New user” (can’t find our emails? Check your junk / spam folders.) to assist you in setting up your account. This account will be used to log into all VALD systems.

Click the **Activate account** button in your welcome email to create your account. After you have activated your account, use your credentials to log into VALD Hub. You can [add additional users](#) to your VALD Hub account at any time after activating your account.

Unsure if you have an account set up, or you have not received your onboarding email? Contact your account administrator or reach out to our friendly support team at support@vald.com.



5 Create Categories and Groups

After you have activated your VALD Hub account, we recommend that you take the time to configure your VALD Hub before you begin any testing with your VALD system, or prescribing patients with [TeleHab](#). Taking the time to set up Categories and Groups and arrange your profiles in a two-tiered system is an extremely powerful tool to set you up for long term success.

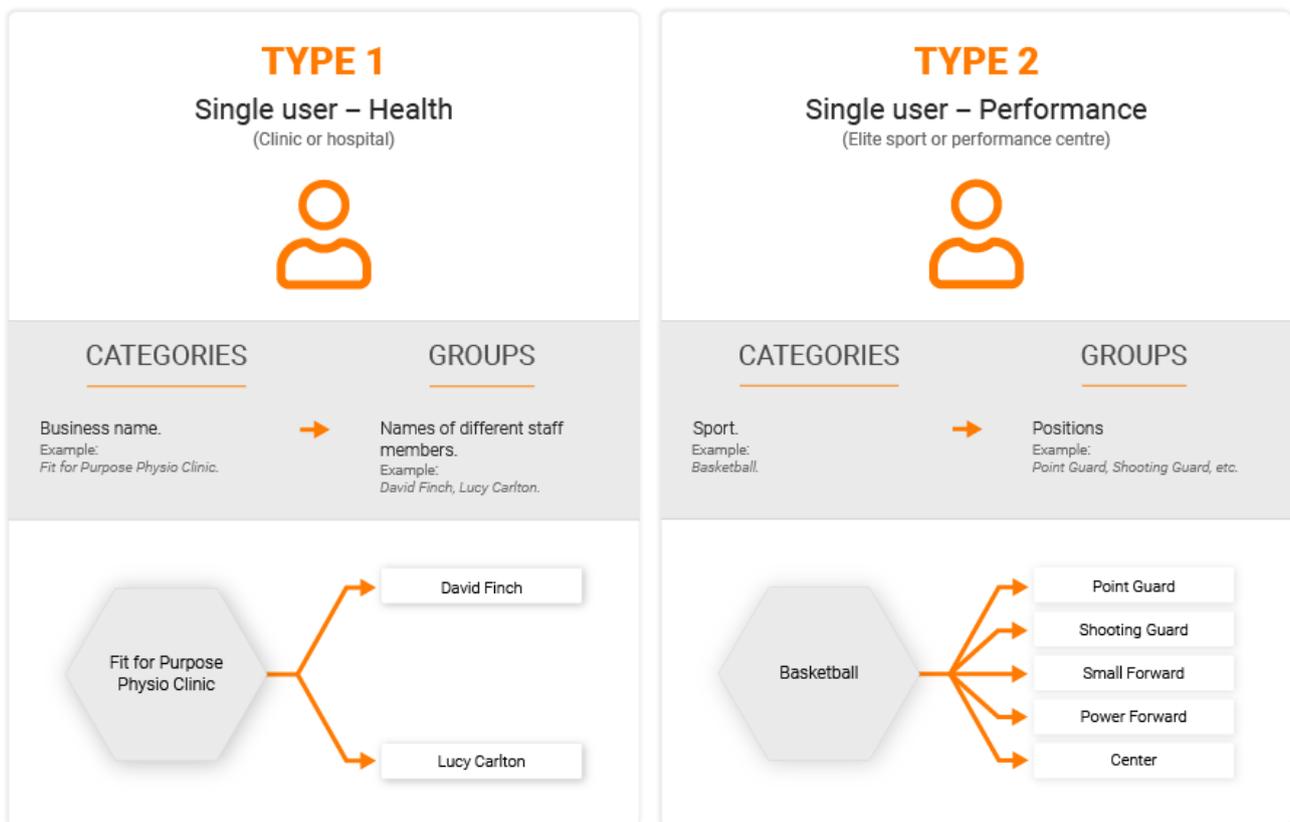
Categories and Groups allow you to quickly find grouped profiles, which is useful both for conducting testing sessions with your VALD system and viewing and comparing results in VALD Hub.

