Lachesis User Guide

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Welcome to **Lachesis**, your personal health companion designed to monitor vital metrics and support elderly

■ What's in the Box?
- Lachesis wearable band
- Magnetic USB charging cable
- Quick start guide
- Support contact card

■■ Setup Instructions
1. **Charge** the device fully before first use (approx. 2 hours).
2. **Download** the Lachesis App from the App Store or Google Play.
3. **Pair** the device via Bluetooth in the app.
4. **Fill out** your basic health profile (age, weight, health history).

■ Key Features
- **Heart Rate Monitor**: Continuously tracks resting and active heart rate.
- **Hydration Estimator**: Uses movement and temperature patterns to suggest hydration needs.
- **Blood Pressure Tracking**: Records systolic and diastolic trends.
- **Sleep Monitor**: Analyses quality, duration, and interruptions in your sleep.

■ Using the App
- View daily/weekly summaries
- Customize alert thresholds (e.g., low heart rate warnings)
- Access chatbot assistance anytime

■ Support
Questions? Ask your chatbot or visit: lachesis-health.com/support

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This guide is tailored for users aged 60+ for ease of understanding.