

# Mindfio Trainer App User Guide



2020-03-14

## Objective

Mindfio Trainer App, incorporated with Mindfio Smartband, is aimed to allow the mindfulness trainers to collect the physiological data of their students/trainees after practicing the Mindfulness training.

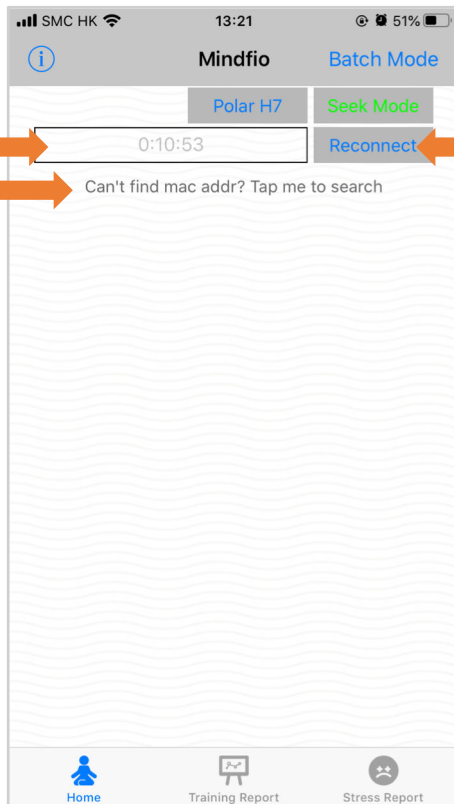
## Pairing Devices – 1 device

Enter the last two digit of the Mac Address

Or tap here to search

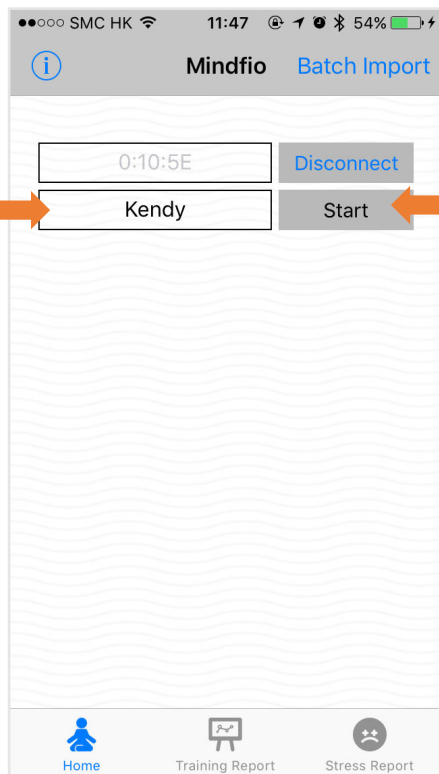


Mac Address

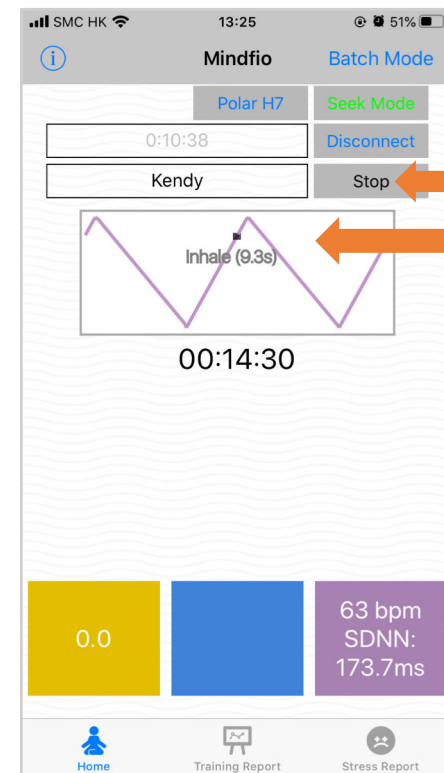


Tab to connect

Enter the name



Tab to start



Tab to stop anytime

Follow the black dot to conduct the 15-min guided breathing or practice meditation on your own.

### Note:

1. When the device is successfully paired, it will vibrate for few seconds.
2. Tab CONFIRM to complete the pairing process, or CANCEL if a wrong device is connected.
3. If the same device was connected before, simply tab RECONNECT to re-pair the device.
4. After tabbing "Start", the device is automatically changed to training mode.
5. It is suggested to do at least 3 minutes training to obtain an accurate analysis.

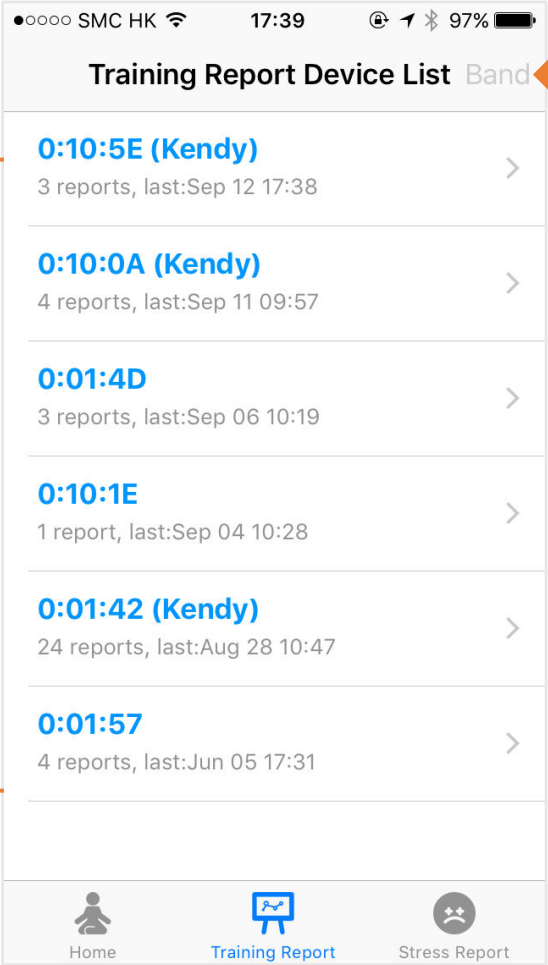
# Downloading training report – 1 device



