



The Guardian App

User Guide for the Android and IOS App

The Guardian App

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User Guide for the Android and IOS App

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Getting Started

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Detailed Instructions for Initial Setup: After you download the Guardian App, click “Join OneCare” to enter the Getting Started screen.



Before entering the Getting Started screen you must select “Agree,” to the Terms and Policy agreement.



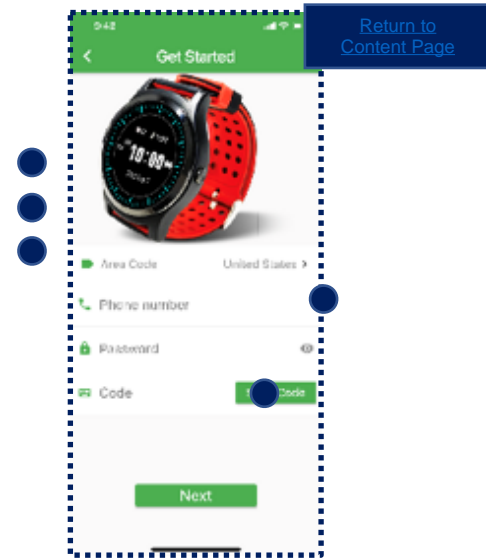
Getting Started

Getting Started Screens – Android & iOS

Get Started Screen: (1) Choose your country area code, (2) input your mobile/cellular phone number (this number will be your account number), (3) and set a password (must be more than 8 characters). Next, (4) click “Send Code,” a text message with a specific 4-digit code will be sent you the phone number input above, enter 4-digit number in the “Code” section, (5) select “Next.”

*Code must be entered within 10 minutes of being sent.

Personal Info Screen: (1) Add a picture from your gallery or take a picture with your camera, (2) enter your name (person using the App), (3) verify your phone number and (4) select “Save.”



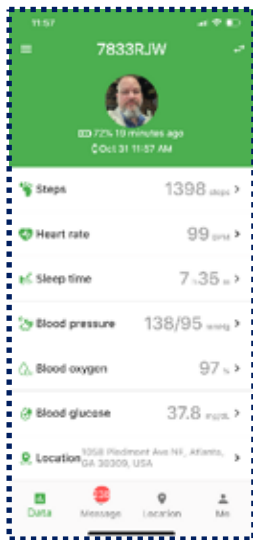
Pairing CareWatches

Pair a CareWatch to the Guardian mobile app

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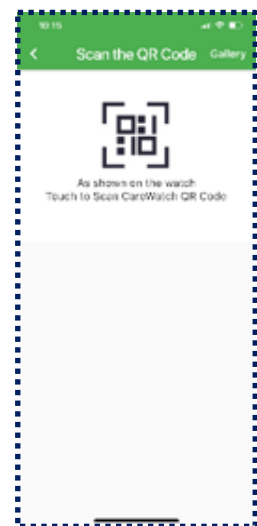
Once joining OneCare is completed—the following screen opens, to start pairing process select (1) “Wearer Management icon” in the top right corner.

Once in Wearer Management screen select (2) “Add CareWatch”



