USER MANUAL
The *SpineWise* Web Application

Contents

1. Introduction

SpineWise is a smart chair designed to help correct your posture while sitting. The Web application complements the chair's features by providing valuable insights, analytics, and notifications to enhance the user's sitting experience. Below, you'll find detailed instructions on how to navigate and utilize the various features of the *SpineWise* web application.
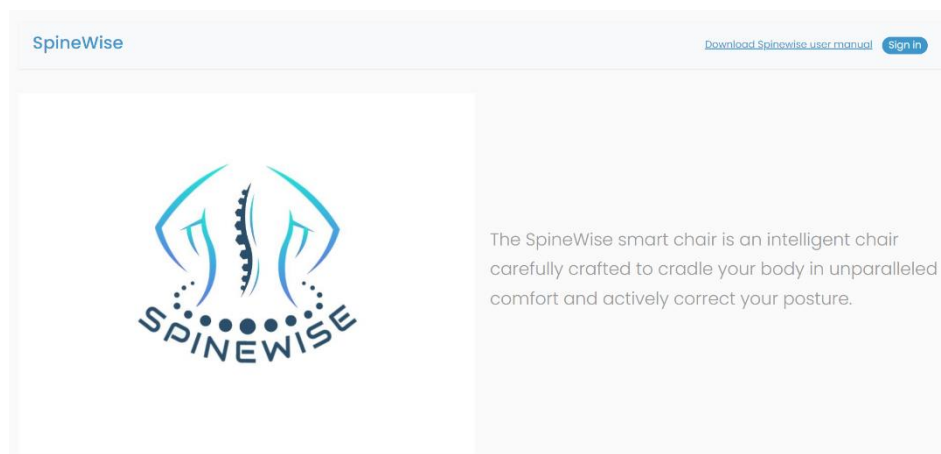
2. Prerequisites

Before accessing the *SpineWise* web application and enjoying its features, please ensure the following prerequisites are met:

1. Smart Chair Activation: The *SpineWise* smart chair must be turned on and activated. Ensure that the chair's power button is switched on and that it is ready for use.
2. Wi-Fi Connectivity: The *SpineWise* smart chair must be connected to a stable Wi-Fi network. Ensure that the chair's Wi-Fi settings are configured correctly and that it is connected to the internet.
3. Web Application Access: Users must have access to a compatible device (such as a smartphone, tablet, or computer) with internet connectivity.
4. Regular Charging: The *SpineWise* smart chair should be charged regularly to ensure uninterrupted functionality. It is recommended to charge the chair every 3 to 4 days to maintain optimal battery life and performance.

3. Homepage

After navigating to https://spinewisefront.azurewebsites.net/, the Homepage displays. The homepage provides a welcoming introduction to the *SpineWise* ecosystem, offering users a glimpse into the platform's capabilities and the benefits it offers for improving sitting posture and spinal health.

Picture 1. Homepage

4. Sign-in Page

Navigate to the "Sign in" button on the upper right corner of the homepage. The Sign-in page functions as the primary point of entry to the *SpineWise* web application, facilitating users' access to a customized experience tailored to accommodate their individual sitting habits and posture correction requirements.
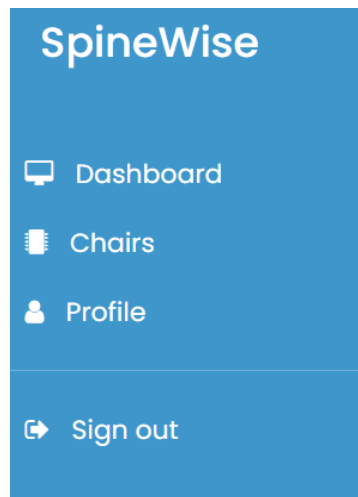
Enter login credentials:

Email	Password
user@spinewise.com	imaginecup24

Picture 2. Sign-in page

5. Navigation

The navigation bar is located on the left side of the *SpineWise* web application interface. The first menu link is the Dashboard. Directly beneath the Dashboard icon is the Chairs section, logbook chronicling user's sitting history. Further down the menu is the Profile section, providing users with a personalized space to manage their account settings, and at the bottom of the navigation bar is the Sign Out option.

Picture 3. Navigation

6. Dashboard

After successful login, the user is redirected to the Dashboard section which represents dynamic hub of insights.