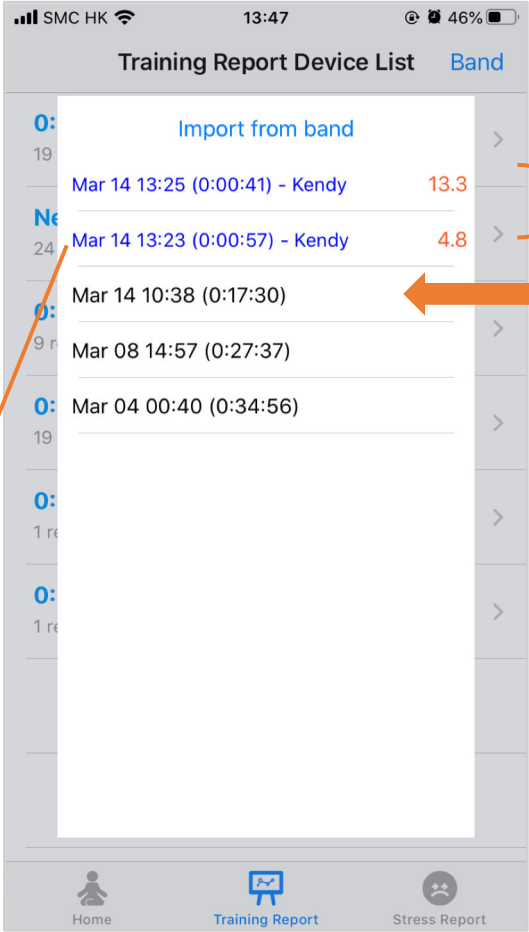
Tab to view report



List of devices that have been connected to this App



Tab to download data from the current connected band



Download sessions

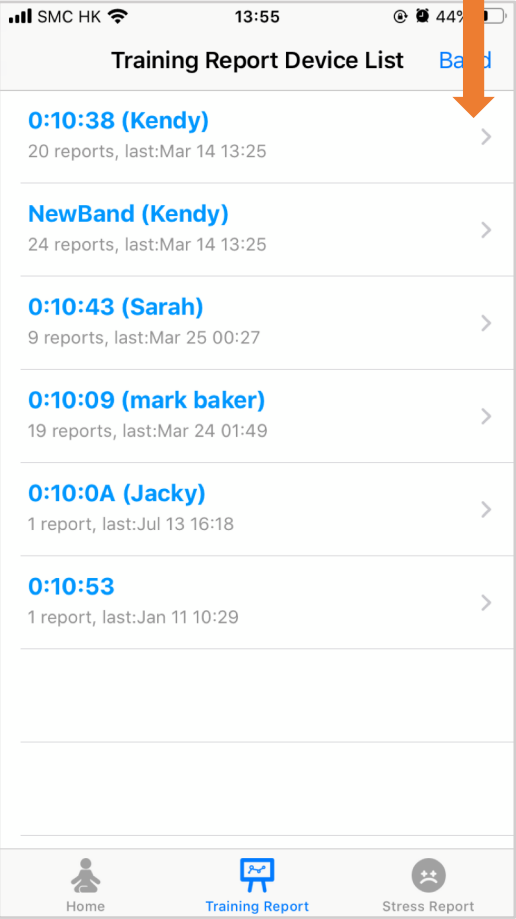
Select session to download

May 17 10:57 (0:05:00) - Terence

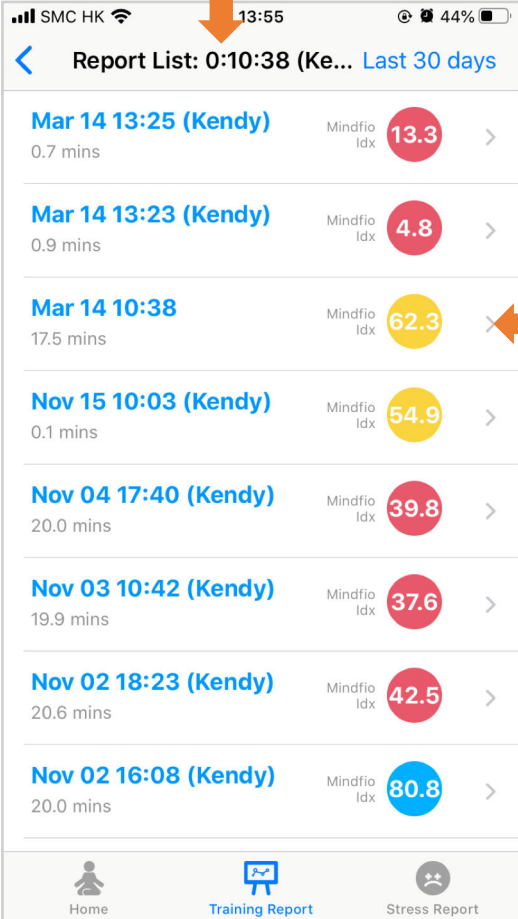
Training Date/time      Session length      Trainee name