5.1 Category and Group recommendations

We recommend arranging your profiles in a well-organized manner within VALD Hub. Figuring out the best way to do this can be approached with your specific account in mind. Will you be using your VALD system as part of a wider team (multi-user), or as an individual (single user)?

Below you will find examples of Categories and Groups for different use cases. Utilize these examples as a framework to determine your preferred configuration.

Note: Profiles can be added to more than one Category or Group. See the [Create Profiles](#) section below for details on adding profiles to Categories and Groups.



TYPE 3

Multi-user – Health
(Clinic or hospital)



Scenario 1

CATEGORIES

Business name.
Example:
Fit for Purpose Physio Clinic.



GROUPS

Names of different staff members.
Example:
David Finch, Lucy Carlton.



Scenario 2

CATEGORIES

Names of different staff members.
Example:
Andrew Demo



GROUPS

Different pathologies or affected areas.
Example:
Knee, Sprains & Strains, Arthritis, Tendinopathy.



TYPE 4

Multi-user – Performance
(Elite sport or performance centre)



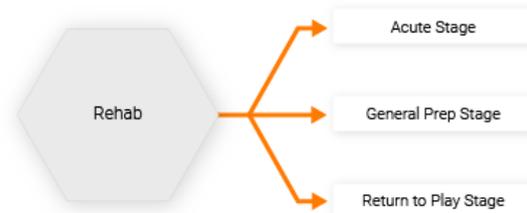
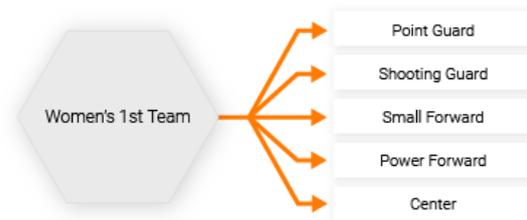
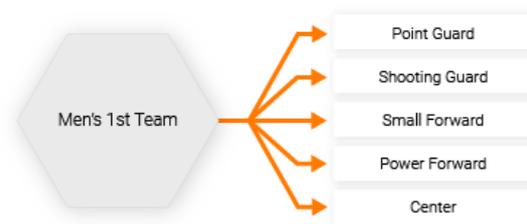
CATEGORIES

Team names.
Example:
Men's 1st Team, Women's 1st Team, Rehab.



GROUPS

Positions
Example:
Point Guard, Shooting Guard, etc.



TYPE 5

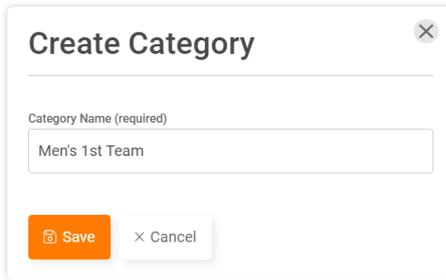
Large enterprises



If you are a part of a large enterprise with a set-up unique to you, please reach out to your [Client Success Manager](#) to discuss recommendations for setting up your Categories and Groups.

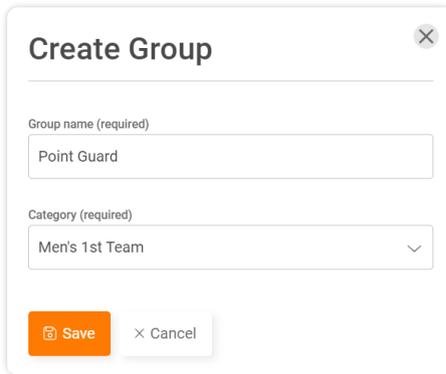
5.2 How to create a Category

1. Navigate to **Management** in the left side bar and click into the **CATEGORIES** tab.
2. Click the **Create Category** button and type in the Category name.
3. Click **Save**.



