



The new standard
in fall detection.



The latest technology, affording you the opportunity to live an independent lifestyle while keeping your friends and family connected.

MyNotifi® can be worn discreetly in a shirt (chest) pocket, bra, wasteline, or on the wrist in times of lower activity. MyNotifi® is the only product on the market that offers you the choice of where and how you wear your device.

myNotifi®

User Manual

Immediately upon receipt of this package

Place your MyNotifi® device on the charger.
(See pages 3-4 of this booklet for charging instructions)

FOR SMARTPHONE OR TABLET USERS — Load the Android® or iOS® app by going to the phone app store. Type in “MyNotifi” to load the app.

As a smart phone user, you have the luxury of connecting to your phone when out of doors.

MyNotifi® is easy to use

Once the MyNotifi® app is installed and you are registered, it is a two-step process: Charging & Connecting.

Fall detection is activated automatically and performing exercises is simple.

This booklet outlines a “tap-through” process of each screen, showing you how to use MyNotifi®. After working through this booklet, if you experience trouble getting started, contact a member of the MyNotifi® team by emailing support@mynotifi.com.

Please keep this booklet handy
for future reference

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When and how to wear MyNotifi®

It is recommended you wear MyNotifi® all of the time, especially when you are alone. When others are around, you have the luxury of taking it off. MyNotifi® will remind you and your family of caregivers to put it back on.

MyNotifi® is the only device that can be worn interchangeably on different parts of the body, such as a shirt (chest) pocket, bra, waist line or wrists. So how do you choose?

Our recommendation is to wear MyNotifi® in a shirt pocket, on a bra or on the waist line, as this will offer you great results, fewer false alarms and very importantly, wearing it on one of these locations is discreet; most people will never know you are wearing it.

It is important to understand the following:

MyNotifi®'s fall detection is greatest from the wrist, followed by a slight decrease in accuracy when worn on the belt, shirt/chest pocket, and bra.

If MyNotifi® misses a fall, you need only to depress the RED button on the device and your family of caregivers will be alerted. If you are unconscious, MyNotifi® will sense this and send a notification to your family of caregivers via the idle feature.

If you want to wear MyNotifi® on the wrist, you certainly may. When worn on the wrist, there is a higher propensity for false alarms, but this is not a problem. If MyNotifi® detects a movement that it thinks is a fall, all you need to do is depress the grey button, if it is not a fall, and it will go back to sleep.

As human beings, we all move differently and little nuances in our movements can potentially trigger a false alarm. Short, abrupt movements like shaking the hands, clapping, popping out clothes or sheets are types of movements that can trigger an alarm.

We recommend wearing Mynotifi® on the wrists during sleep, showering or bathing, and at times when you are less active.-

NOTE

When placed on the charger, your MyNotifi device will automatically disconnect. Once completely charged, you will need to reconnect your MyNotifi device by tapping the "NOT CONNECTED TAP TO CONNECT" bar on the main page of the app.

Charging your MyNotifi[®] device

Keeping your device charged is the most important aspect of using MyNotifi[®].

Wristband will not charge unless it is placed on the target, arrow side facing upwards.



Recharge the mobile device as needed using the charger provided. A routine complete charge cycle is approximately 2 hours. It is best to place the device on the charger with the arm straps connected as shown above.

A full charge will last minimally 24 hours up to 48 hours depending on use and correct charging process. It is not recommended to charge the device for more than 2 hours, as charging longer can damage the battery.



Charging the device while in the beltclip: clip must be face down with belt attachment facing up.

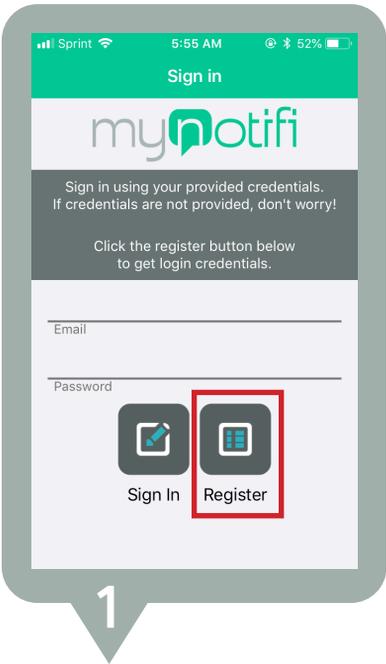
NOTE
During charging, the "idle timer" feature is inactivated. Pages 36 and 37 contain more information about the important "idle timer" feature.

Registering MyNotifi®

Registration can be performed via the app or on the MyNotifi® website. The process for registration is similar for both those using the device as well as providers of care:

- Users of the device, as well as providers of care, must both download the application to their phone
- Users of the device will complete a health profile, while providers of care do not

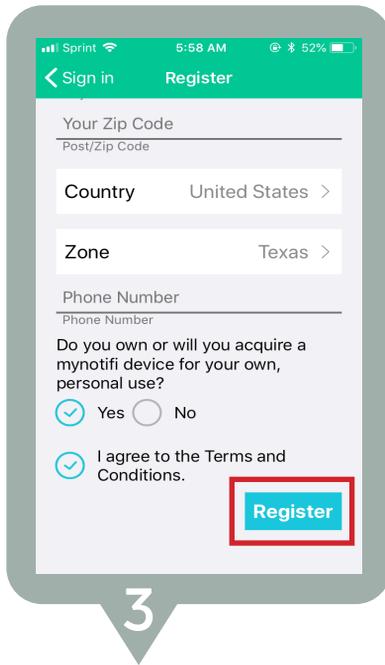
Through the phone app



1. Open the app, tap the “register” button.



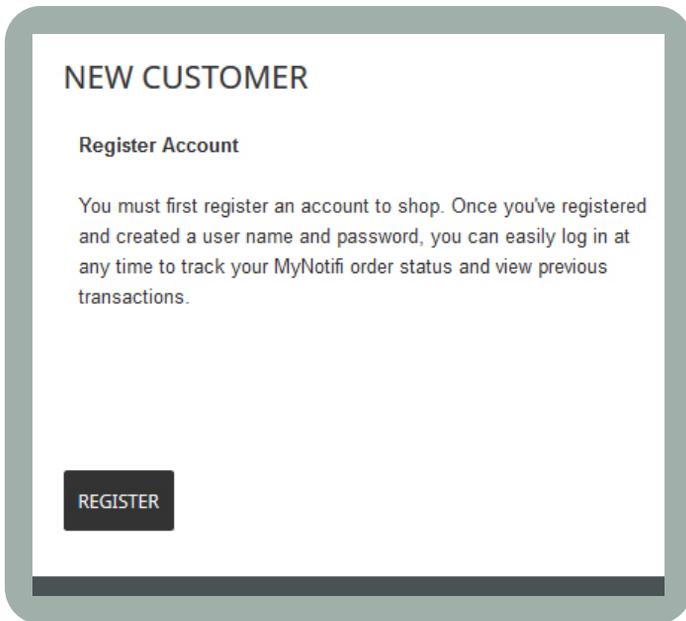
2. Complete and submit the registration and health profile forms.



3. Once you register, the “sign in” button, as seen in step 1, can be used to access your online account if and when needed.

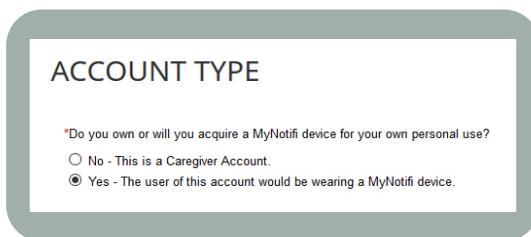
Through the website

1. From the main page of **mynotifi.com**, click on Login. It is located at the top right of the page below the telephone contact number and to the left of the word “shop”.
2. Click the “Register” button located beneath the NEW CUSTOMER - Register Account section.



3. Fill in the information fields (all fields marked with a red asterisk MUST be filled out to continue registration).

4. It is important that a client who is registering as a user of the device check the appropriate box on the registration field. Select "Yes - The user of this account will be wearing a MyNotifi® device", as seen below.



This is important because the user will need to fill out a health profile. If the user elects to not fill this out during registration, the application on the phone will send messages to remind the user to do so.

5. It is important that a client who is registering as a provider of care for the user of the device check the appropriate box on the registration field. Select "No - This is a Caregiver Account", as seen below.

6. Fill out the captcha code located beneath the Account Type section.

7. Read and check the Terms & Conditions box.

8. Click on Register.

NOTE
Your family of caregivers must be invited to download the app at www.mynotifi.com to enroll, but they do NOT need to complete the health profile.

Requesting help

To request help from your family, simply depress the red button on your MyNotifi® device until the device vibrates; you can then release the button.

