knowledge BIZ

PHYSIOSENSE USER GUIDE

Smart4Health

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1. The Physiosense Kit

1.1. Contents

Your kit will contain the following items:

1 **shirt** with pockets for placing the sensors

1 **band** with a pocket for placing the sensor

3 movement sensors

**1 USB charger**

1.2. Using the sensors

The sensors can be **turned on** by pressing the button placed in the lower part of the sensors. Before turning them on for the first time, it's best to leave the sensors to charge. The charging slot can be found at the bottom of the sensor. Further indications regarding the sensor's configuration can be found in the image below.

On light

Off button

On button

Charging light

USB input
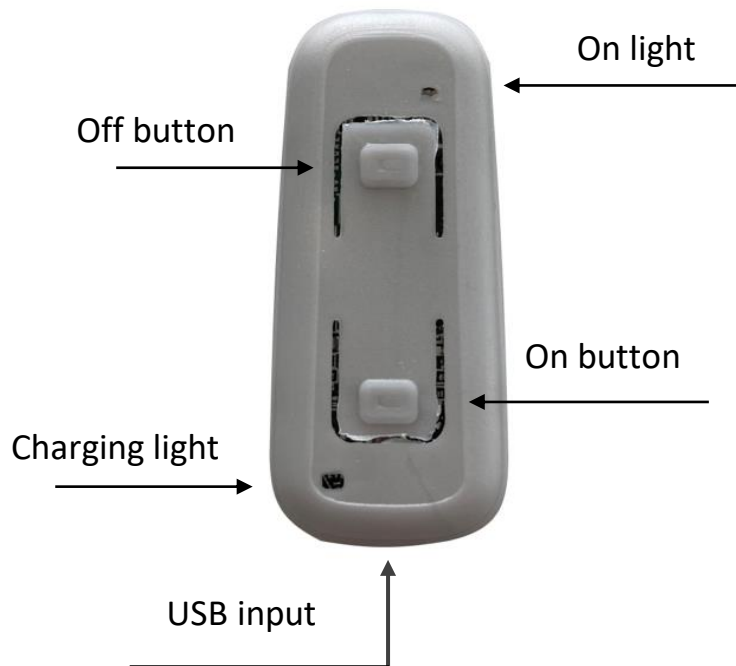
After the sensor is turned on, a blue light will appear, indicating that the sensor is on. If no light comes on, please charge the sensor.

The sensors **can be turned off by pressing the off button and the on button at the same time** for 7-10 seconds.