5.3 How to create a Group

1. In the **Management** view, navigate to the **GROUPS** tab.
2. Click the **Create Group** button and type in the **Group Name**, then select the **Category** it pertains to from the drop-down menu.
3. Click **Save**.

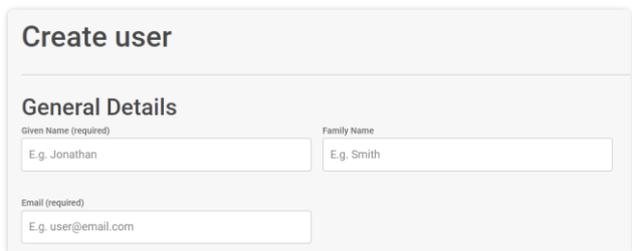


6 Add additional users to VALD Hub

If you would like to grant others access to your VALD Hub account, you can create additional users and grant them appropriate permissions.

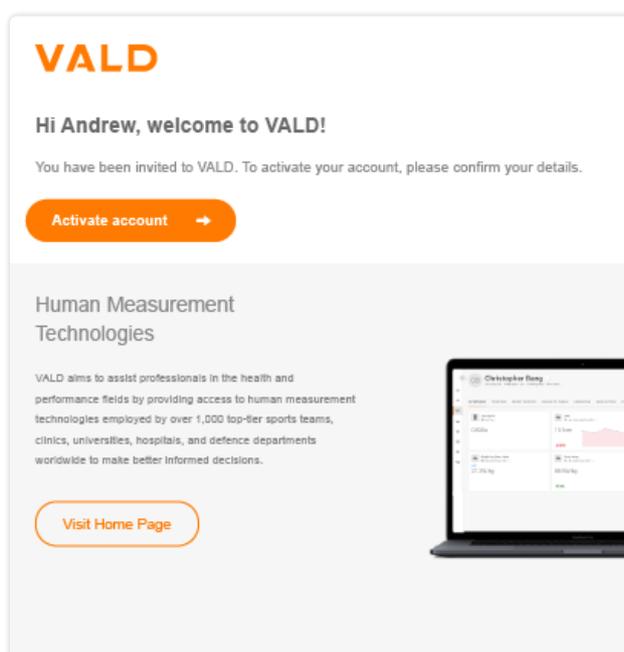
This can be useful if you have additional people working with you, or if you have any third-party providers requiring access to your data.

1. Navigate to **Management** in the left side bar and click into the **USERS** tab.
2. Click the **Create User** button in the top-right.
3. Enter in the general details of the new user, including:
 - a. Given Name
 - b. Family Name (Optional)
 - c. Email
4. Set up the relevant [access and permissions](#) for the new user.
5. Click **Save** to create this new user.



The new user will receive a welcome email prompting them to activate their account and set up an account password.

Once they complete this step, they can use these credentials to log in and access your VALD Hub account, in addition to any VALD apps.



7 Create profiles

Profiles can be added either individually or in bulk to your VALD Hub account.

While profiles can also be added through most of our software applications, it is recommended to add them directly into VALD Hub to ensure they are synced across systems in a timely manner. This reduces errors in potentially creating duplicate profiles across systems.