The vibration is your confirmation that the message was sent to your family. You will want to let your family know when you are testing this feature as they will receive a notification from you.

If MyNotifi® detects a fall it will pulse vibrate; there are three options in this instance:

- Depress the gray button if it is a false alarm. Your device will stop pulse vibrating, go back to sleep, and no notifications will be sent.
- Depress the red button to confirm a fall. MyNotifi® will stop pulse vibrating and send a notification to your family of caregivers; they will know that you were awake at the time of the incident.
- If you are unable to depress the red button (perhaps unconscious) the pulse vibrating will time out in 1 minute and send your family of caregivers a notification letting them know that you are unable to respond.

Finally, if you need support for any reason, you can depress and hold the red button. Once you feel the device vibrate, release the red button; this tells you that your request for help has been sent to your family of caregivers.

Please review the types of notifications on pages 18-19 that your family and friends may receive to support you. This information is also contained on our website at www.mynotifi.com.

If the battery is not charged and the battery charge reaches 10% remaining, MyNotifi® will send a notification to your family.

NOTE

Remember, you must go to www.mynotifi.com to register your device and to create your list of caregivers. Your family of caregivers must also be invited to download the app at www.mynotifi.com to enroll; they are not required to fill out a health profile.

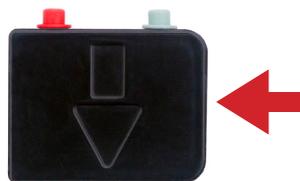
How to properly place the enclosure in the belt clip

Wearing MyNotifi® on the belt, bra, or shirt (chest) pocket, offers the smallest possibility for false alarms (less than a 3% chance), allowing you more flexibility.

Before attempting to place the MyNotifi® device into the clip mount housing, please read and understand the following directions. Any other method of placing the enclosure into the belt mount housing will render the MyNotifi® device inoperable.

Attempts at removing the device, once inserted incorrectly, could cause damage to both the device and the user. Removal will require the purchaser to ship the device back through a tech support inquiry . If possible, the device will be removed and shipped back to you. This service will incur further costs (\$49.99 + shipping). If the device is broken, and is no longer usable, a replacement device can be purchased for \$99.99.

The MyNotifi® device (enclosure) has an embossed arrow, as seen below.



The enclosure should be inserted into the belt mount with the arrow on the enclosure pointing downward and toward you. There should be little to no resistance when pushing the enclosure into the belt mount housing. If you experience difficulty in pushing the enclosure into the belt mount housing, this indicates incorrect positioning of the enclosure.



Ensure that the embossed arrow is facing down and toward your body, and therefore is NOT visible when properly placed in the belt clip.



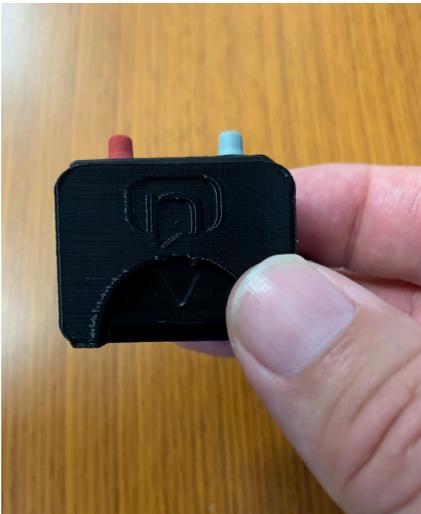
Remove enclosure by using your thumb to push the enclosure upwards and out of the belt clip.

NOTE

When using the belt clip or wrist band, it is important that the device is placed properly. The embossed arrow is always pointing downward and should always be closest to your skin.

How to properly place the enclosure in the shirt clip

Place the enclosure in the shirt clip, the embossed arrow should be visible through the window on the clip. There should be very little resistance when sliding in.



How to properly place the enclosure in the wristband

When worn in the wrist band, the arrow should be VISIBLE and the device (enclosure) should only fit one way into the wristband: the arrows on the bottom of the wristband should point in the same direction as the arrow on the device (enclosure).



Turn the wrist band upside down. Make sure that the embossed arrow on the enclosure aligns with the two arrows on the wristband (they should all point in the same direction). Using your fingers, simply slide the enclosure into the wristband.

Remove the enclosure by using your finger on the face of the wristband to push out the enclosure.

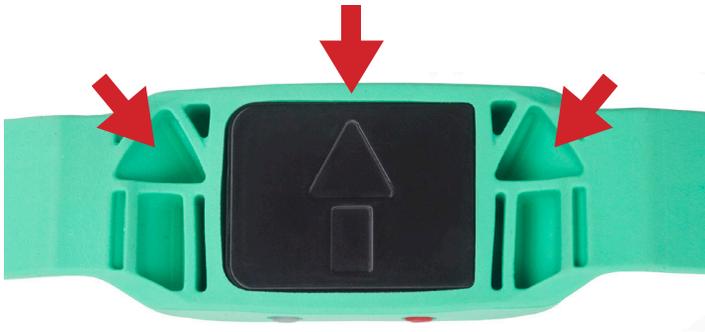


NOTE

You can leave the enclosure in the wrist band to charge. Follow directions for charging on pages 3-4.

Wearing MyNotifi®

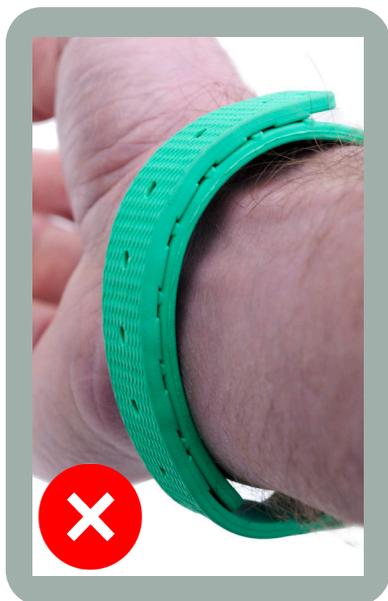
It is recommended to wear MyNotifi® on the waist line, bra or shirt (chest) pocket. Properly wearing MyNotifi® is important for the device to function correctly. If not worn correctly, there may be a higher chance for false alarms. The bottom side of MyNotifi® has three arrows; two built into the wristband and one on the enclosure. Make sure all three arrows point toward your hand.



While the armband is sitting on a flat surface, place your wrist, with the palm of your hand facing upwards, over the armband. Bring the right band strap over your wrist and hold it in place as you pull the left strap over the top of the right. The magnetized band straps should ensure proper alignment and secure fit.

NOTE

Always remember to keep your phone close by, at least in the same room with you, at all times.



It is recommended you wear MyNotifi® the belt clip on the waist line, bra, or shirt (chest) pocket during normal activity. If you want to perform range of motion and strengthening exercises, you **MUST** wear the device on the wrist or ankle for exercise periods or your data will not collect properly.

If you elect to wear MyNotifi® on the waist line, bra, or shirt (chest) pocket during normal use, it is advisable to keep your wristband in the bathroom as a reminder to wear the device during baths and showers so that you remain safe in this area of high risk. After you bathe, you can remove it from the wristband and wear it in the belt clip if you so choose.

You may also want to wear MyNotifi® on the wrist during sleep, as you may not have sufficient material on nighttime clothing to secure MyNotifi®. It is important to wear MyNotifi® at night, as this too is a high risk time for falls.

When worn on the waist, it is best to wear it towards the front of the waist to avoid bumping it with your hand.



MyNotifi® may also be worn in a shirt (chest) pocket.



MyNotifi® may also be worn on a bra strap.



NOTE

When MyNotifi® is worn in the bra or shirt (chest) pocket you do not need the wrist and or clip. The actual device can be slipped into the bra or shirt and the direction of the arrow does not matter.



It is also important that the device be worn snug on the wrist and not loose like a bracelet; this will mitigate the potential for false alarms.

MyNotifi® can be worn on the ankle to perform leg exercises. When worn on the ankle, MyNotifi® must fit snug; not loose like a bracelet. It should also be facing outward, just above the ankle; not forward and not facing backward. When worn on the ankle, the arrows must be pointing down towards your foot.

NOTE

MyNotifi® fall detection does not work from the ankle.

Notifications

MyNotifi® is equipped with 9 notifications designed to help keep you safe and your family of caregivers informed.

Fall notification with a response from you

Precaution notification advising of the fall and that you were able to respond.

Fall notification with no response from you

Warning notification advising of the fall and that you were unable to respond.

Battery monitor notification

Informs you that your device needs charging at 20% battery life remaining and then sends a notification to your family of caregivers if it further drains to 10%.

