NETRIN

User Manual

Repose
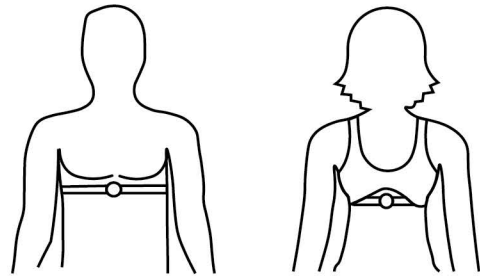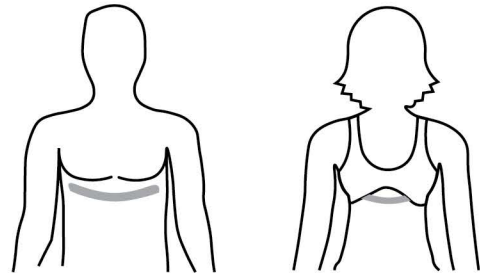*Lifestyle Assessment*

CONTENT

Wearing the Device

Before Assessment

1. Dampen the skin under the area where sensor(device)* will be placed.

2. Wear the strap around your chest and adjust its tightness accordingly. Ensure that the strap is in proper contact with your body.

3. Attach sensor to the strap.

   "Align the pair of metal screws against the pair of metallic contacts on the strap. Gently press until you hear a 'click' on each of the contacts".
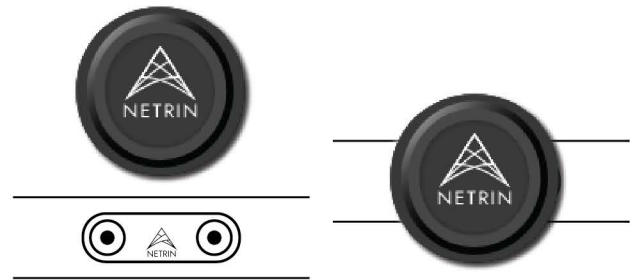
Note that the Netrin logo should point upwards as shown in the figure.

The accuracy of your assessment depends on the quality of the measurements taken during the session. So please ensure that se is worn as directed above.

After Assessment

Take off the strap and detach the Sensor from strap. Removing the Sensor from the strap improves battery life.

Rinse the strap under running water and hang to dry. Clean the strap regularly to maintain quality data collection. Alternatively, the strap could be cleaned using a dry cloth and sanitizer.

Note:

The band in rare cases may cause mild rashes. It can be cured by application of moisturizer or baby oil at the contact area.

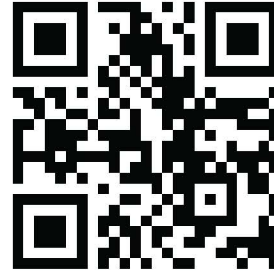*Always wear the strap first, and then attach Synapse to start a session.*

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How to use the app:

Scan the QR to download the mobile app

iOS   Android

The app has three main screens

1. Device screen: All the communication with the device happens here (dis/connecting, session start/stop, data sync).

2. Activity log screen: This screen helps to maintain a record of all the activities during the assessment.

3. Reports screen: This screen facilitates you to view all your assessment reports.

    You can shuffle across these three screens by swiping the top cards as shown:

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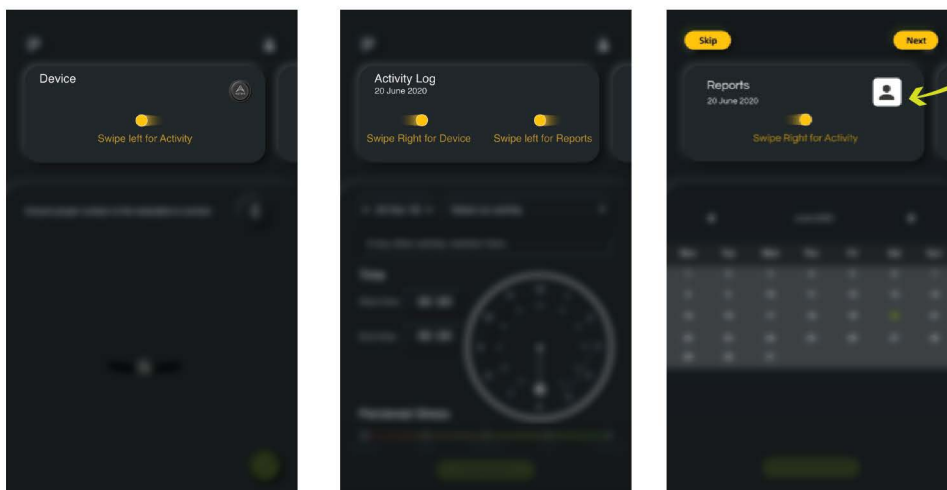
Connecting the device

1.　　Wear the sensor as directed in the 'Wearing the Device' section. The sensor turns on automatically when you wear it. The red blinking LED signifies that its ON.