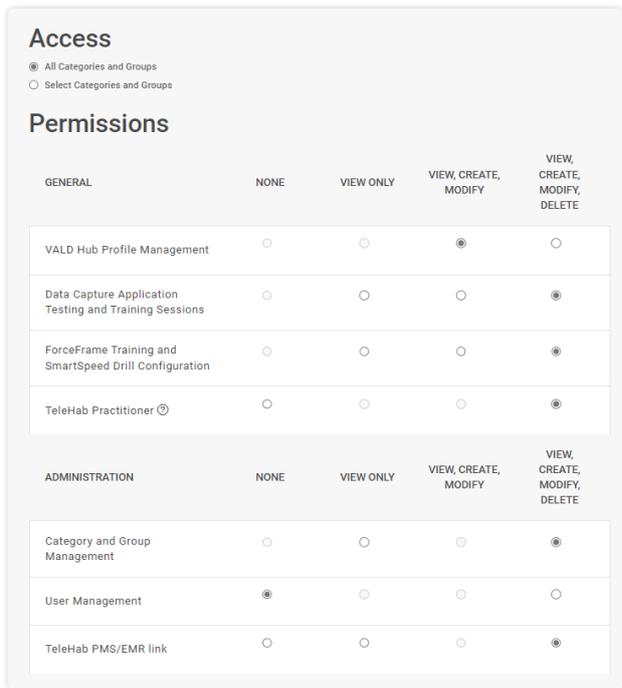
1. Navigate to the **Profiles** view in the left side bar.
2. Click the **Create Profile** button in the top-right.
3. Enter in the details for your patient or athlete, including:
 - a. Given Name
 - b. Family Name
 - c. Date of Birth
 - d. Sex
 - e. Email
4. Click **Next**, then click **Assign** to add the profile into a particular Group(s).
Profiles can be assigned to any number of Groups.
5. Click **Finish**.

8 Set up and management

8.1 User permissions

When adding new users to your VALD Hub account, we recommend setting up permissions for their account to ensure they can access features relevant to their role. If you have not set up permissions when creating an account, you can do so at any time by navigating to the Management view and clicking into the USERS tab.

1. Click the three dots on the right of a user and select **Edit** to set up their access and permissions.
2. If you have an extensive hierarchy of Categories and Groups, you can choose to allow access only to specific profiles by choosing “Select Categories and Groups”.
3. Configure the user’s General and Administration permissions.
To conduct tests with any VALD system, **“Data Capture Application Testing and Training Sessions” must be set to at least VIEW, CREATE, MODIFY.**

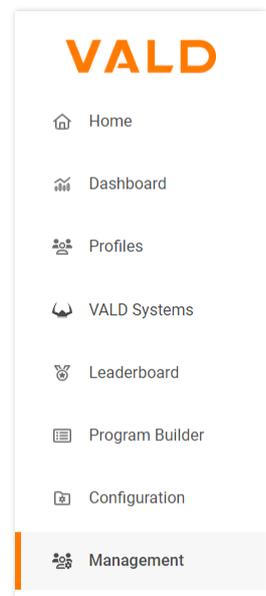


Knowledge Base Guide: [Configure user permissions](#)

8.2 Settings

There are many additional settings in VALD Hub that can impact the display of areas, results, and printed reports. These will be preset for you by VALD. However, you can update them at any time. In the Management section, the SETTINGS and ACCOUNT tabs allow you to do the following:

Settings	<ul style="list-style-type: none"> • Choose an appropriate date format (e.g. DD-MM-YYYY, MM-DD-YYYY). • Choose an appropriate system for measurement (Metric or Imperial). • Choose a relevant display for your VALD Hub between Profile management mode and Group management mode. • Add / edit your logo (this can be displayed on all reports printed from VALD Hub).
Account	<ul style="list-style-type: none"> • Add / edit your contact details.



8.3 Integrations with VALD Hub

If you already utilise an Athlete Management System (AMS), Practice Management System (PMS), or other third-party system to manage your data, you might benefit from integrating this system with VALD Hub.

PMS' such as [Cliniko](#) and [Nookal](#) have established connections with VALD, allowing for a **one-way sync of profiles from your management system into your VALD Hub account**. If you use any other management system, talk with your software provider to discuss integration options, or reach out to our support team (support@vald.com).