Idle timer notification

Tones and sends a notification to you and your family of caregivers at 3 hours of sensing no movement, and another tone and notification at 24 hours if the device has still not moved.

Disconnect feature

Disconnects and reconnects automatically, and then sends you and your family of caregivers a tone and notification at 3 hours of being disconnected, and then at 24 hours, if connection has still not been established.

Request for help

Notifies family of caregivers that you need help. The request for help can be used for most any situation where you think you need help.

Health profile notification

A notification will be sent once per quarter, asking you to update your health profile, and will send a notification to your designated primary caregiver if the health profile is not updated.

Morse frailty assessment

A notification will be sent once per quarter asking you to update the assessment, and will send a notification to your designated primary caregiver, asking them to also complete a Morse Frailty Assessment on you. This allows for a comparison critical to your safety.

Staying connected using the smartphone

You **MUST** make sure to keep your smart device (phone) within range of your MyNotifi® at all times. Blue Tooth Low Energy has a 30 meter connection distance; this means your device should remain connected for that distance.

It is unknown how far the connection distance is indoors; thickness of walls, number of walls, and electrical in the walls can reduce the specified Blue Tooth Low Energy connection distance. Should your device disconnect in your home, it will automatically reconnect when you walk back into range. It is recommended to keep your smartphone and MyNotifi® device in the same area when possible.



NOTE

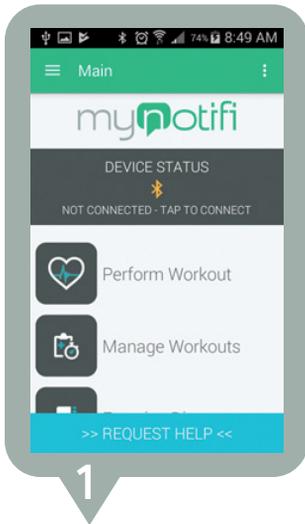
The armband can be worn on either wrist, however, it is recommended it be worn on the non dominant hand.

NOTE

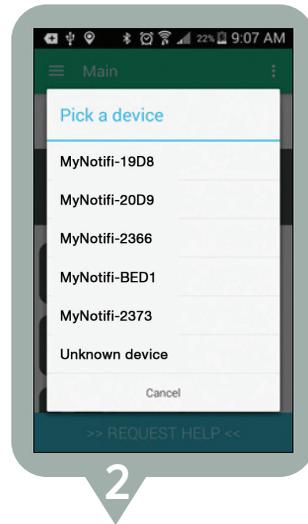
Remember, you must go to www.mynotifi.com to register your device and to create your list of caregivers. Your family of caregivers must also be invited to download the app at www.mynotifi.com to enroll; they are not required to fill out a health profile.

Pair and connect your smart device to MyNotifi®

Follow instruction to pair to your smart phone.

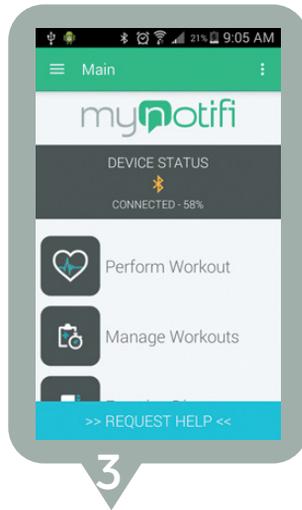


1. To pair MyNotifi® to your phone, tap the device status bar. The app will forward you to the BlueTooth® pairing screen.



2. Tap on your MyNotifi® device from the list as shown above.

3. The app will then return to the home screen and “connected” will be shown in green.



NOTE

MyNotifi® is always connected to your iOS® or Android™ device as long as Bluetooth® is on. If you want to disconnect from MyNotifi® for long periods of time, Bluetooth® must be turned off. To reconnect, simply turn on Bluetooth® and open the app.

Testing your MyNotifi[®] device

It is recommended you perform routine tests on your MyNotifi[®] device to ensure you are connected to your family of caregivers. Testing should be performed once per week; however, we recommend that triggering the fall detection be tested daily.

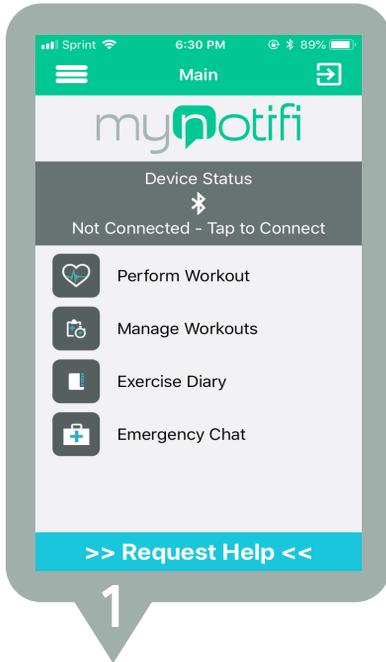
Accelerometer test

Create a “test” protocol following the instructions in this manual under the “How to create and edit protocols” section, pages 38-44. Name the protocol “test” and add the first exercise, “active resisted extension (wrist)” to it. The saved test will be in your “Manage Workouts” folder as “test”.

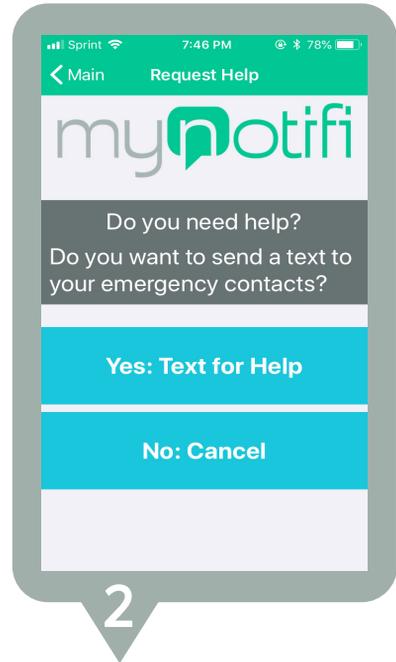
To perform an accelerometer test, tap “Perform Workout”, then tap “perform” on the following screen. Select left or right (for purposes of this test either can be selected)

Tap “record”. To right of the word “current” you should see numbers in blue changing. Move your device around and you will see the numbers continue to change. This means that your device is connected and the accelerometer is working. This will not engage your family of caregivers. We recommend this test be performed once per day.

Request for help



1. From the home screen tap on "Request for Help". MyNotifi® will sound and ask you for confirmation regarding whether or not you need help.



2. With Android®, you can either say "yes" or "no" or tap "yes" or "no". With Apple® (iOS), you must tap "yes" or "no".

For this test it is recommended to answer "yes", as this will send a message to your family of caregivers.

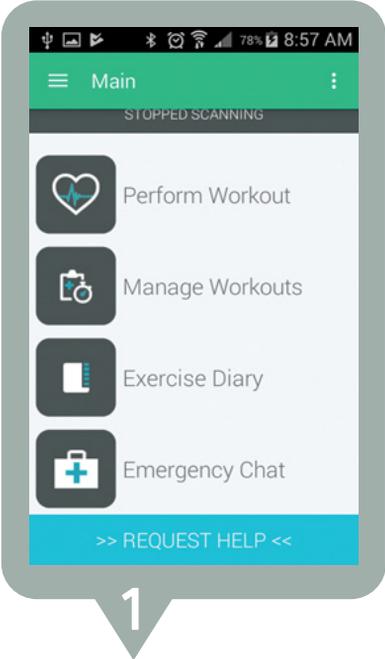
It is important to let your family of caregivers know that you are performing the test as they will receive the "request for help" notification. They should respond letting you know they received your request. This tells you that you are connected to your family of caregivers.

Adding emergency contacts

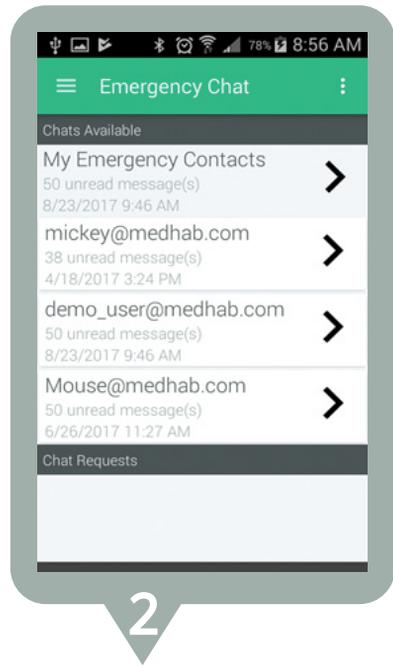
NOTE
Make sure to ask your family and friends to load the MyNotifi® app, and create their MyNotifi® account first, or they will be unable to accept your invitation. You can add as many contacts as you wish.