# Viewing Training Reports

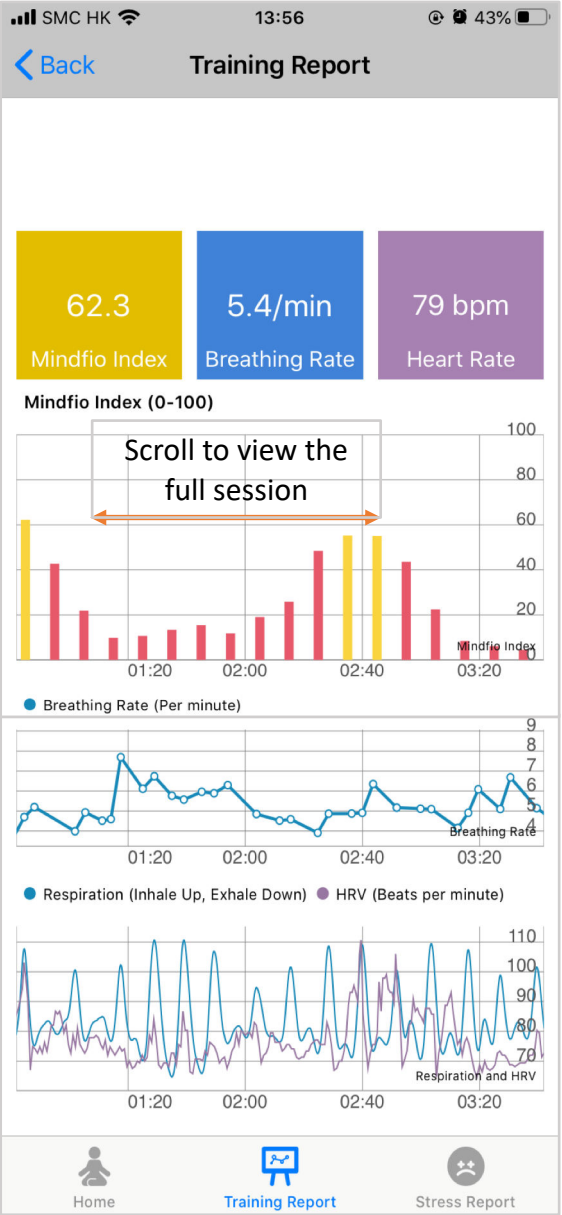
Tab the arrow to move to the next page



All training sessions downloaded from the same band



Tap the arrow to view the report of the selected session

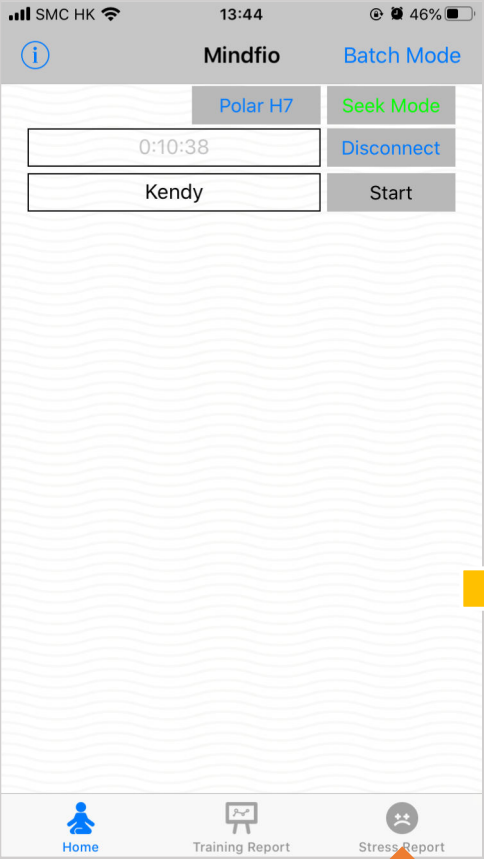


Mindflo Index

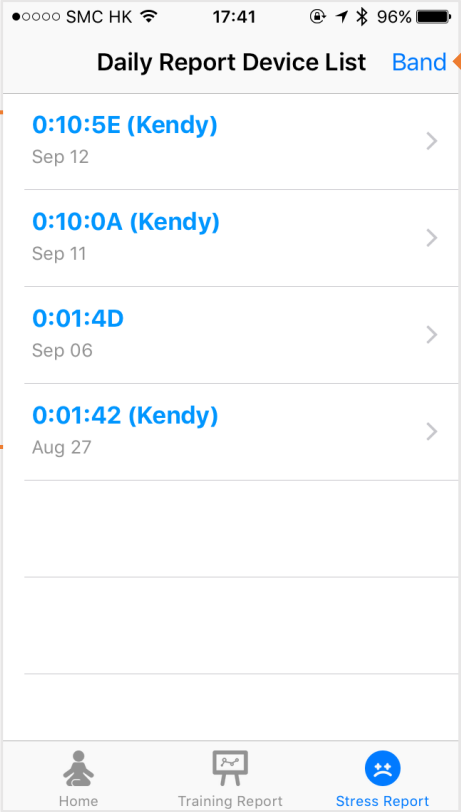
- 90-100
- 70-89
- 50-69
- 0-49

Scroll to view the full analysis

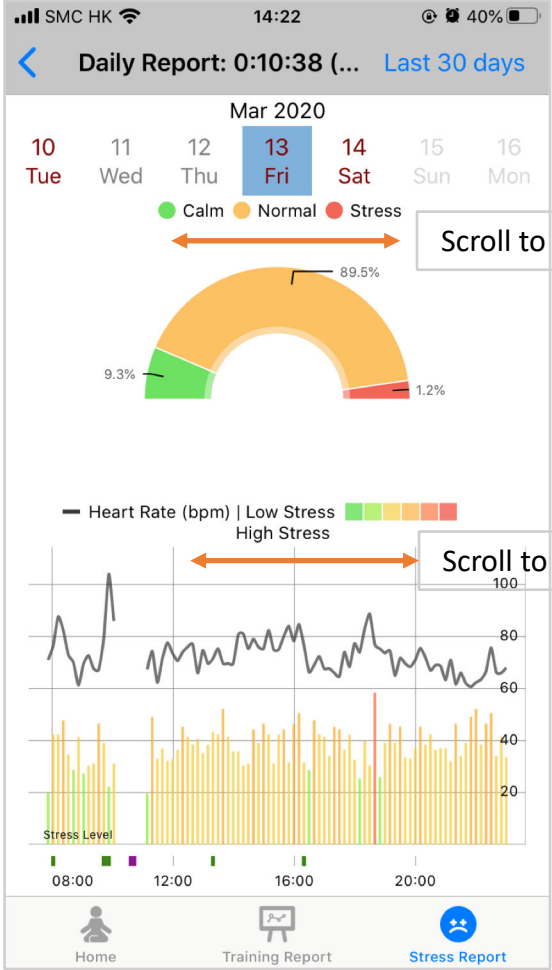