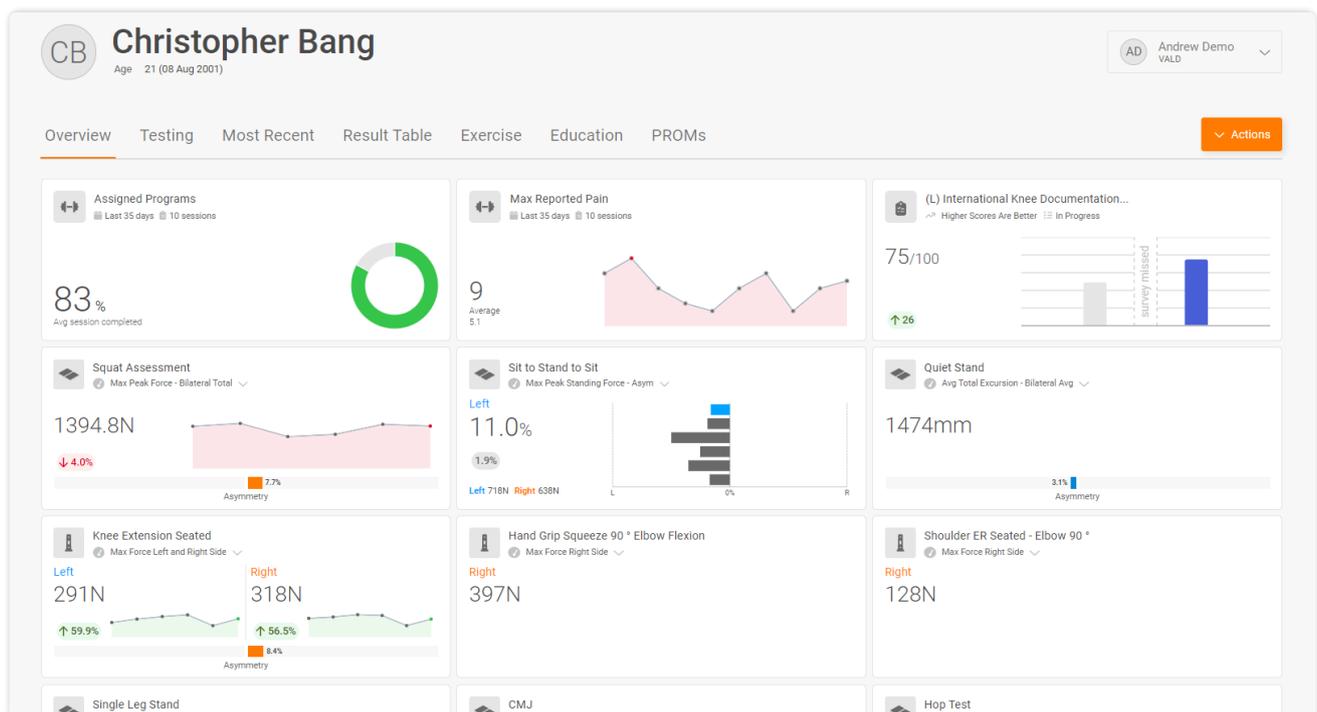
We also offer integration through external API endpoints that can be used to **pull data from VALD Hub** into another third-party system. This is beneficial if you would like to build a custom solution to ingest your data into an external application, providing more detailed analysis and helping inform any decision making. Any enquiries regarding integrations can be directed to support@vald.com.

9 Manage profiles

9.1 Overview of recent tests results

When viewing a profile, the default display will be the overview page. The overview page is intended to provide a quick snapshot of the individual. **Up to the last 15 assessments** will be displayed. Once you begin assessing your patients or athletes, the overview page of their profile will display:

- Any exercise programs assigned to the individual;
- Any PROMs assigned to the individual;
- Up to the last 15 tests conducted for the individual.



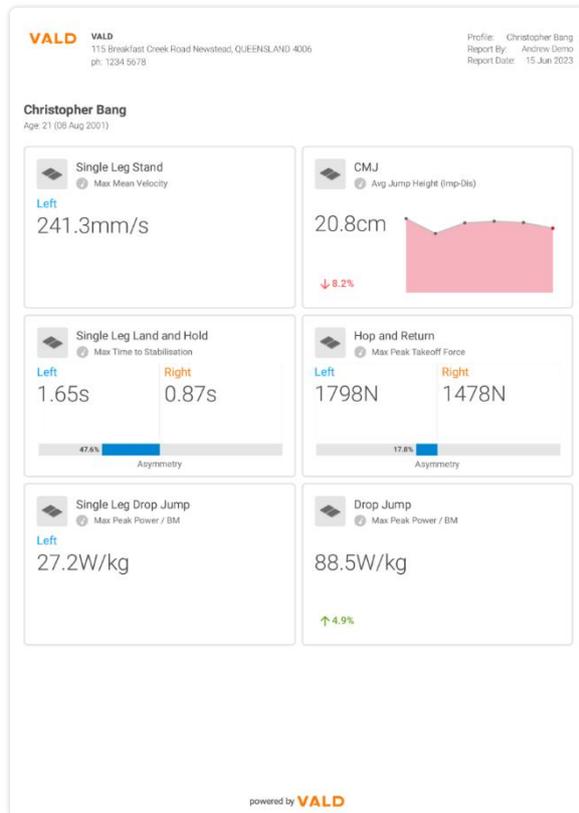
The metrics displayed on the Overview page can be adjusted at any time by clicking the drop-down underneath the test type and selecting another metric from the default list or clicking **All Metrics** to choose a different metric from the available list.