Emergency contacts are those persons you elect to support you. For your family and friends to be a part of your support group, they must first register a MyNotifi® account at www.mynotifi.com and download the MyNotifi® app from their app store. You can send your contacts a request to join your support group using the email address they registered their MyNotifi® account with. They will have to install the app on their own smartphone and accept your request. You will then accept them as a member of your “chat room”. The screens below outline this process.

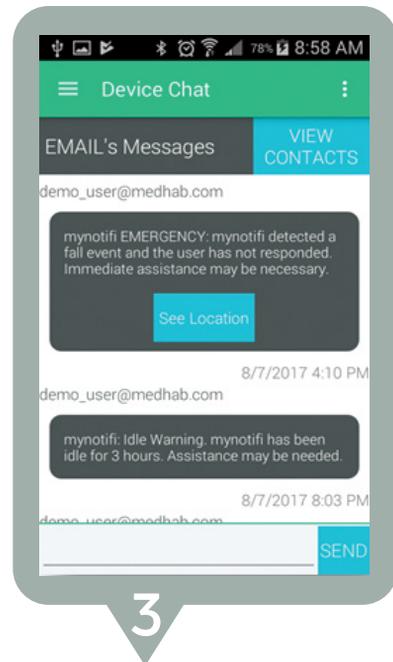
1. From the “home screen” tap on “emergency chat.” The app will forward you to “chat messages” and open your email address book.



2. Tap on “my emergency contacts.” You will be directed to a message log screen.



3. Tap on the “view contacts” button at the top right of the screen.



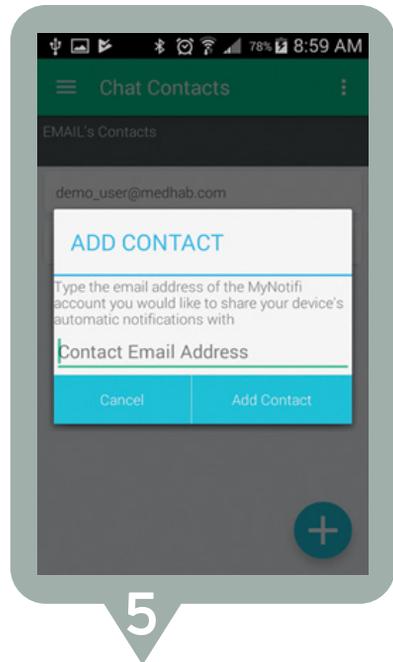
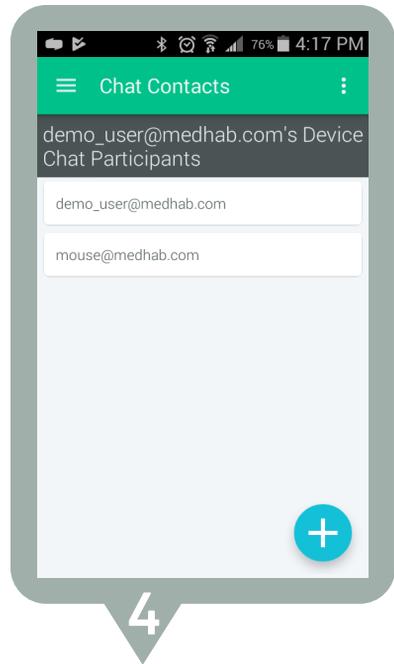
4. Tap the Plus (+) button at the bottom right of the screen to add a contact to this list.

5. Type the person's email address (the email used when registering as a provider) in the space provided and tap "add contact." You will not see the person or persons you invited until they accept your invitation to be a caregiver for you.

Advise your chosen caregivers to check their notifications and "accept" your invitation. You will then be connected to the person or persons you selected.

NOTE

You can add additional caregivers anytime through the app or website using these instructions.



Fall detection feature

Artificial Intelligence, as an industry, is still in its infancy, and is as much an art, relative to building neural networks, as it is a science. MyNotifi® employs artificial intelligence.

The development of MyNotifi® included adherence to guidelines put forth by the FDA including required documentation and testing in order to meet Class I (Exempt) Device standards.

MyNotifi® is highly accurate in terms of its ability to detect falls. Mathematically, the current device allows for a fall detection level that ranges between 85% and 90%.

Given that fall detection for the actual user was performed with volunteers in situations that staged or simulated falls, the user level of fall detection that has been achieved is slightly lower. Based on both mathematical prediction and actual user testing, some falls may not be detected. Additionally, there are some movements that generate false alarms, although these are minimal.

In the event your MyNotifi® detects a fall that did not occur (a false alarm), it will still pulse vibrate as it thinks a fall occurred; simply depress the GREY button to stop it. Upon depressing the GREY button, the vibration will discontinue and the device goes back to sleep; no messages are sent to your family of caregivers.

1. If a fall occurs, and you are able, simply depress the RED button. The pulse vibrations will immediately stop and your family of caregivers will receive a notification that you fell and that you were able to respond.
2. If you are unable to respond in any way, after 60 seconds MyNotifi® will send an escalated notification to your family of caregivers letting them know you are unable to respond.
3. If the device is activated due to a false alarm, push the grey button on your MyNotifi® device. MyNotifi® will stop pulse vibrating, go back to sleep, and no notification will be sent to your family of caregivers.

When a fall event notification is sent to network contacts, the notification will show the location of the event. The smartphone is responsible for identifying the location of the event.

NOTE

MyNotifi® uses the GPS (Global Positioning System) in your smartphone to discover your location. At times, the location provided by your smartphone will not be available or may be inaccurate, leading to inaccuracies reported by MyNotifi®.

The MyNotifi® application employs a technique by which it attempts to discover a more accurate position in the time after an emergency event (fall detection or help request) occurs. If a new, more accurate location is discovered, MyNotifi® will report this new location to your group of caregivers.

Mitigating features



Mitigating features

We often hear how family members find loved ones after hours of lying on the floor or being incapacitated for some reason. It is known that with each passing hour, the rate of survival diminishes.

With this in mind, MyNotifi® offers not only fall detection, but several mitigating features that greatly diminish the potential of finding a loved one in a compromised situation where time is of the essence. These unique features offer additional protection, and keep ones family of caregivers constantly connected and ready to lend support in times of need.

MyNotifi's® mitigating features provide support in a variety of situations. The "request help" feature is available in situations where the device may not pick up a fall, or where the user has not fallen but needs assistance.

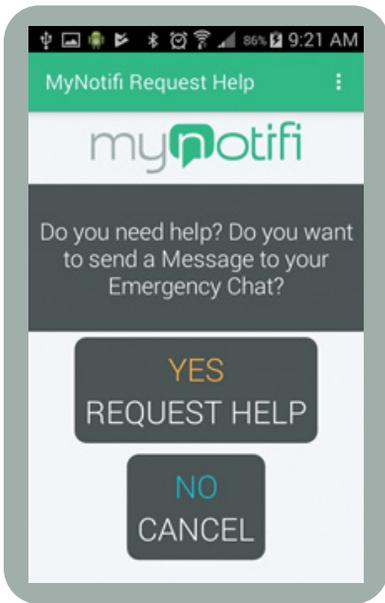
If a user is incapacitated, the "disconnection" or "idle timer" features are designed to inform the family of caregivers of these activities within a 3 hour period. The "battery monitor" will notify caregivers when only 10% of battery life remains. Unless the users smart device is not working, finding loved ones on the floor after long periods of time is greatly diminished.

MyNotifi's® mitigating features are outlined in further detail on pages 32-37.

Request help feature

The MyNotifi® application allows you to rapidly send a request for help to your family of caregivers, even when a fall has not occurred. In the event you require any type of support, the main screen of the MyNotifi® app has a “request help” button.

From the home screen tap on “request help.” You will be directed to the “request help” screen as seen below. To confirm that assistance is needed, tap “yes” and a notification will be sent to your family of caregivers. After tapping “yes”, the app will advance to the home screen.



Additionally, you can press and hold down the red button on your MyNotifi® device. Once the device begins to pulse vibrate, you may release the red button; this tells you that your request for help has been sent to your family of caregivers.

Battery monitoring

As we all know, if the device battery is completely drained, MyNotifi® is not able to support you or your loved ones. MyNotifi® is engineered so that the app recognizes and monitors battery drain.

Your phone will also tone when 20% battery is remaining. If no action is taken, and the remaining charge falls to 10%, the smart app sends the family of caregivers a notification. This will allow for support relative the battery charge.