# Viewing Stress Data



List of devices that have been connected to this App



Tab to download data from the current connected band



Scroll to select the date

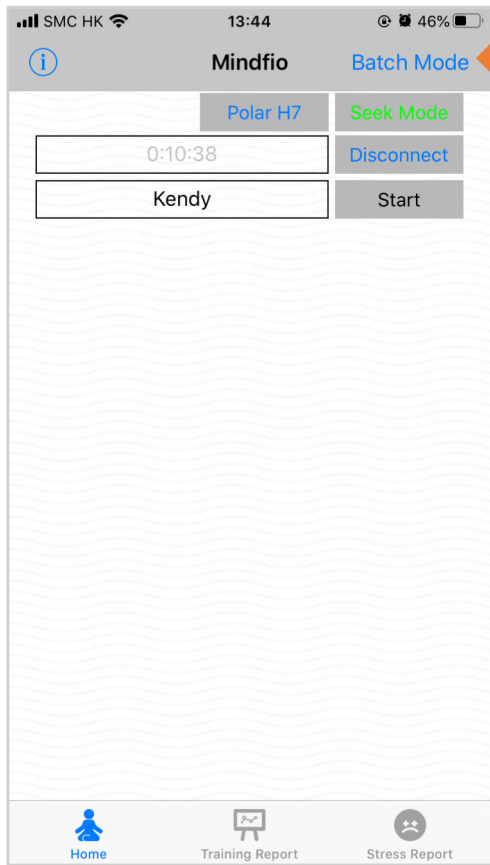
Scroll to view the full graph

Pinch the graph to expand or reduce the scale

Tab to read the stress report

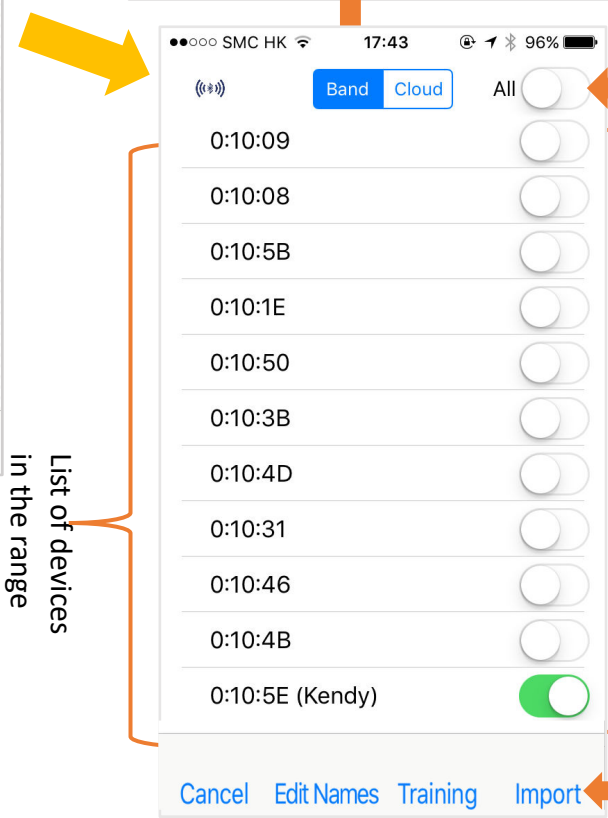
- Training – period of mindfulness training
- Walking – Moving speed < 110 step/min