2.　　Ensure proper internet connectivity, and turn on your mobile Bluetooth and location.

3.　　Click the Bluetooth(✳) icon in the 'Device' screen of the app.
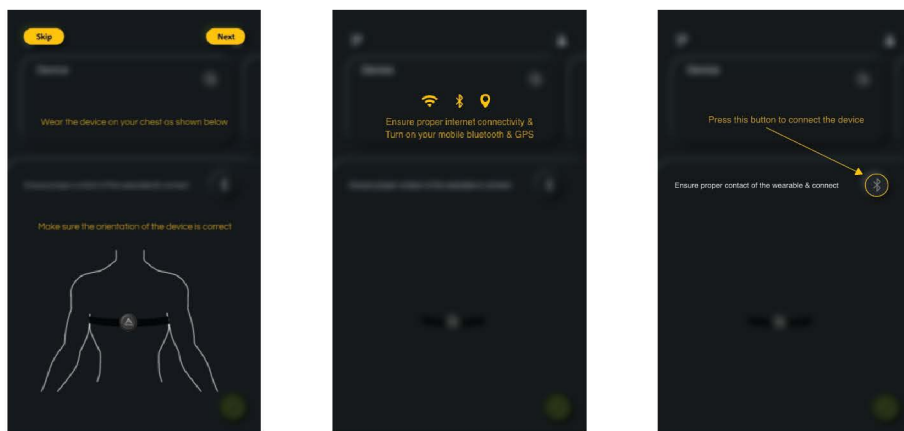
4.　　The app will scan and list the sensor (identified by the name Movesense/ Synapse). Select the sensor and make sure that the app displays 'connected'.
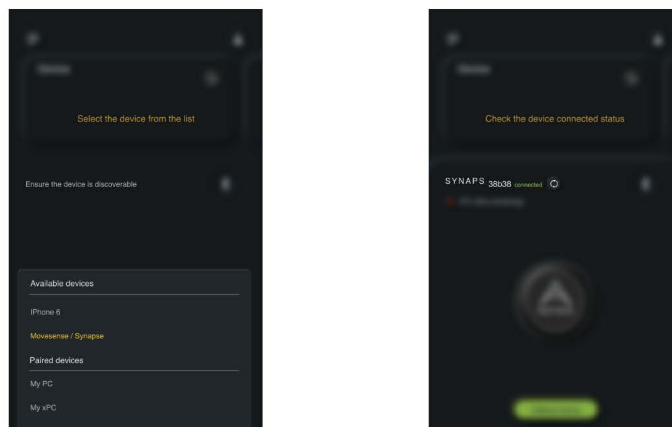

If you cannot find the device in the scanned list, check the 'Troubleshooting Guide'.

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Taking the 24hrs assessment

Starting an assessment:

1. Once the device is connected to the mobile, check the battery status. If it is shown as BAD please replace the battery.

2. Check for the live ECG plot and Heart Rate(HR) before starting the assessment.

3. You can start your session by clicking on the "Start session" button.

4. A dialog box pops up asking for a confirmation to start a 24 hours assessment. Click on Yes to confirm.
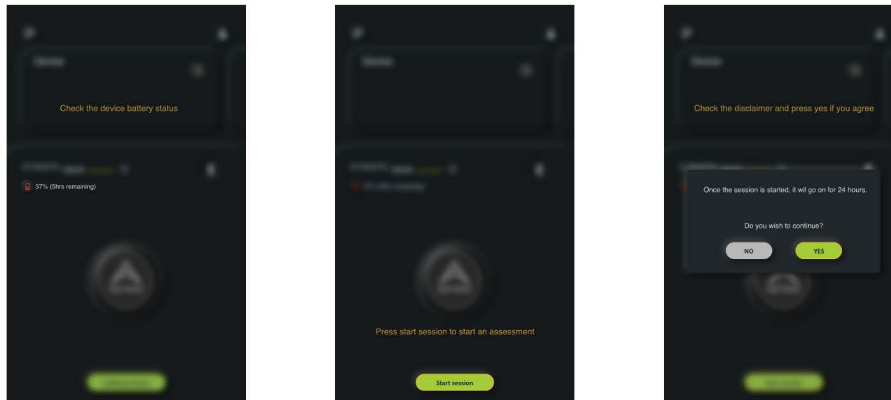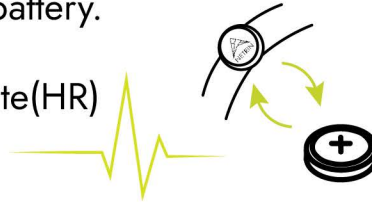
5. It is advised to take 20 second calibration before each session.