Disconnection feature

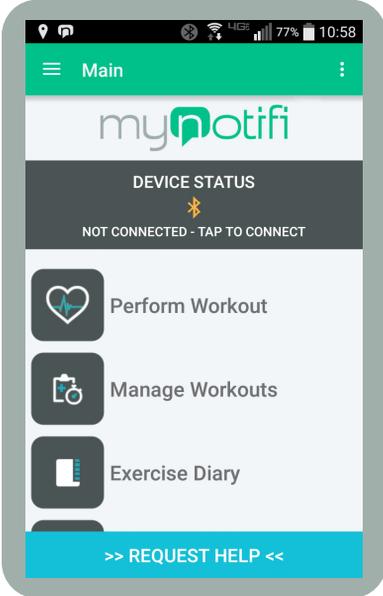
MyNotifi® is designed with features to help you remember to keep your smart device in range of the wristband at all times. A disconnection from the smart device can occur if you put your smart device on a counter and walk away from it. Although out of doors connection range is 30 meters, indoor connectivity can be reduced due to number of walls, electricity and wiring within your home.

To test your indoor range of connectivity, we recommend placing the MyNotifi® device in an area where you normally keep your smartphone. Open the MyNotifi® app to the home screen on your smartphone and walk throughout your house to see when a disconnection occurs, as this will be visible on your smartphone. This test can show you where a disconnection may occur. It is still recommended to keep your smartphone within relative proximity of your MyNotifi® device.

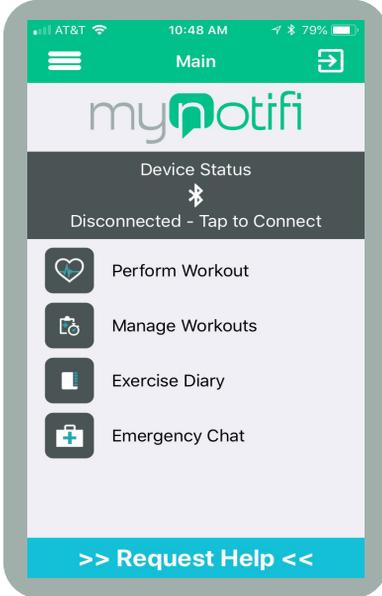
If the smartphone and device are inadvertently disconnected, when you move back into range, the smart app will reconnect automatically; the reconnect is associated with a soft tone, informing the user that the device has reconnected. There is no action necessary for this feature.

If connection is not re-established within 3 hours, the device will send a notification with a specific ringtone, to you and your family of caregivers. This signals to your family of caregivers that support may be needed.

If the device remains disconnected after 24 hours, MyNotifi® will repeat the the tone and message notification to you and your family of caregivers.



Android™ Notification



iOS® Notification

NOTE

Tapping the OK button on your smartphone will clear the message prompt, but will not reconnect the device. You must make sure the device is within proper range of your smartphone to ensure connection is reestablished.

Idle timer

MyNotifi® has been engineered to continually check for movement of the device. It is assumed that the user of the device will take off MyNotifi® from time to time.

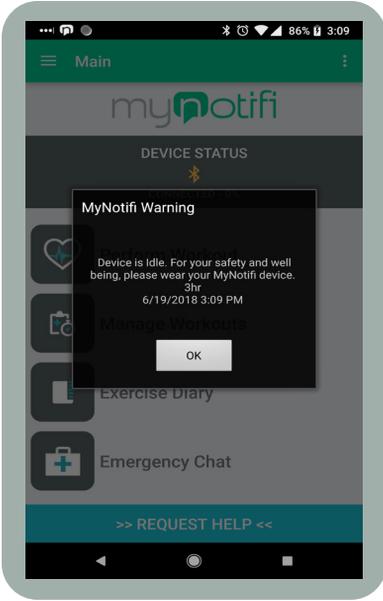
When the device is idle (has sensed no movement) for 3 hours, the app will tone and send a notification to you and your family of caregivers, informing you both of inactivity.

This is important because inactivity can be caused by a number of things, such as taking the device off or a possible medical condition, whereby the user is incapacitated.

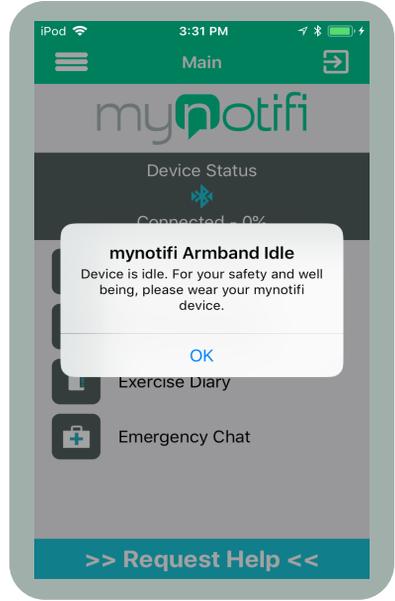
After 24 hours of no movement, MyNotifi® will repeat the tone and message notification to you and your family of caregivers.

NOTE

Tapping the **OK** button on your smartphone will clear the message prompt, but will not reset the idle timer. You must make sure to move the device to reset the timer.



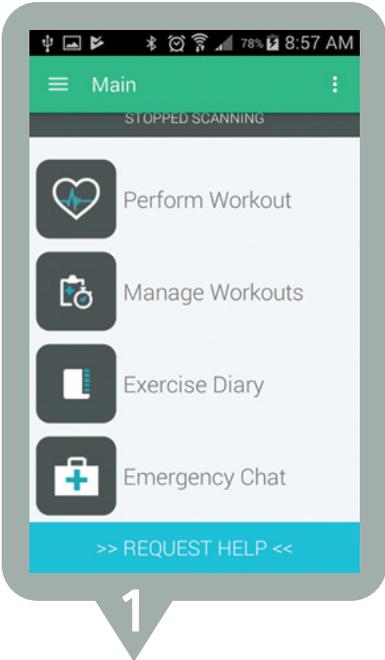
Android™ Notification



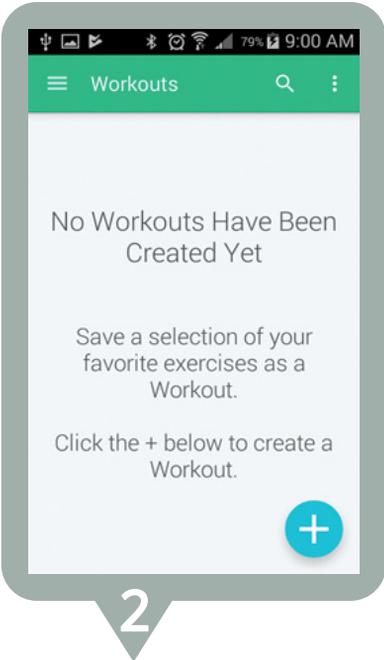
iOS® Notification

How to create and edit exercise protocols

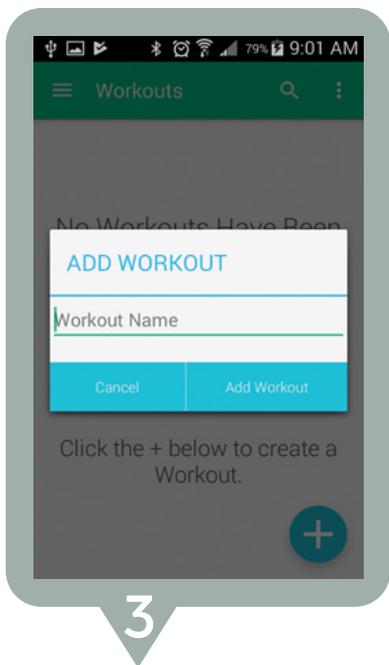
For Android



1. From the home screen, tap on "manage workouts." The app will advance to the "workouts" screen.



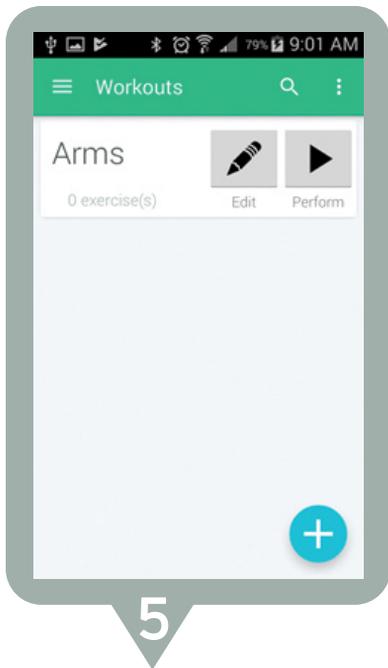
2. To create a new workout, tap the blue + sign at the bottom right of the screen.