1.3. Placing the sensors

Arm sensor ←

**Back sensor** →

Leg sensor ↓
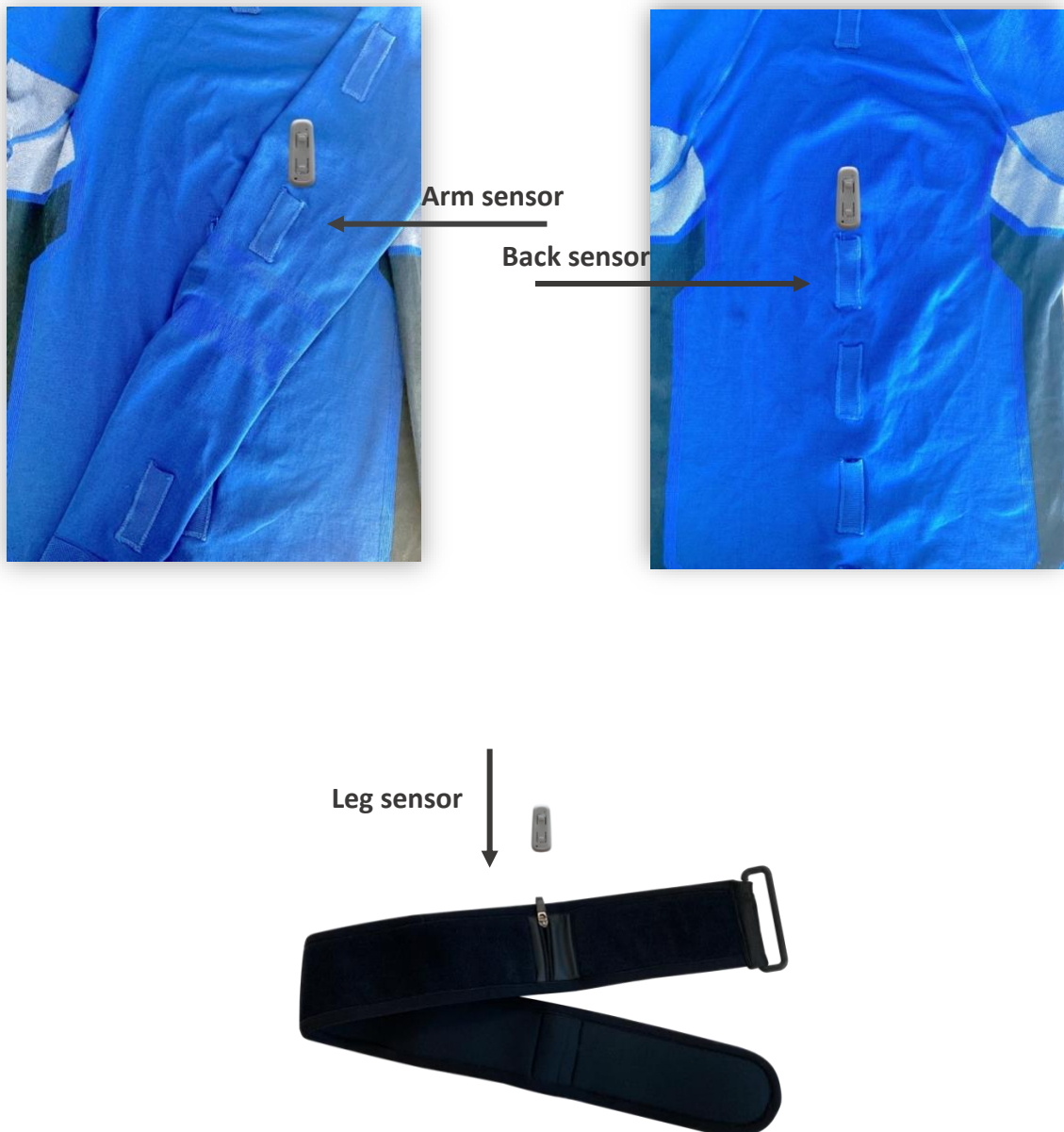
The sensors must be placed on: the right arm, left leg and back. More information on how to know which sensor to place on the back/arm/leg will be offered further in chapter 2.3.

2. Using the Physiosense application

Physiosense is an application aimed at helping people do exercises at home with the aid of sensors, by providing real-time feedback. It does not require any type of registration or authentication. People can open the app and start using it right away.

2.1. Using the application for the first time

If you are using the application for the first time, one important step that you need to follow is starting a 5-day workout plan. You can do this by going to the homepage and pressing the button "Start training". After doing this, you will be assigned the workout plan and you can start doing the first workout!
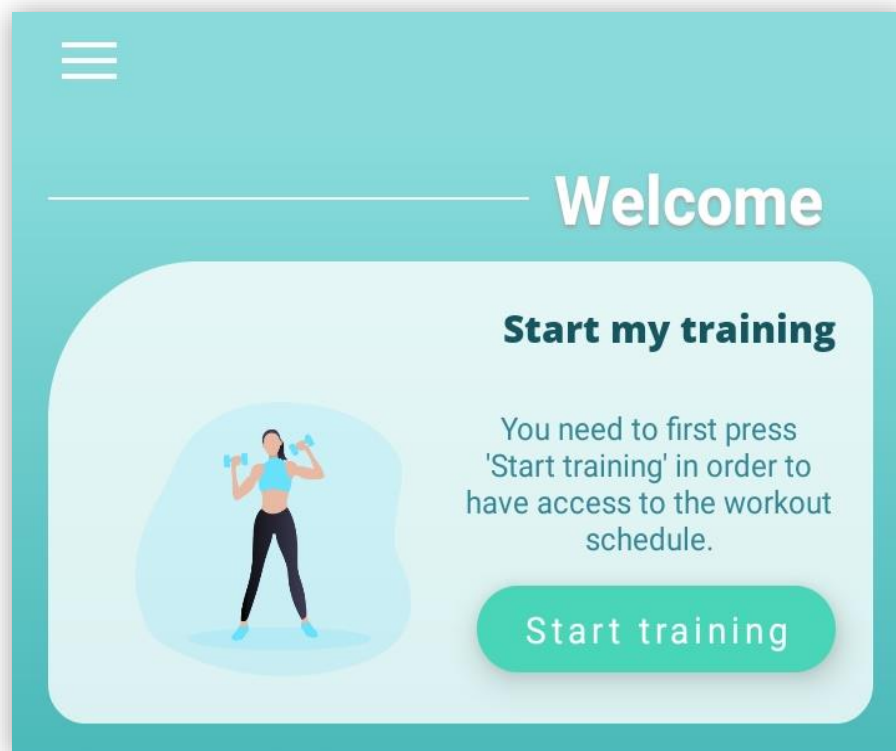
2.2. Setting the sensors for training