9.2 Print overview reports

To print an overview report for a profile:

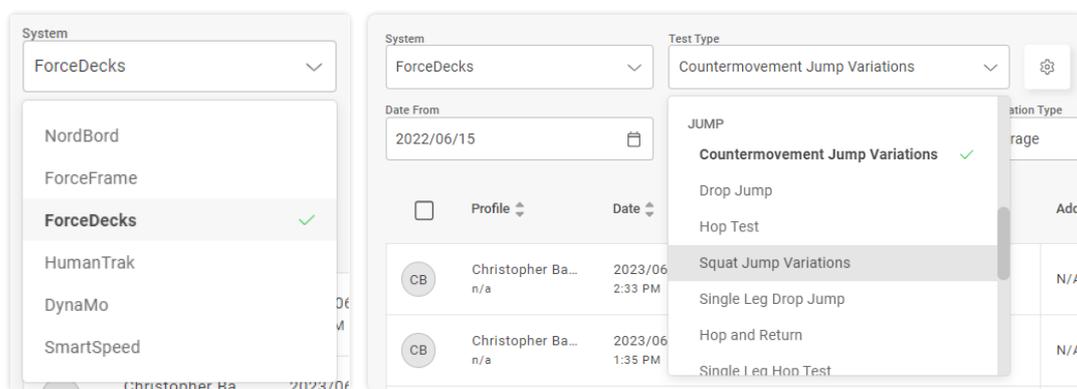
1. Click into the **Profiles** tab and open the relevant patient profile.
2. With the profile open on the **Overview** tab, click the **Actions drop-down** on the right and click **Print**.
3. Select your printer (or choose to print to PDF) and click **Print**.

If you choose to print this as a PDF, you can then attach this to your clinical notes outside of VALD Hub.