3. Type the title of your workout in the space provided. Tap the add workout button after you input the title.



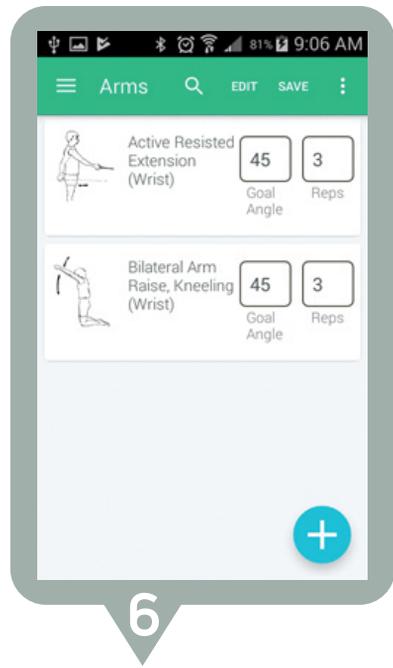
4. From the "exercise list", tap on the exercises you want as part of this workout. Checks will appear for each selected exercise. Once all exercises are selected, tap "save" at the top right of the screen.



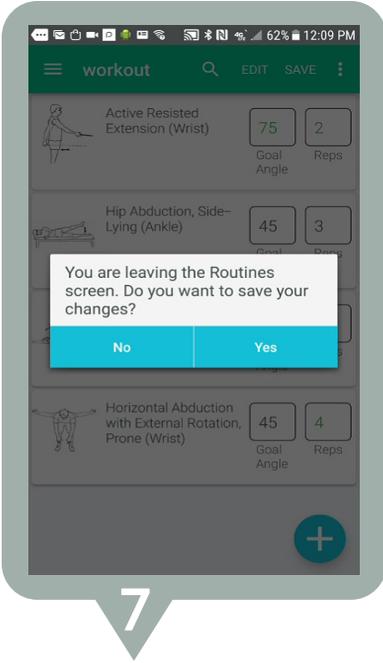
5. Tap the “edit” button to change degrees of motion and repetitions for each exercise.

NOTE

You can create multiple workouts to perform on different days that can target different muscles.



6. You must set values for degrees of motion and repetitions. Set desired angle and repetition goals by tapping in the appropriate space and typing your values. If you want to add more exercises to your workout, tap the blue + icon. When all degrees of motion and repetitions are complete, tap “save” at top right of the screen to save your workout. To delete or reorder the exercises in your workout, tap “edit” at the top right of the screen.

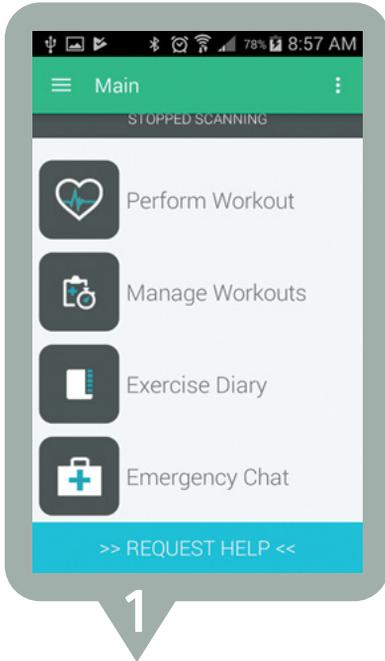


7. After tapping "save", a box will appear asking if you will save your changes. Tap "yes" to confirm.

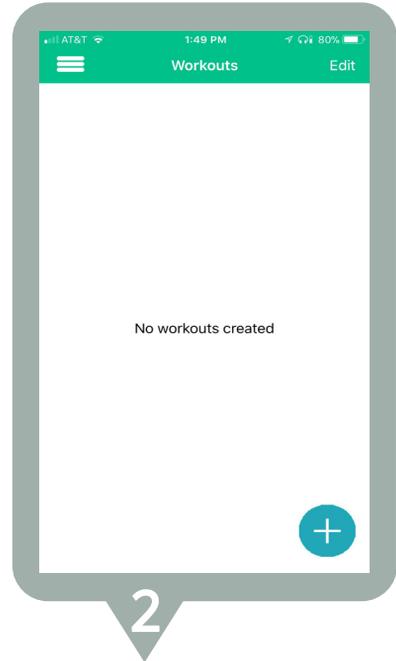
NOTE

To avoid injury, it is advisable to first consult a healthcare professional. It is recommended that you set initial values at 45 degrees and a repetition count that you can perform. As you gain strength and range of motion, you can increase your degrees of motion and repetitions.

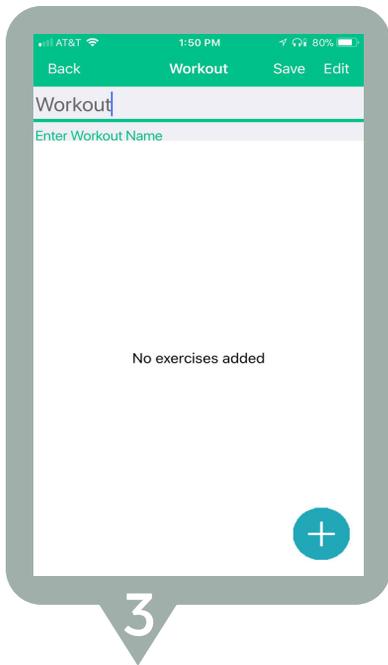
For iOS



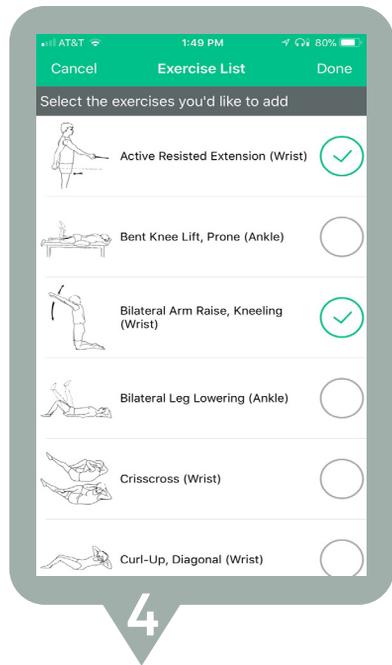
1. From the home screen, tap on "manage workouts." The app will advance to the "workouts" screen.



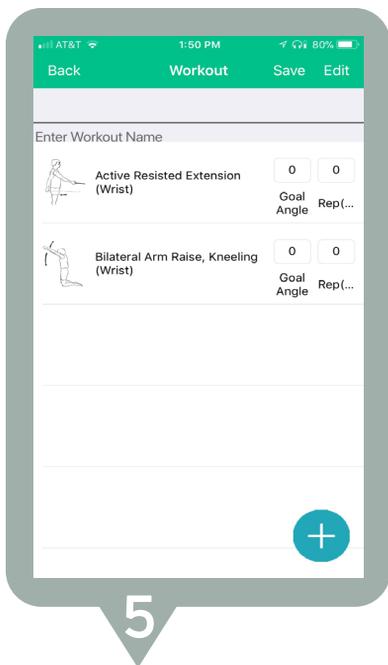
2. To create a new workout, tap the blue + sign at the bottom right of the screen.



3. Type the title of your workout in the space provided. Tap the blue + plus to add exercises to the workout.

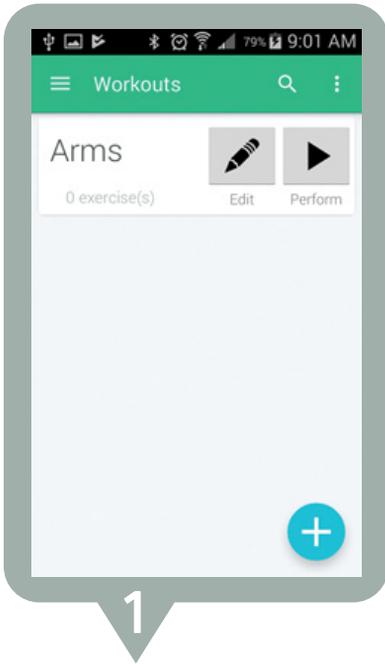


4. From the "exercise list", tap on the exercises you want as part of this workout. Checks will appear for each selected exercise. Once all exercises are selected, tap "done" at the top right of the screen.