After being assigned a 5-day workout, the user will be able to do a workout per day. But before doing the workout itself, the user needs to first setup the sensors. This can be done in the following steps:

1. Turn on the sensors (make sure that the sensors are charged)
2. Open the top left menu and choose 'Sensors' from the list. This should open the sensors management page.
3. On the sensors page, you need to press the 'SCAN' button. This will start the scanning process in order to find the three sensors. **You need to wait until the message 'SCAN FINISHED' appears on the screen.**
4. After the scan was finished, you should see three boxes on the screen corresponding to the three sensors. If you don't see three boxes, you can try scanning again or you can check if the sensors have enough battery.

**Note: The sensors will appear with the name 'Aitex'.**

5. Connect the sensors to the app by pressing the button 'Connect' in each box. **You need to wait for the message 'Connected' to appear** in order to move on to the next sensor. Your screen should look like this:
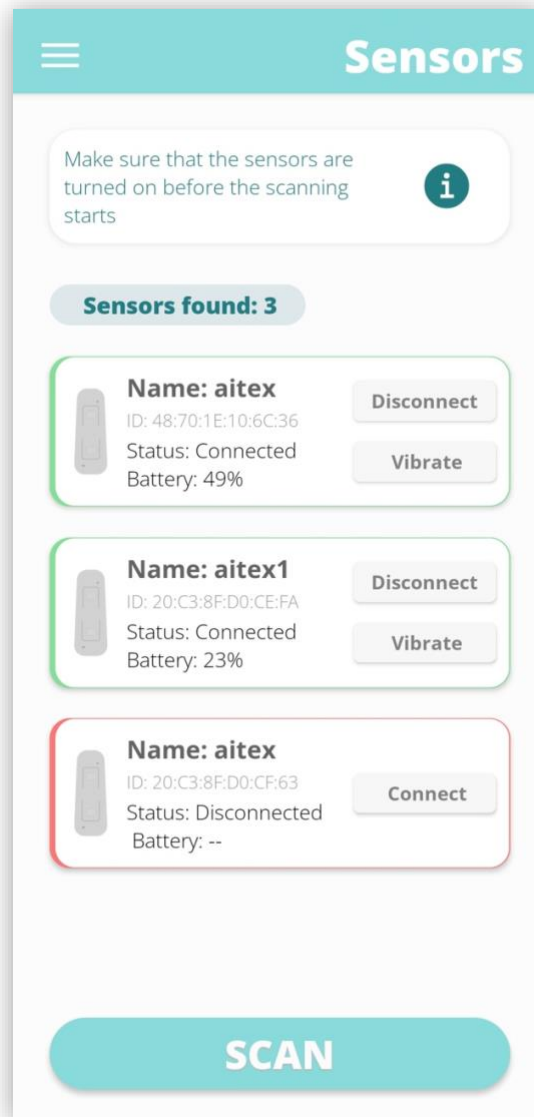
6. After connecting to each sensor, you are able to also see the battery levels. You can also disconnect from the sensor or you can press 'Vibrate' to see which sensor corresponds to that box.