# Data download from multi devices



Tab to sync data of more than one devices

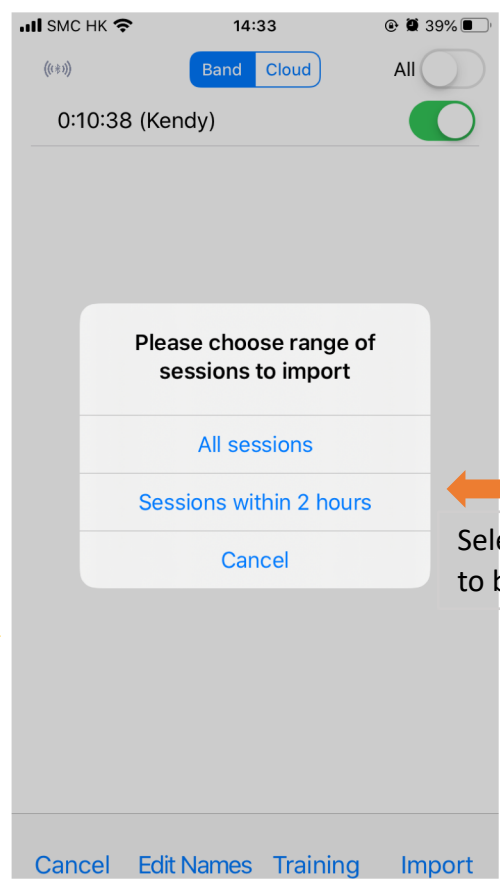
Option1 : Real-time data download from the selected bands