Recommendations:

> Start the session as you wake up and continue with your routine for the next 24 hours.

> It is not advisable to start sessions in the middle of the day.

> Never start a session before wearing the strap and device.

> Do not remove the device without stopping the session. However, removing the device for short durations (like bathing, etc.) is fine.

> The device is designed to be water resistant upto 30m/100ft, thus tracking your performance even under water.

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Taking the 24hrs assessment

Activity Logging:

Activity logging screen is to keep a journal of the activities that the user does during the 24 hours of assessment. This helps in mapping and to identify the stress levels to specific activities and identify critical stressors.

1.   Log an activity only after the activity is finished.

2.   Select an activity from the list of activities grouped into three classes-regular activities, physical activities and relaxing activities
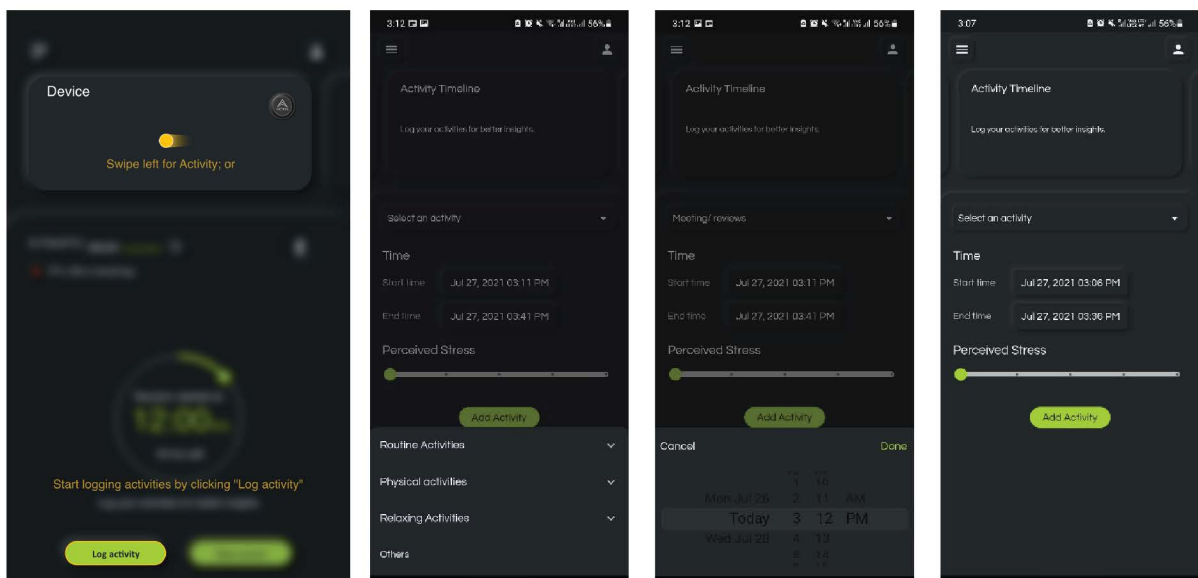
3.   You can choose others, if a specific activity is not listed. Activity can be logged only after the activity is performed.

4.   Use the dial to enter the start and stop time of the activity.

5.   No overlapping time of entries is permitted.

6.   Use the slider to rate the perceived stress levels during that activity.

7.   Once the activities are logged, Click on 'view activities' at the bottom right corner of the screen to edit or delete the activities.

> Remember that this is similar to a journal and
> not a feature to monitor your activities in real time.

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Taking the 24hrs assessment

Syncing the data:

1.   During an ongoing session, open the app once in every 3 to 4 hours
      to sync the data.

2.   Opening the app initiates the sync automatically.

3.   The sync might take around 2 to 3 minutes. Please be patient and do
      not close the app or disconnect the device while sync is happening.

Stopping the assessment:

1.   At the end of 24 hours, open the app and stop the session.

2.   Once stopped, the device will synchronize the measurements with the
      server. Depending on the network stability, this process can take anywhere
      between 3-8 minutes. Please do not close the app during this process.