7. You're all set! After you connected the three sensors to the app, the first phase of the sensor setup is done!

2.3. Doing your first workout

Now that the sensors setup is done, you can proceed to the daily workout. The workout can be accessed from the homepage, by pressing the 'Let's go' button.
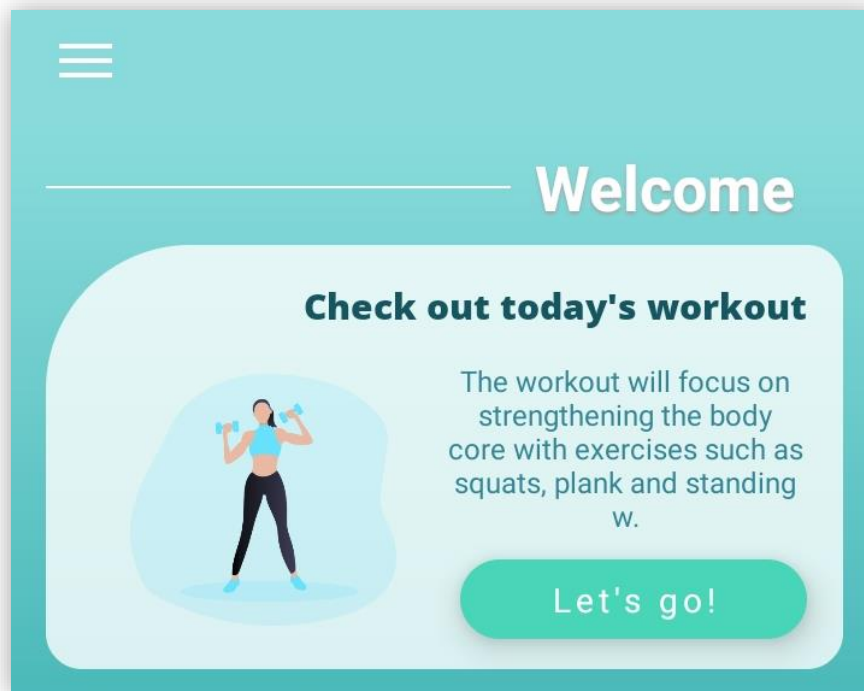
This will lead you to the workout page, which shows information about the workout and contains the 'START TRAINING' button. After pressing this button, several instructions slides on how and where to place the sensors on the body will appear (the way the sensors can be placed into the garments is explained in chapter 1.3.).

Note: We recommend first placing the sensors in the garments and only afterwards place the garments on the body.
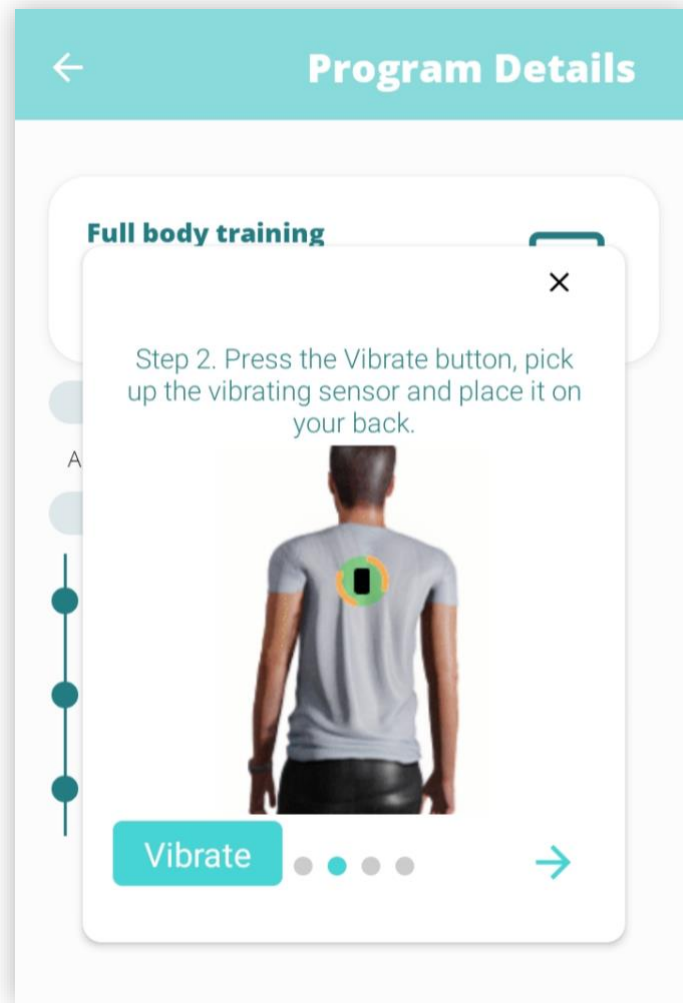
After the sensors were placed on the body, you can start the workout. Essentially, the workout screen contains three important elements:

1. The coach animation – it's an animation that shows how the exercise should be executed

2. The real-time feedback – under the animation will appear a text indicating if your movements are correct or not.

3. The Start/Stop button – the Start button will initiate the workout and the Stop button will end it.

Important! When the workout is opened, a popup will appear for each exercise, asking the user to do a calibration for the evaluation

to be more accurate. The calibration must be done in certain positions, like so:

Squats   **Standing W**   **Deadlift**

Plank   **Crunches**

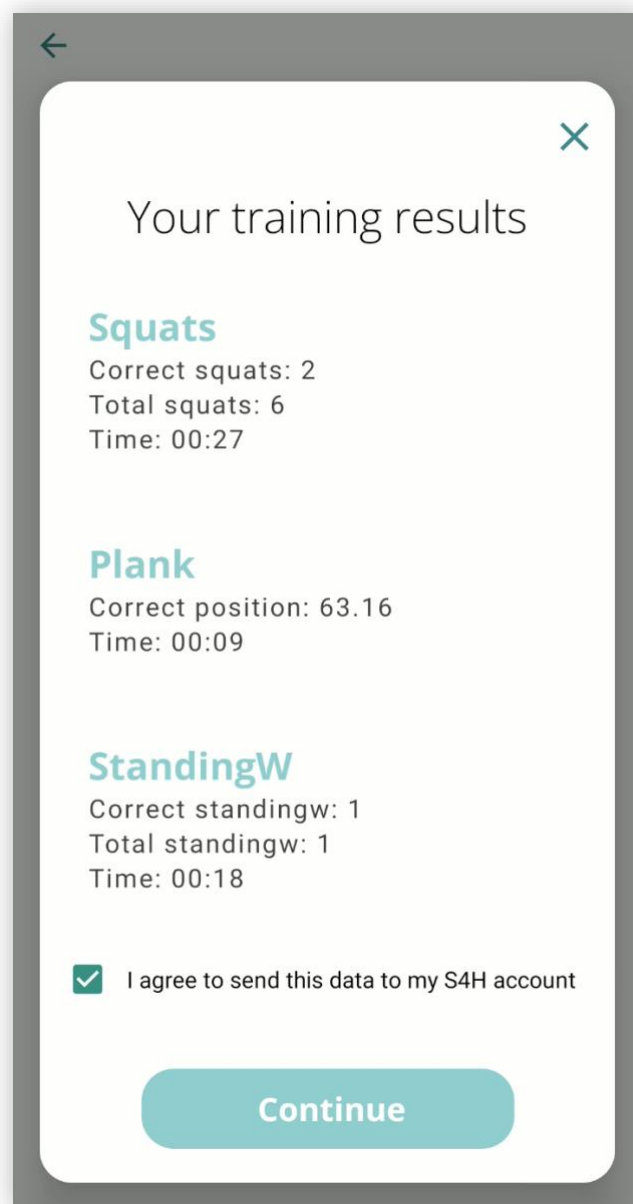**Bridging**   **Paddling**

Superman