Picture 4. Dashboard navigation

The dashboard is a dynamic hub of insights and analytics designed to empower users in their journey toward better posture and spinal health. With its intuitive layout and comprehensive data visualization tools, the Dashboard provides users with a holistic overview of their sitting habits, enabling them to track their progress, identify areas for improvement, and make informed decisions to optimize their sitting posture.
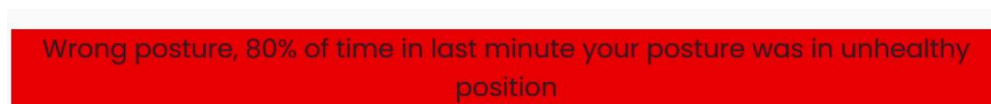
Picture 5. Dashboard

More than just a collection of statistics, the Dashboard serves as a motivation, inspiring users to stay committed to their posture correction goals and strive for continuous improvement with each passing day.

6.1 Notifications

In the fast-paced world of modern living, it's easy to lose track of time and neglect our posture amidst the hustle and bustle of daily life. That's where *SpineWise's* Notifications feature comes into play, offering timely reminders to help users stay mindful of their sitting posture throughout the day. By leveraging advanced detection algorithms and real-time monitoring capabilities, *SpineWise* ensures that users receive personalized and contextually relevant notifications tailored to their unique needs and habits.
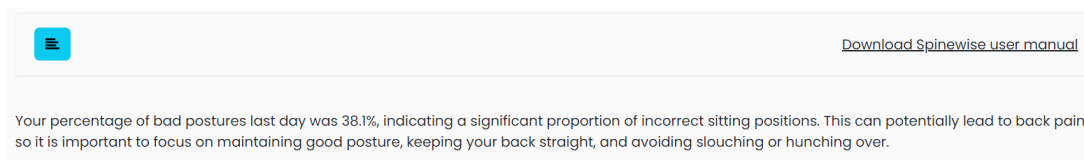

Picture 6. Notification

Far from being intrusive, these notifications are designed to empower users, providing them with the support and encouragement they need to maintain good posture and make healthier choices in their day-to-day lives.

6.2 AI Recommendations

Within the Dashboard section of the *SpineWise* web application, users can notice a feature designed to provide personalized recommendations and insights based on data gathered from the chair's built-in pressure and ultrasonic sensors. This ChatGPT-driven component utilizes advanced algorithms to analyze sitting patterns, posture quality, and other relevant metrics, generating tailored recommendations aimed at enhancing user comfort and promoting better spinal health.

Your percentage of bad postures last day was 38.1%, indicating a significant proportion of incorrect sitting positions. This can potentially lead to back pain, so it is important to focus on maintaining good posture, keeping your back straight, and avoiding slouching or hunching over.
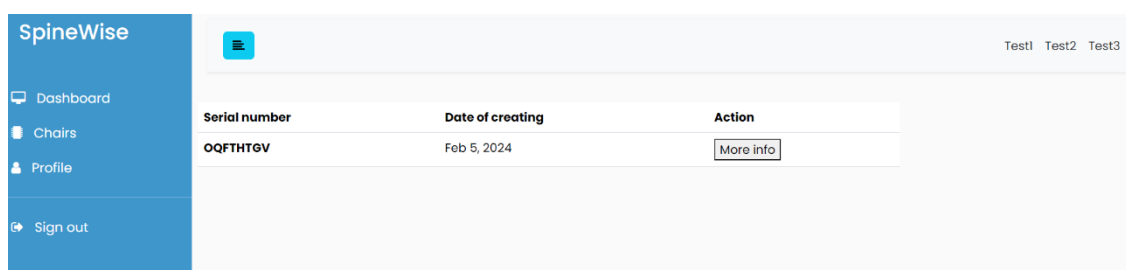
Picture 7. Recommendations

For example, based on analysis of pressure points and sitting posture, the AI may suggest adjustments to seating position or posture, recommend stretching exercises to alleviate tension or discomfort, or provide ergonomic tips for optimizing sitting comfort and spinal alignment.

7. Chairs Section

In the Chairs section, users can explore an extensive list of chairs they've sat in. Each chair has its own "serial number" which makes the chair unique for the user and as such is universal for all devices on which the user will use the chair.

Picture 8. Chairs section

8. User profile

The Profile section offers a personalized space for individuals to manage their account settings, update their information, and tailor their user experience to suit their preferences and needs. From basic details such as name and email address to more nuanced preferences such as profile picture and notification settings, the Profile section provides users with a centralized hub for managing their accounts and personalizing their *SpineWise* experience. After successful usage, the user can log out of their account.

9. Conclusion

In the final part of this *SpineWise* User Guide, we hope you have found all the information you need to get the most out of this innovative chair. This smart technology provides support not only in maintaining correct posture but also in improving your overall health. Remember that proper posture is key to keeping your spine healthy, and *SpineWise* is your partner in that journey to better maintenance and vitality. Through integrated sensors and an intuitive app, you can monitor your sitting position in real time and receive useful feedback. This product is designed to be accessible and useful to a wider audience, supporting anyone who values taking care of their own health.

Thank you for choosing our product. We wish you comfort, support, and long-term health with *SpineWise*.