Tab to select all devices

Or select from the list

Tab to confirm



Select sessions to be imported



Data syncing

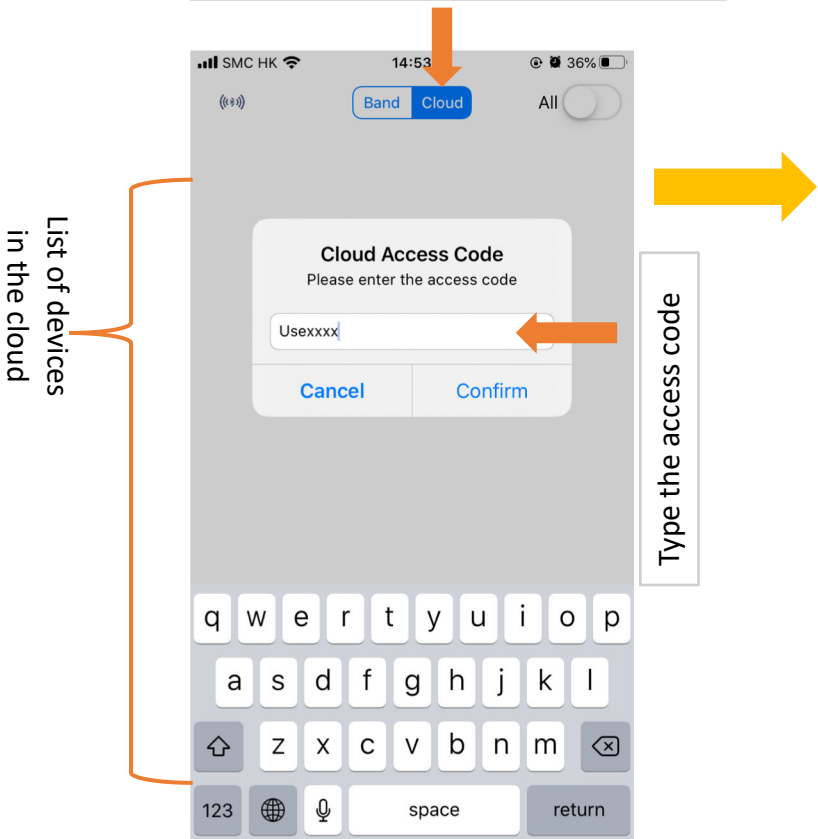
All sessions downloaded

Device connected

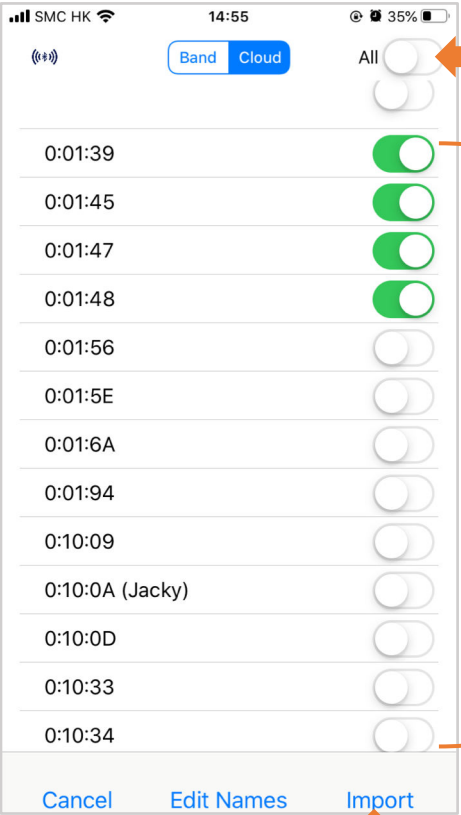
Tab when done

# Data download from multi devices

Option 2 : Data download from cloud



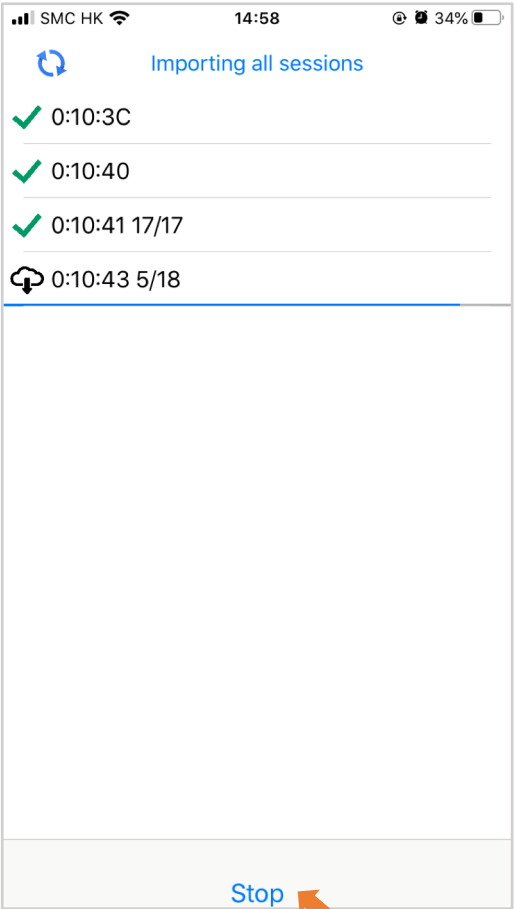
Type the access code



Tab to select all devices

Or select from the list

