

# Home Wellness Monitoring Network

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# Introduction

Welcome to your new Home Wellness Monitoring Network. We hope to help you with your wellness needs. Whether you want to remember to take your vitamins or brush your teeth, we hope this device can help you.

## Monitoring Device Set-Up

Out of the box, your Monitoring Device should have pre-installed magnets on the back, shown in **Figure 1**. After mounting it using these magnets, the Monitoring Device should be ready to plug into the wall. Plug it in and make sure the switch on the power cord is ON.



**Figure 1.** Three mounting magnets on backside of Monitoring Device

## Connecting to Wi-Fi

After turning on the Monitoring Device. You should be prompted to search for an access point for wireless connection. Simply select your wireless network from the list and enter the password if required.

## Wi-Fi troubleshooting

If your wireless network is not listed, ensure your wireless router is in close proximity to the Monitoring Device.

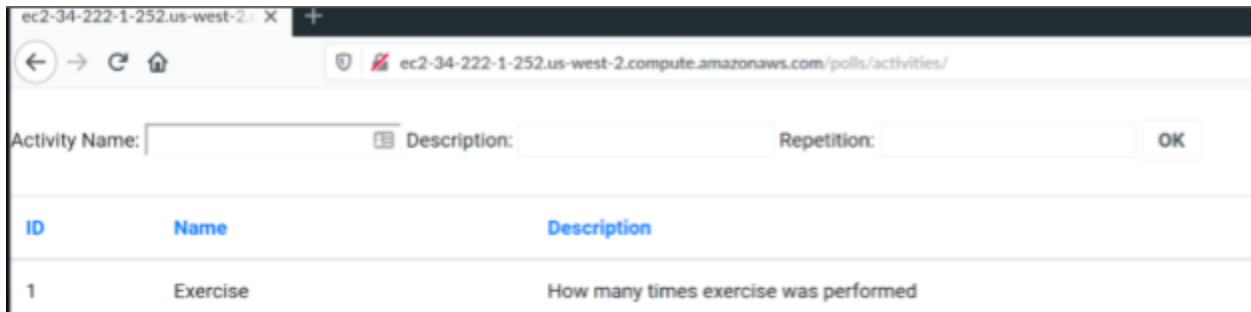
## Further Set-Up

After connecting to a wireless network, your device should take a few moments to update to any settings that may be connected to that device's identification number.

## Web Profile Set-Up

Proper utilization of the Home Wellness Monitoring Network requires set-up of the Web Profile.

1. Go to *Website* on a computer or smart device.
2. Create a secure account if you do not have one already
3. Add a device using the identification number which can be found on the backside of the device, as well as on the inside cover of the box the device originally was packaged in.
4. It is recommended that you name your device to ensure ease of use.
5. Add tasks under the device's profile, as seen in **Figure 2**. Your device should automatically update, however, if the Monitoring Device does not self-refresh, reset the device by switching it off for five seconds and then switching it on again.



The screenshot shows a web browser window with the address bar displaying "ec2-34-222-1-252.us-west-2.compute.amazonaws.com/polls/activities/". The main content area contains a form with three input fields: "Activity Name:", "Description:", and "Repetition:". To the right of the "Repetition:" field is an "OK" button. Below the form is a table with three columns: "ID", "Name", and "Description". The table contains one row with the following data: ID "1", Name "Exercise", and Description "How many times exercise was performed".

ID	Name	Description
1	Exercise	How many times exercise was performed

**Figure 2.** Adding a task to your device