After navigating to the workout execution screen, the animation will start automatically, but the movement evaluation will start only after making the calibration and then pressing the button 'START'.
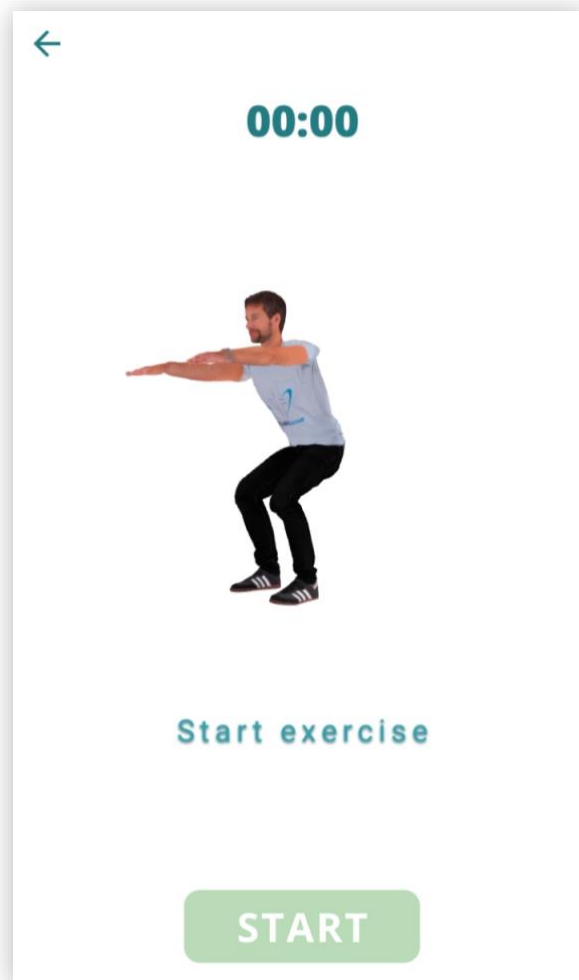
After each exercise, a modal will appear with the results of the exercise. At the end of the workout, a quick resume will be shown, and **the user will have the possibility of sending his data to the S4H platform, if the checkbox at the bottom of the modal is ticked**. This will open a separate window that will allow the user to login into the S4H platform. If the box is not ticked, the data won't be sent to the platform.

The user also has the possibility of viewing his progress in the **'Activity progress'** tab that can be found in the main menu.
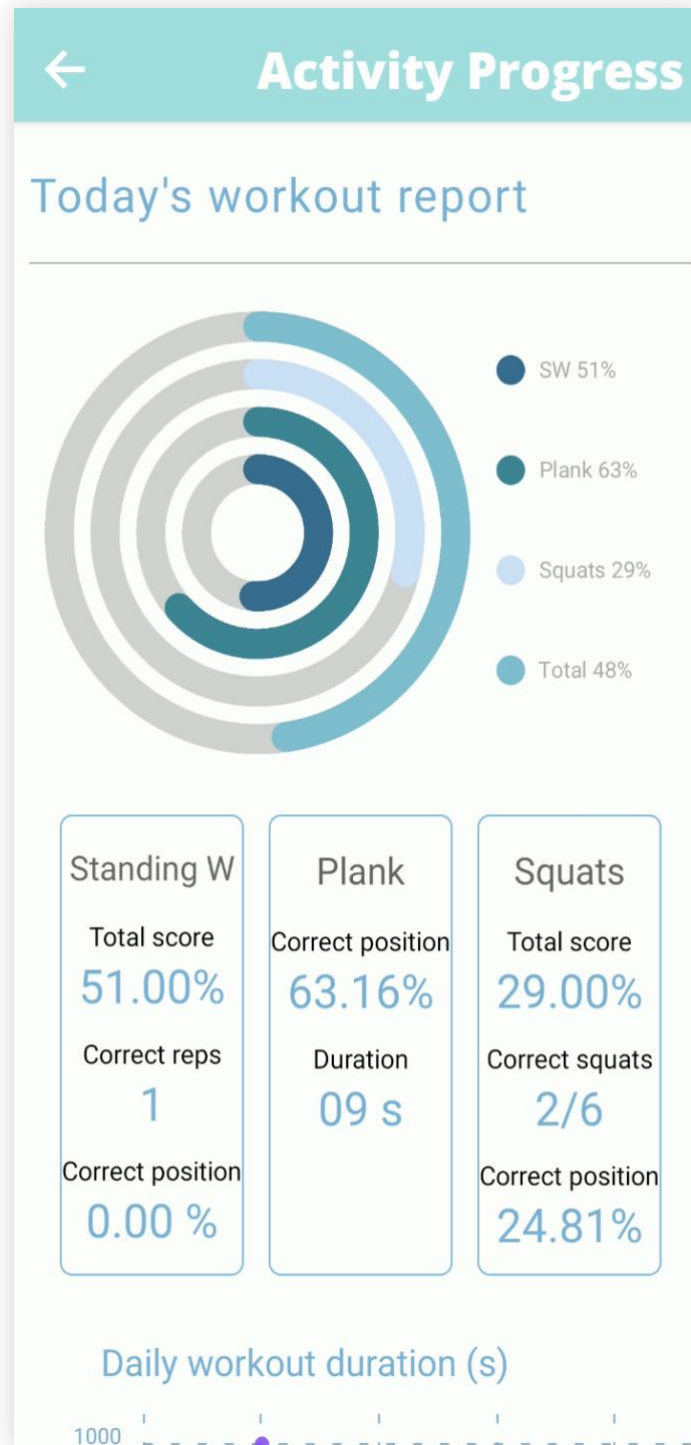
2.4. Other app features