Tab to import

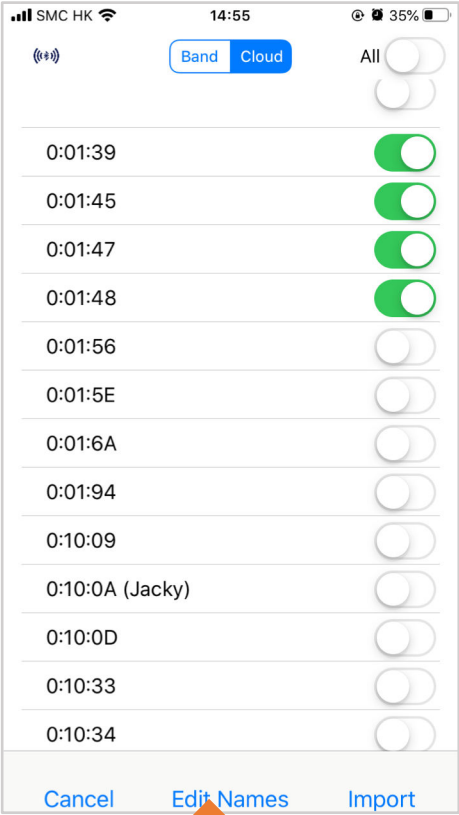


Stop

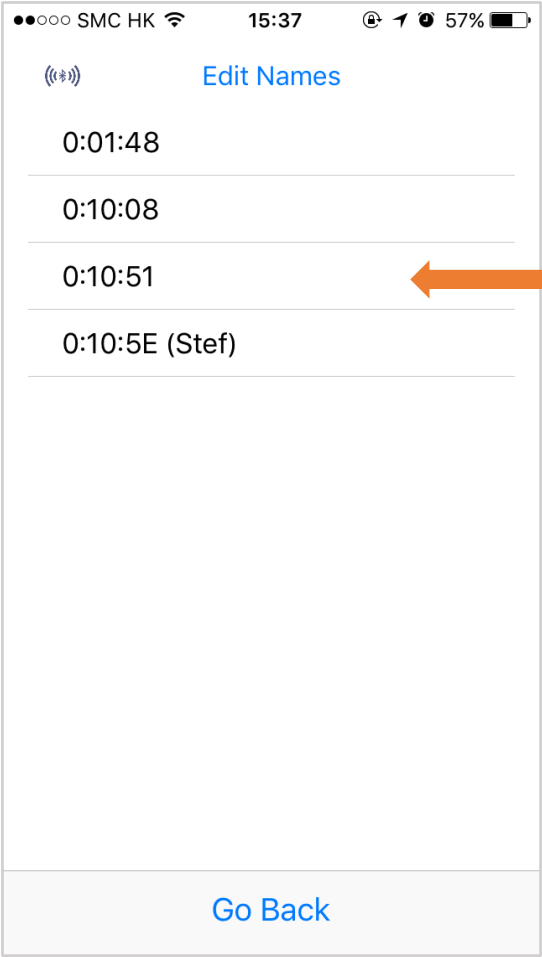
Tab when done



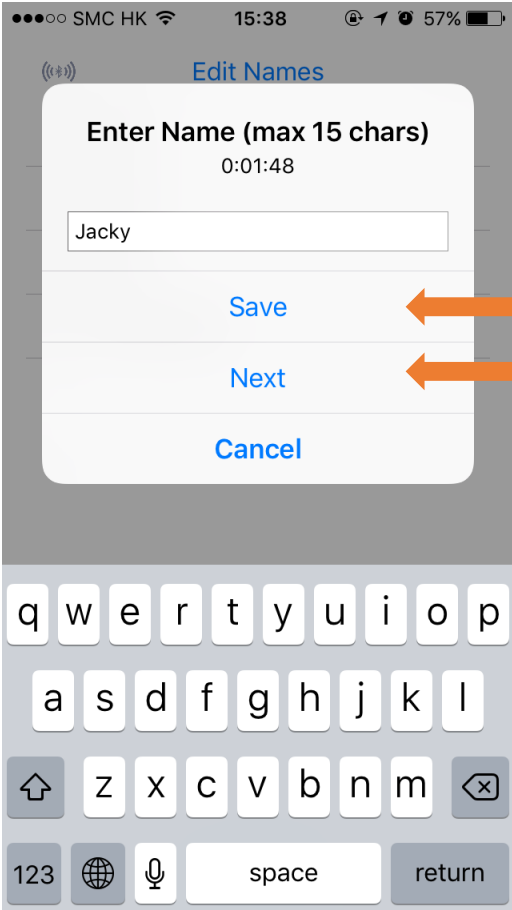
# Edit Names



Tab to edit name of each device

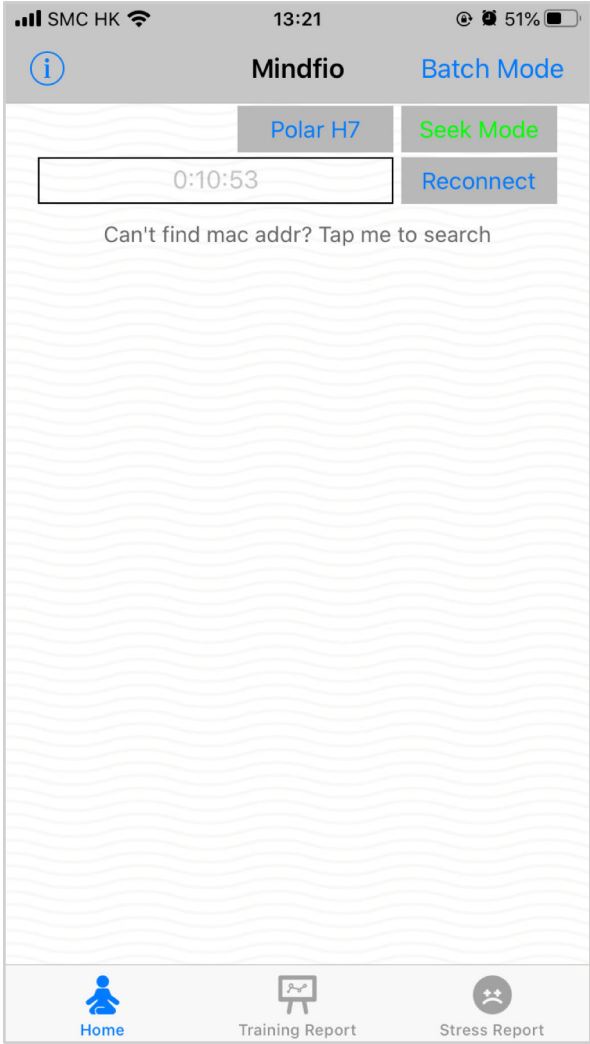


Tab to edit the device name

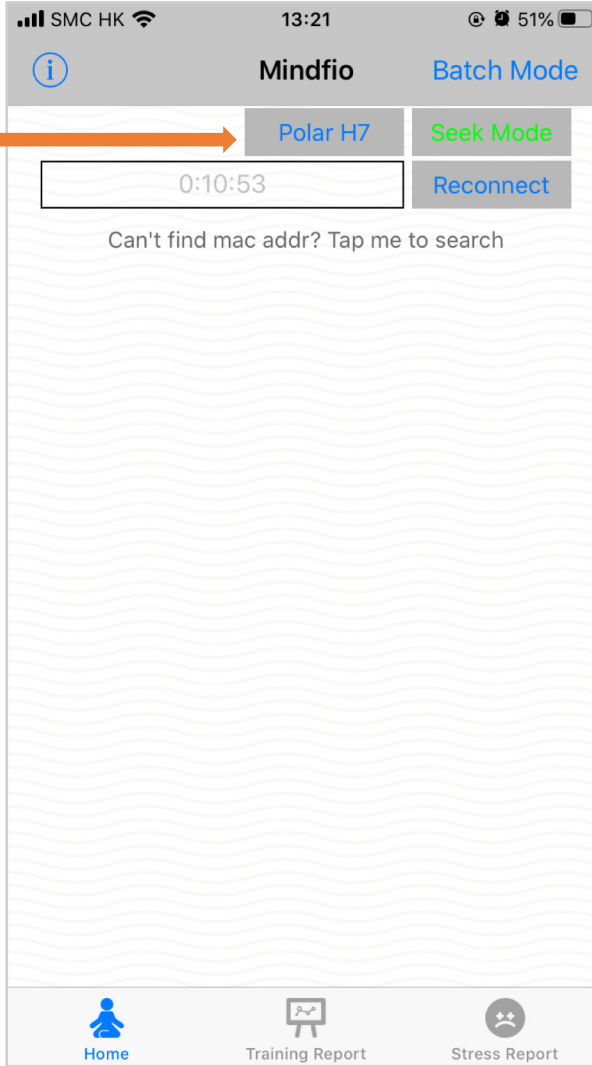


Tab when done or  
Tab to edit name of next device

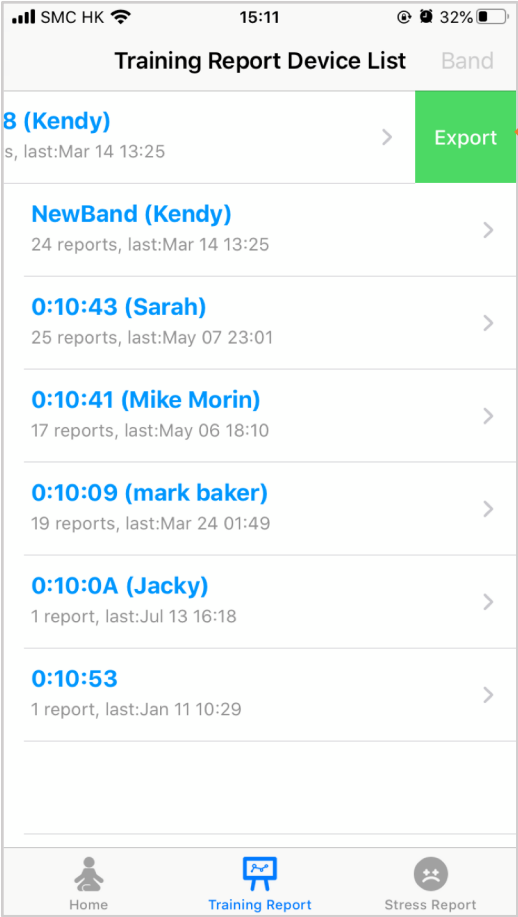
# Import Polar Data



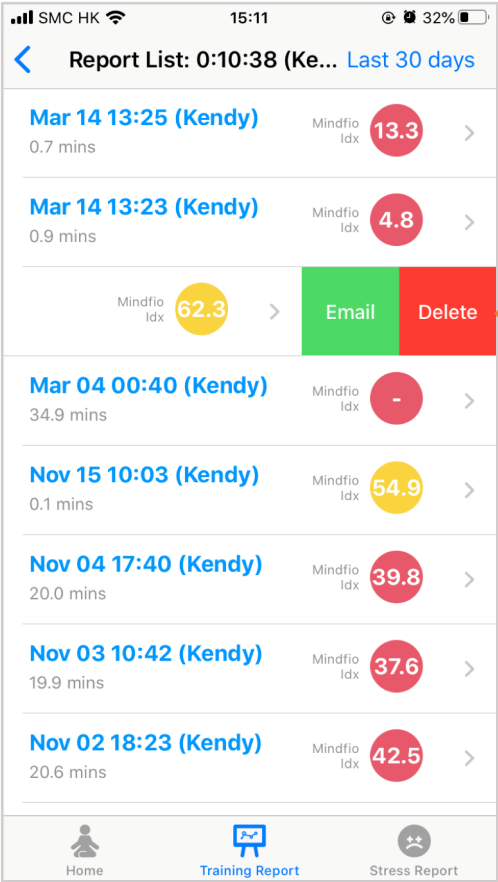