3.   Upon successful sync, you will be prompted to see the reports.
      Clicking 'YES' will take you to the screen where you can view reports.

4.   You can also download a previous report anytime using the calender.
      A black dot is shown against the days when you took the assessment.
      Click on the date to generate the report again.
      It will be available on your mobile downloads folder.

Note: If you fail to stop the session after 24 hrs, it shall automatically stop after
30 hrs. **Be Warned** that if the data is not synced periodically within
this span of 30 hrs the collected data would be lost.

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Troubleshooting Guide

## A. My device does not appear while scanning for Bluetooth devices.

1. Ensure that the device is worn as instructed.
The device turns on automatically upon wearing and red
LED will blink.
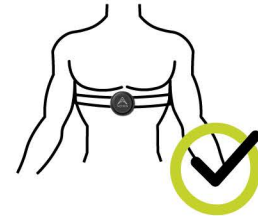
2. Check if the battery is drained out.
Used up batteries might not turn the device on.
Replace with a new battery if it is drained.

3. If the problem still persists, remove and place
the same battery in the slot, as the device must
have run into unexpected crash errors.
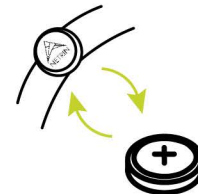
NOTE: Note that the device does not always appear in the system.

B. I could not pair the device with my phone.

Do not pair the device from system settings as these will be
taken care by the system. Pairing it manually from system Blue-
tooth settings might result in impaired device function.

C. I can connect my device. But I cannot start a session.

The device must have faced runtime errors. This should be
handled automatically by the app. If the problem persists, please
exit the app and reconnect the device.

D. I cannot see my data syncing

The app is designed to get connected to the sensor and do the syncing automat-
ically whenever you open the app. In the rare event when the sensor is connect-
ed but you cannot see the data syncing, press refresh button. In case if it is still
not syncing, force stop the app and restart the app again.

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Battery Replacemnet
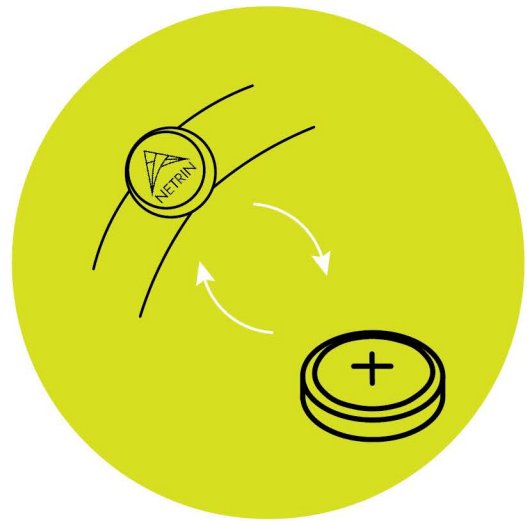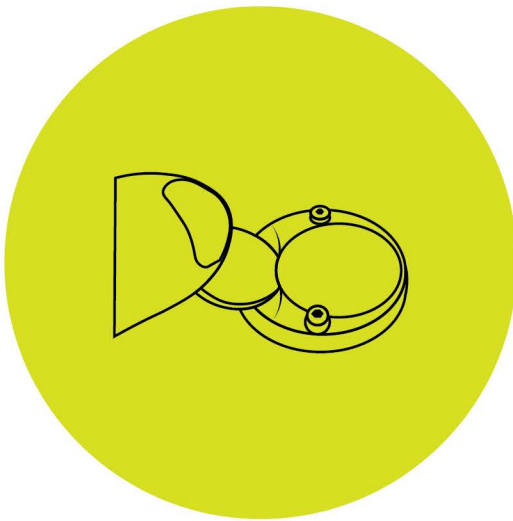
A new battery can be used for up to 48 - 50 hrs of data collection. A single battery can be used for 2 complete 24-hr sessions. The battery status will be shown in the app as GOOD or BAD and based on that, a new battery is to be placed. Even then, it is highly recommended to restrict the battery usage of a single battery to 2 complete 24-hr sessions.

> A new battery can be used for 2 complete 24-hr sessions (48 - 50 hours in total). The battery status will be shown in the app as GOOD or BAD and based on that, a new battery can be replaced.

> You are provided with spare batteries for battery replacement.

> When you have to replace the battery, take a new battery, and use it to open the back cover of the sensor as shown in the picture above.

> Remove the old battery, and keep the new battery in its place.

> Make sure that the side of the battery with ' + ' sign faces towards you.

> Keep the back cover of the sensor properly and press firmly. Discard the old battery responsibly.

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