Settings – the user can change the language of the application or delete all data stored within the application.
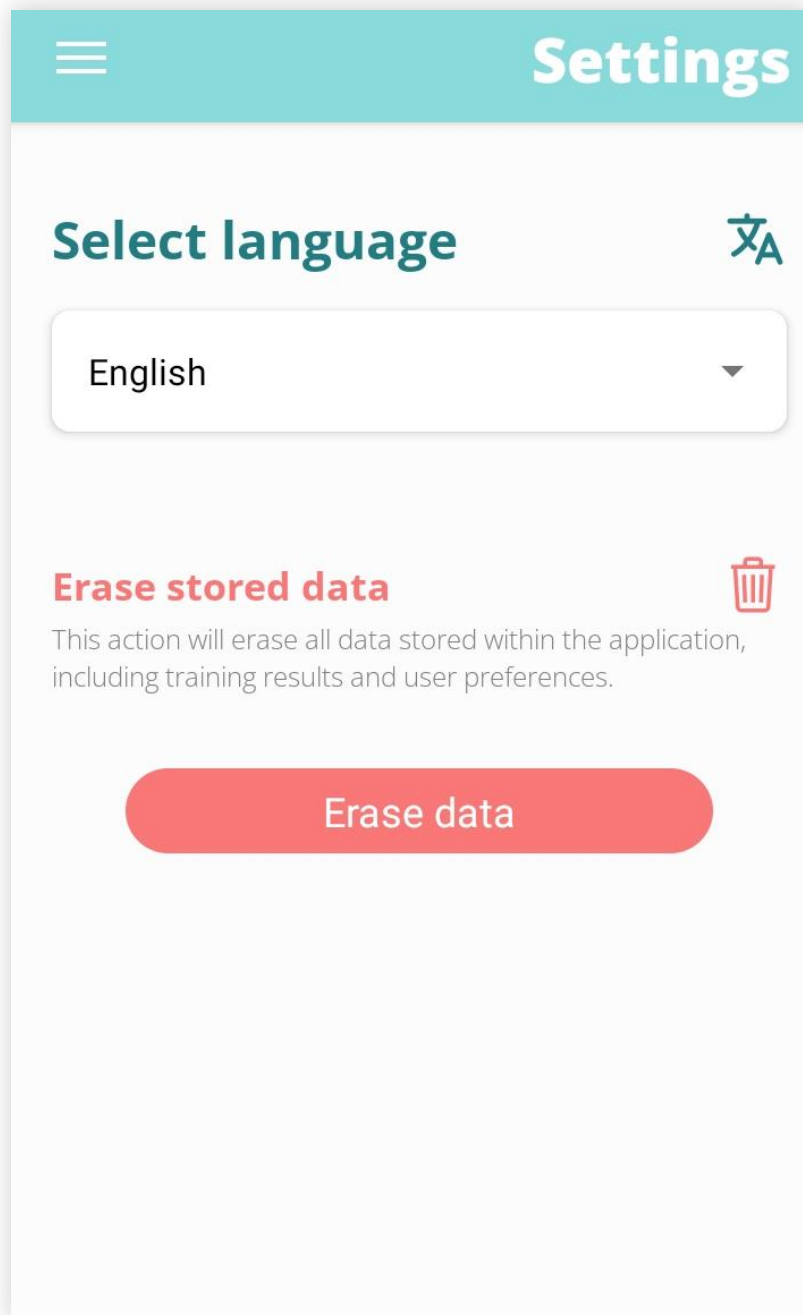
Workout schedule – contains the workout calendar and workouts structure. The workout plan consists of 5 days of trainings.

Guide – small guide on how to use the application

Exercise book - a list with all the exercises that can be found within the application, along with information such as description, steps and number of sensors required.