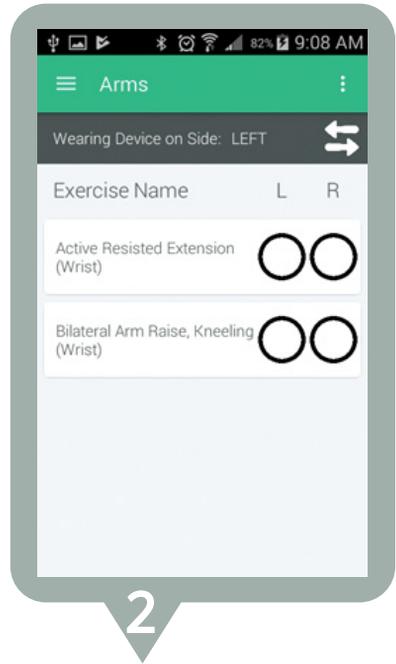


5. You must set values for degrees of motion and repetitions. Set desired angle and repetition goals by tapping in the appropriate space and typing your values. If you want to add more exercises to your workout, tap the blue + icon. When all degrees of motion and repetitions are complete, tap "save" at top right of the screen to save your workout. To delete or reorder the exercises in your workout, tap "edit" at the top right of the screen.

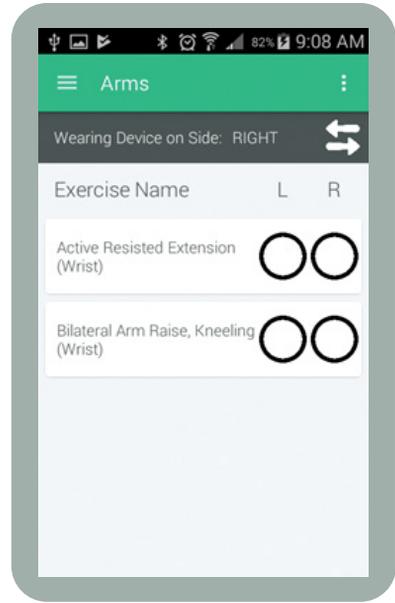
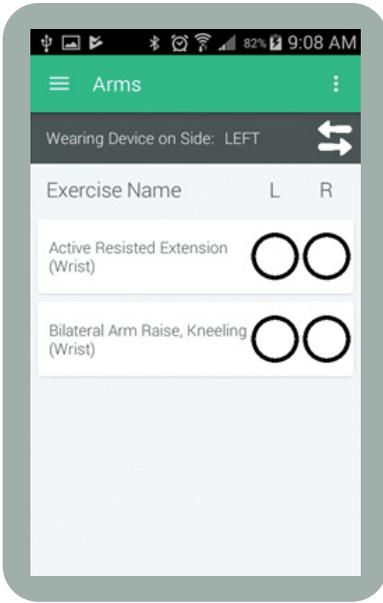
How to perform exercises



1. From the “workouts” screen, tap on the desired workout for the day. Then tap “perform” in top right of the screen to advance to your customized workouts list.

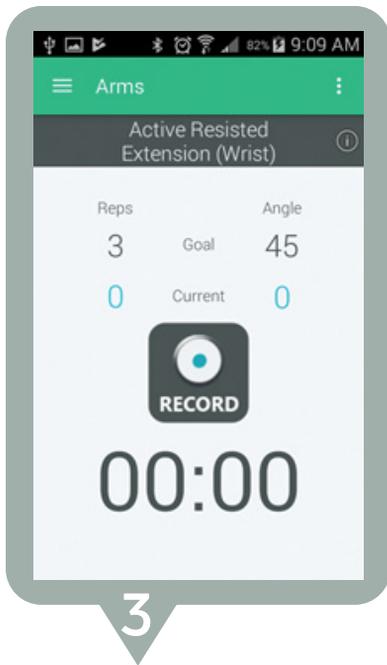


2. To perform the exercise, tap on the name of the exercise.

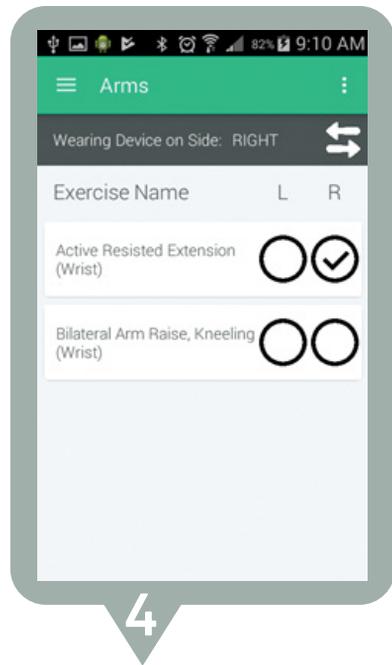


NOTE

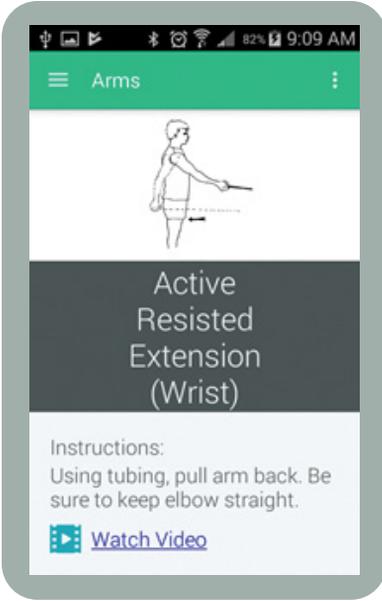
MyNotifi® is designed for you to perform exercises on both arms or legs. You need to select left or right and make sure the MyNotifi® wristband is worn on the proper extremity that matches your selection of left or right (see above).



3. Tap the “record” button to begin exercise. You must tap stop recording to end the exercise. As you perform the exercise, values next to “current” will show repetitions and degrees of motion per repetition.

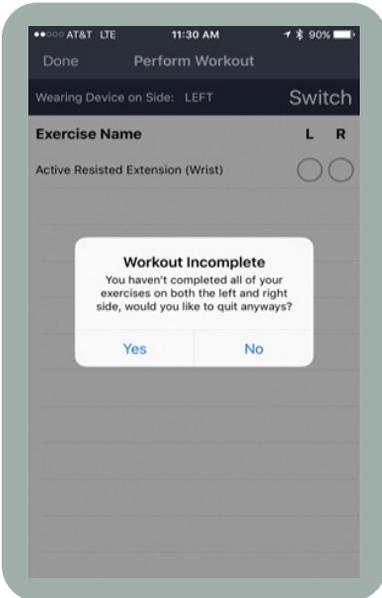


4. When the exercise is complete, the app will advance to the screen (see above) showing a check by the corresponding exercise for the extremity that was selected. From this screen, continue to tap on the exercises until the workout is complete. When you have completed all exercises on the left and right sides, the screen should display with checks in both extremities and for all exercises.



NOTE

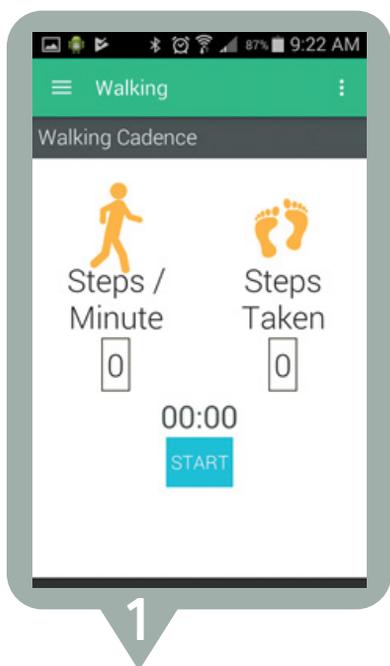
To see illustrations and videos of how to perform the exercises properly and safely, tap on the information icon ⓘ in the top right corner of the screen. The app will advance to a screen showing a picture of the exercise. Tap “watch video.” After watching the video, tap the “back” button on your phone.



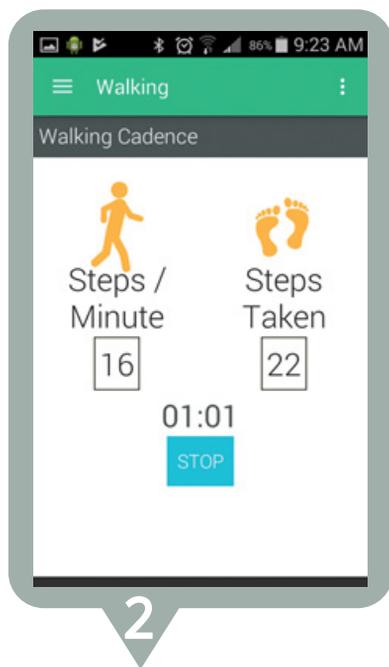
NOTE

(iOS® only): It is not required to complete all exercises at one time and you can discontinue exercising for any reason by simply tapping “done” in the top left corner of the screen. The app will advance to the screen (pictured left) where you tap “yes” to end the workout. Your data will be saved in the “exercise diary.”

Walking feature



1. To engage the walking feature, tap on “walking” from the home page. The screen pictured below will appear, where you will tap “start.” While walking, the algorithm is calculating steps per minute and steps taken.



