



Ideal

DEVICE USER GUIDE

HealthCoach Health Band

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1 General Information

Ideal is a startup company located in Sri Lanka and the “HealthCoach” is the newly introduced product to the market.

1.1 Introduction

Your Health Band connects to your Android, iOS device and is designed to be worn on your wrist to help you keep track of elder patients. You may synchronize data with your Health Band using the application on your device to see if your patient has fallen and heart rate of the patient. The Health Band also alerts you by Notifications, emails, and Application. Your Health Band captures information about your patient's heart rate, as well as data about the Orientation. Mobile Application gives graphical user interface to the user.

1.2 Product Overview





1.3 Mobile App

Blynk app is the application used for the device.

For iOS



From App Store

For Android



From Play Store

2 Setup your device

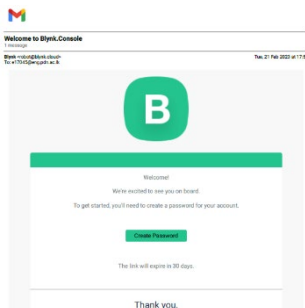
When purchasing the product, it is mandatory to give your working email address to setup the connectivity to the mobile application.

2.1 Wearing the Device

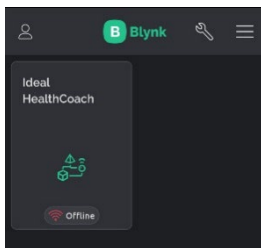
Wear the health band around your wrist and make sure it is firmly attached.

2.2 Setting up the Device

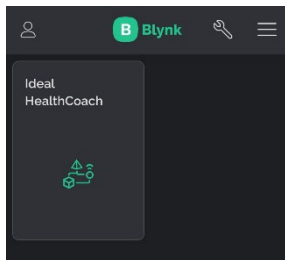
- 1 Download and install the Mobile App
- 2 Check your email to sign up with Blynk App



- 3 Now you can see the device.



- 4 Switch on the health Band
- 5 Check whether device is online or not.



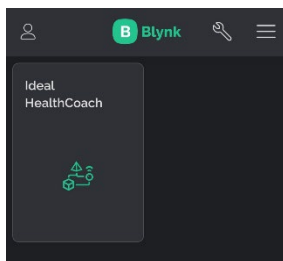
- 6 Now your Device is ready to go !

3 Learn the basics

Here, the basics of usability of the device has been described.

3.1 Move around the App

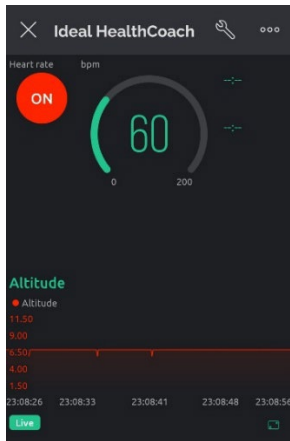
- Device when it's online



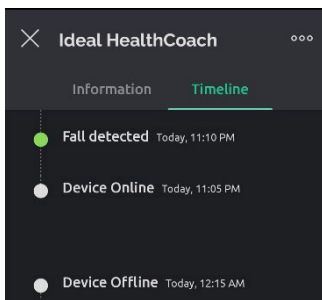
- Altitude variation indicator



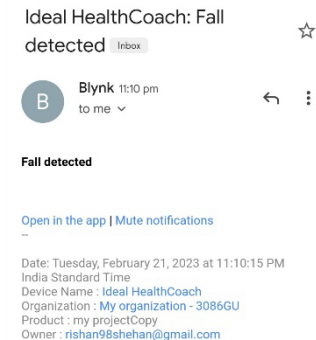
- Graphical user interface



- Timeline



- Notification



- Web interface



3.2 Basics of usability

- Fall detection – From the altitude variation graph you can see if there is any movement in vertical direction. If a fall occurs mobile app alert us by message on timeline as well as by email and a notification.
- Heart rate test – If you want to measure heart rate touch on the heart rate button on the app. Give a few seconds to detect the heart rate and it will be visible on the BPM gauge in the mobile app. After that retouch heart rate button to stop the heart rate test.

4 Troubleshooting and Support

- Device is offline – Please make sure your Device is turned on and your Wi-Fi connection stability.
- Sign up information is not received – If you didn't receive the email withing 4 hours from purchasing the product please contact us thorough email address below.
(customersupport@ideal.lk)
- Device is not operating as expected – If there are issues with your device, please contact us
(customersupport@ideal.lk)
- Resetting your device – please turn off the device and wait for few seconds and turn on the device.

5 Products and Safety Information

- This product is not waterproof therefore keep this device away from water.
- This product is not dustproof therefore keep aware on that case.



HealthCoach



WARRANTY CERTIFICATE

PRODUCT NAME/MODEL NUMBER:.....

DATE OF PURCHASE:.....

STORE LOCATION:.....

CONTACT NUMBER:.....

ADDRESS:.....

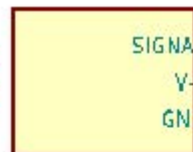
PHONE:.....EMAIL:.....

WARRANTY START DATE:.....

WARRANTY END DATE:.....

.....
SIGNATURE DATE

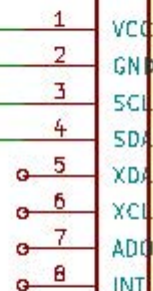
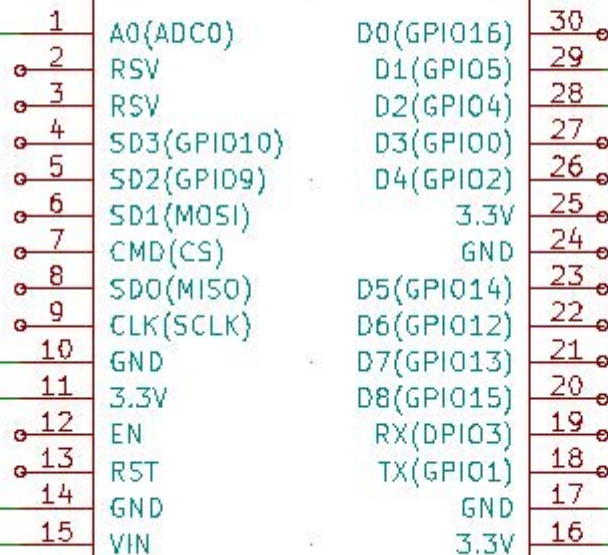
SEN-11574
P1



+BATT -BATT



U1
NodeMCU1.0(ESP-12E)
ESP8266:NodeMCU-LoLinV3



MOD1
GY-521