Tap to start recording  
Polar data



# Data Export



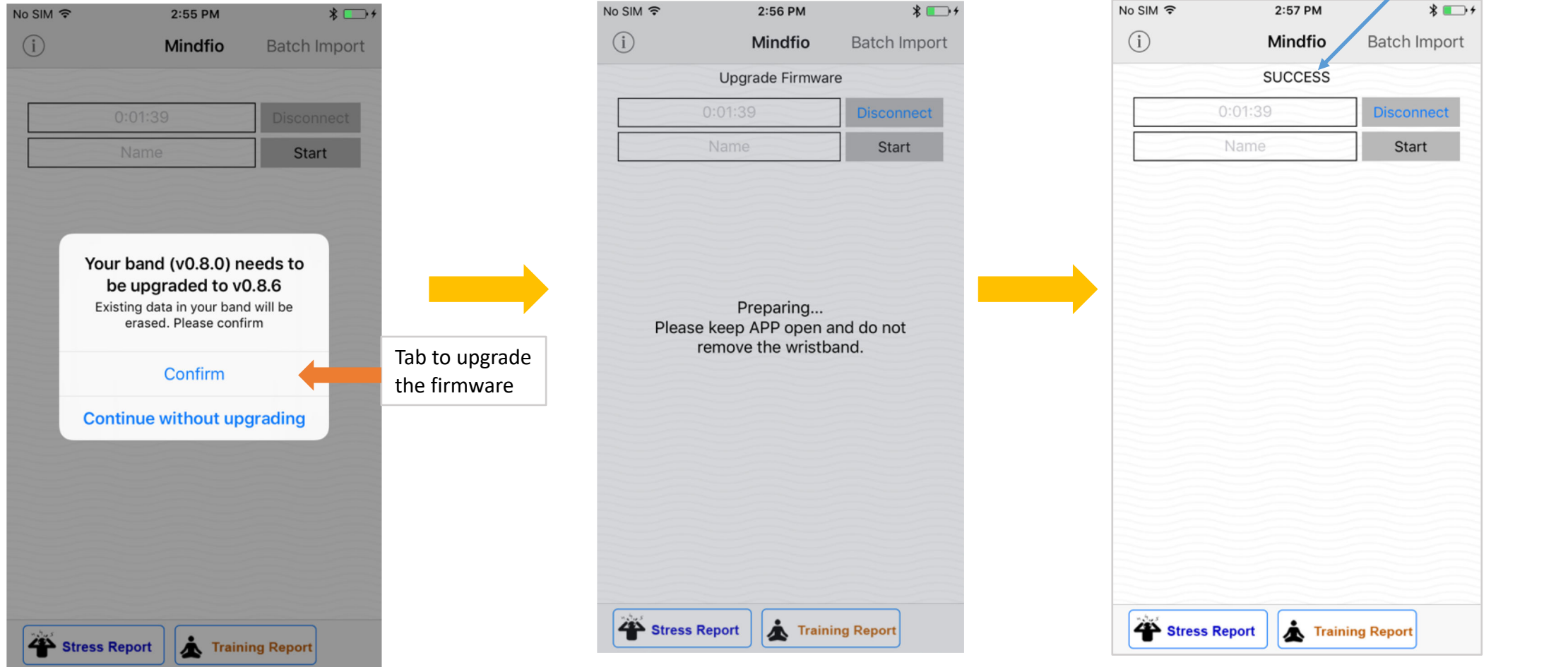
Swipe left to export all reports of the device



Swipe left to export/delete a single report

## Upgrading Firmware

If the firmware of the device is outdated, after pairing, a pop-up message will ask you to upgrade the firmware.



Note:

1. Remember to download the data from the device before upgrading the firmware.

END