2. Tap “stop” to end the exercise.

NOTE

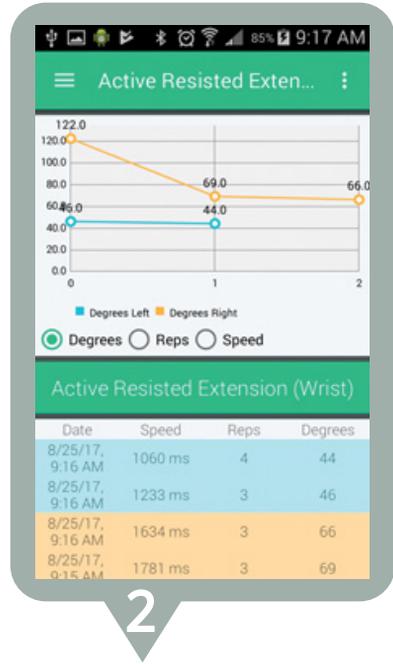
The walking algorithm resides in your smartphone and not on the MyNotifi® wristband. You can carry your smartphone in your front or back pocket, or in a shirt or coat pocket while operating this feature.

How to read dashboards

Your exercises are time-stamped and are graphically represented to show results over time. You can tap on any exercise to see your results and you can view repetitions, speed of motion and degrees of motion.



1. From the home screen, tap “exercise diary.” The app will direct you to the “exercise diary” list, where you will see your exercises listed. From here you can tap on any exercise to see the corresponding graph.



2. Within this screen, you can tap on degrees, repetitions or speed to view the results. Below the graphical representation you will find actual number values for exercises performed and you can see degrees, repetitions and speed side by side.

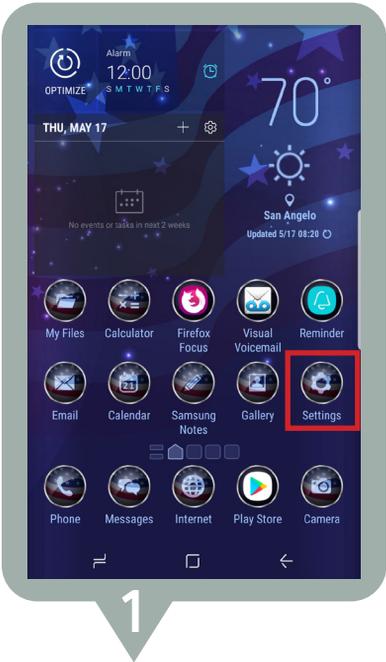
How to turn off MyNotifi®

From time to time, you may want to turn off MyNotifi®. For example, when you are with friends or family there may not be a need to wear MyNotifi®.

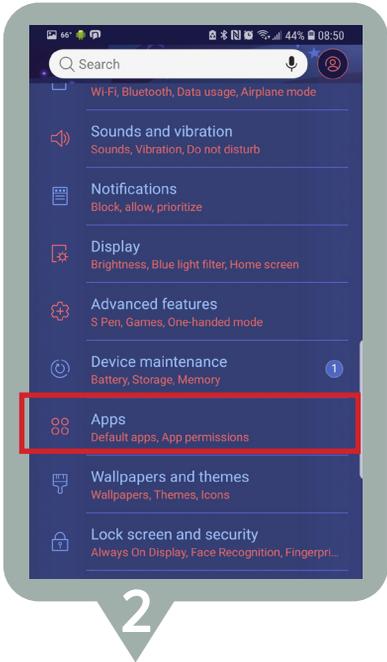
Shutting down Android

If you are going to be with friends or family for long periods of time, for example, all day or for several days, you can shut down the MyNotifi® app completely.

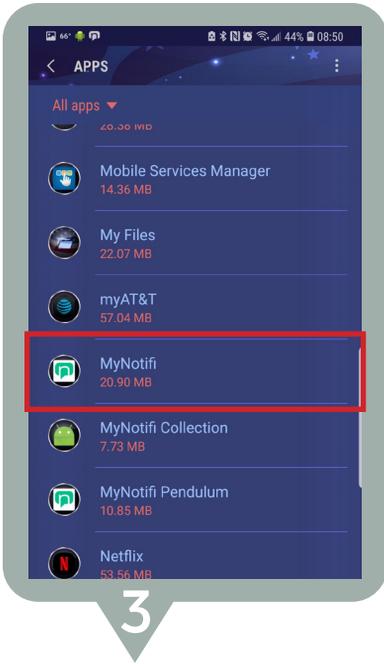
Shutting down Android®



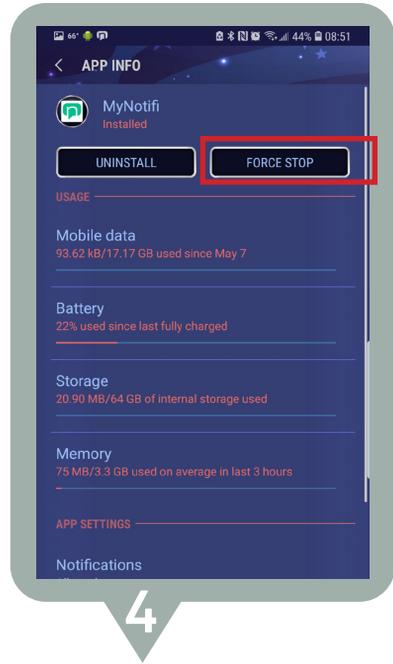
1. From your phone home screen, tap on the settings icon.



2. Tap on the "apps" icon.

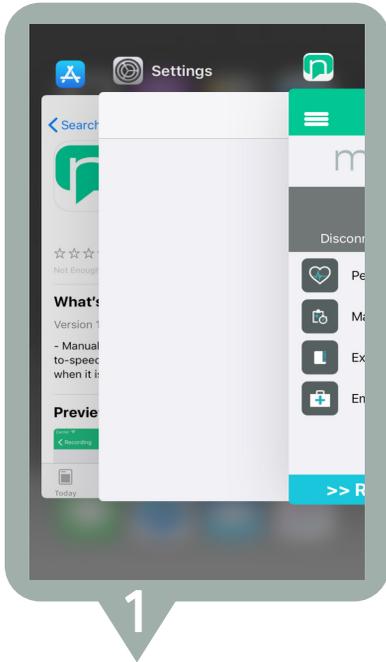


3. Scroll down to MyNotifi® and tap on the icon.

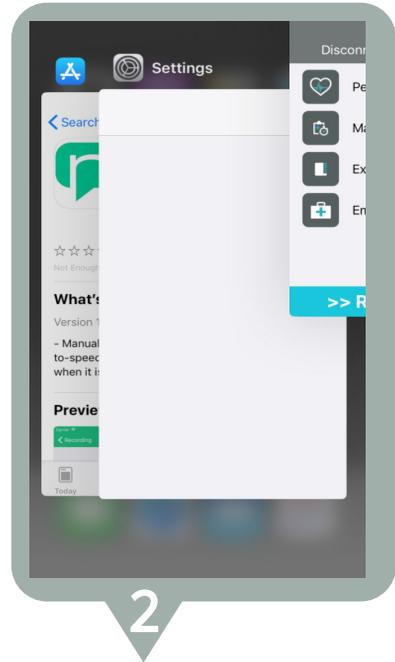


4. Tap on "force stop"

Shutting down iOS (using the multi-tasking manager)



1. Open the application then double tap the 'home button' on the iOS device. This will present the 'multi-tasking manager' as seen above. On newer iPhone's swipe up from the bottom of the screen and hold on the screen until the multi-tasking manager appears.



2. Swipe the MyNotifi® application upward and quickly, so that it disappears off the screen. The application has now successfully been stopped and will remain so until it is opened again.

To reconnect your device and resume communication with your family, simply open the app. A Bluetooth® activation request will appear for your acceptance. Bluetooth® will turn on and your MyNotifi® app and device will reconnect.

NOTE

Shutting down the app completely will force stop all connections and communications with your family of caregivers until you re-enable it and reconnect to the device. You should inform your family of caregivers if you shut down the app completely.

WARNING

Environmental Conditions

For storage purposes, extremes in temperature should be avoided. Do not store the device near heat generating equipment.

Transport & Storage Temperature: 15°C - 25°C (59°F - 77°F)
Operating temperature range: 0°C - 50°C (32°F - 122°F)

Adverse Reactions

Users may experience skin irritation if allergic to urethane, the arm band material. If allergic to urethane, MyNotifi® is not recommended for use.

www.mynotifi.com

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Arlington, TX 76006
medhab.com



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MEDHAB LLC

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IC: 24341-000269

HVIN: MyNotifi Rev 5