9.3 View all test results

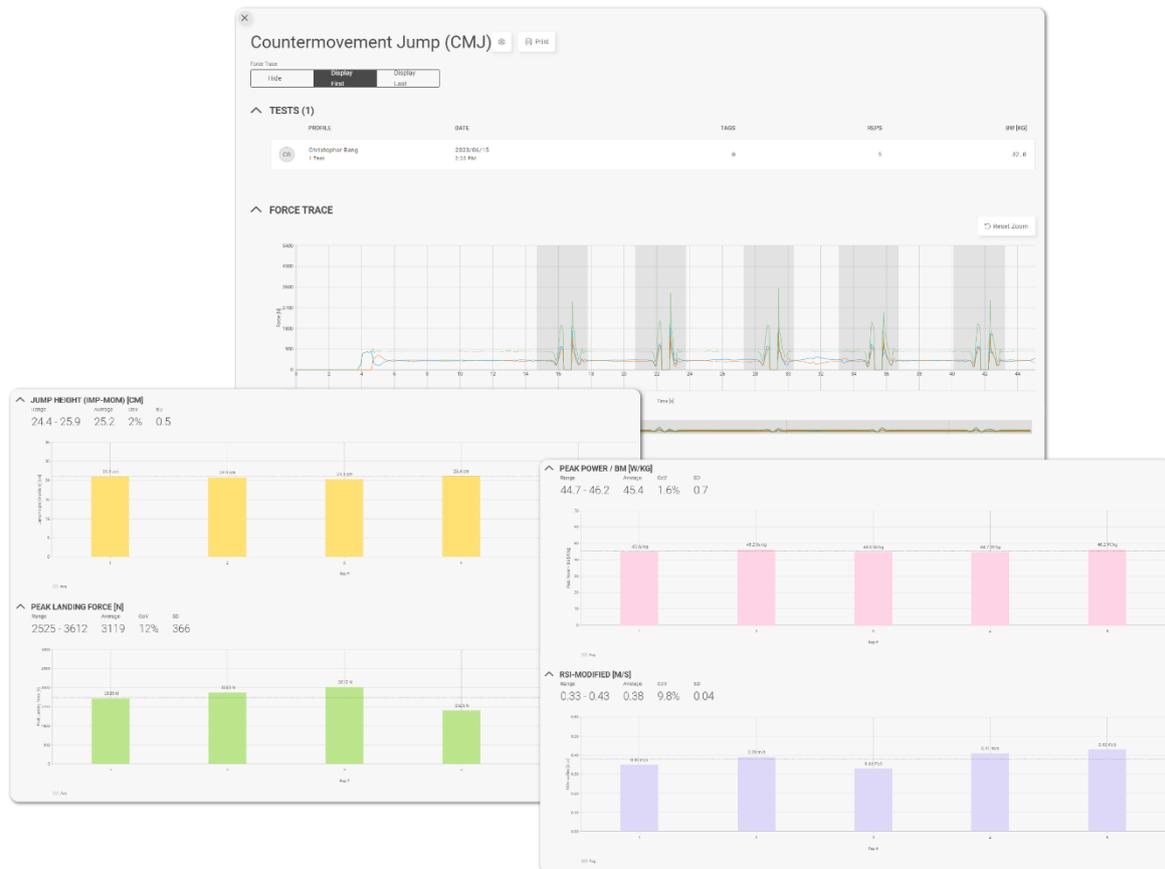
To view all test results for an individual, navigate to the **Results Table** tab. This view will allow you to quickly find and report on all tests the individual has performed on each VALD system. Select the relevant VALD system from the *System* drop-down and set any other parameters (such as *Test Type* and *Date Range*).



You can then select any test(s) from this list by clicking on the profile initials on the record. Depending on your chosen system, you will have the option to **Edit Test**, **Show Graph**, or **Export**.

Clicking **Show Graph** will open a summary report for the selected test(s) with the recorded force trace and chosen metrics, broken down by each repetition.

To modify the metrics displayed in this view, click the **Options cog** next to the test name. Click the **Print** button to open a print dialogue box and print out your summary results.



10 Next steps

Now that you have the basics of using VALD Hub including viewing results on an individual profile level, you can begin to explore VALD Hub in more detail and expand your reporting knowledge.

A few areas you might wish to consider:

10.1 Group dashboard results

Instead of viewing results on an individual profile level, you can use the **Dashboard** (or **VALD Systems**) view in the left navigation bar to display results for all tests on a specific VALD system. This can be further filtered by groups, profiles, and test types.

10.2 Normative Data

Normative Data is valuable information that provides a point of reference for how an individual typically performs in a specific assessment, usually compared with results collected from others within their age and sex demographics. To enhance data insights and assist you and your clients assess their individual performance against the “norms”, VALD Hub offers the following features:

- Normative data mapped against individual test results for profiles (coming soon).
- Downloadable Normative Data Reports.

[Learn more about Normative Data](#)

10.3 TeleHab

TeleHab is a digital health platform that sits within VALD Hub, allowing users to prescribe exercise programs, educational material, and questionnaires (PROMs) to patients.

Patients are then guided to complete their assigned programs using the TeleHab patient mobile app.

[Learn more about TeleHab](#)

10.4 Leaderboard

Leaderboard is a data visualisation tool in VALD Hub that displays live results from tests conducted on VALD systems (NordBord, ForceFrame, ForceDecks, SmartSpeed). Creating a Leaderboard to display for your patients or athletes on testing days can be a great way to build an engaging, competitive environment.

[Learn more about Leaderboard](#)