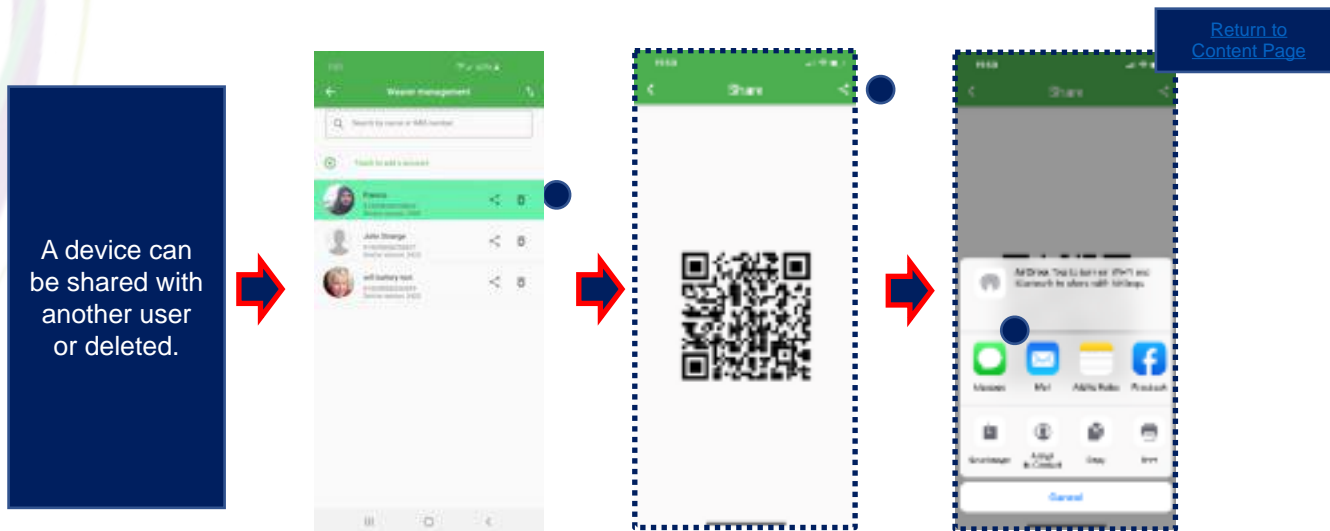
For the next step you will need to have the QR code on the watch screen, from main display screen press the side button 6 times until QR code appears

Touch QR code icon in the center of the screen to initiate camera, then point camera at the QR code on the face of the watch, pairing will automatically complete.



Pairing CareWatches

Data Administrator Settings



The Data Administrator can manage multiple devices on a single account and choose to share a device QR code with another data monitor remotely or delete a device from their account.

Sharing a QR code allows an individual to pair their app with the device in the event that the monitor can not physically be with the CareWatch. (1) Locate the device you would like to share and select the “Share” icon to the right of the device number, (2) then hit the “Share” icon in the top right and (3) send the code via text or email to the new monitor.

*Reminder – Data Administrator Designation

The data administrator is the first App User to pair with the CareWatch. Administrators can share the CareWatch QR code with 10 additional people to monitor the CareWatch wearer.

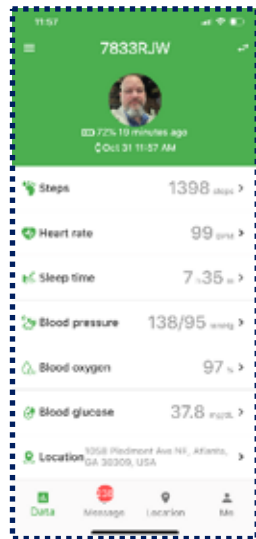
Pairing CareWatches

Pair a CareWatch to the Guardian mobile app while physically distanced

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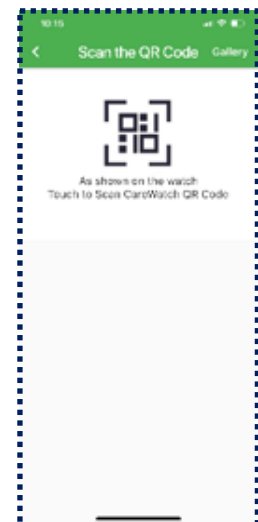
Once joining OneCare is completed—the following screen opens, to start pairing process select (1) “Wearer Management icon” in the top right corner.

Once in Wearer Management screen select (2) “Add Account”



When pairing remotely, the Admin of the device sends a picture of the QR code to your phone. (3) Save that picture in your phone,

For the next step (4) you will select “Gallery,” in the top right corner. Next, select “Allow,” to allow the app to have access to your pictures, select the saved picture of the QR code and it will automatically pair.



Input Wearer Data

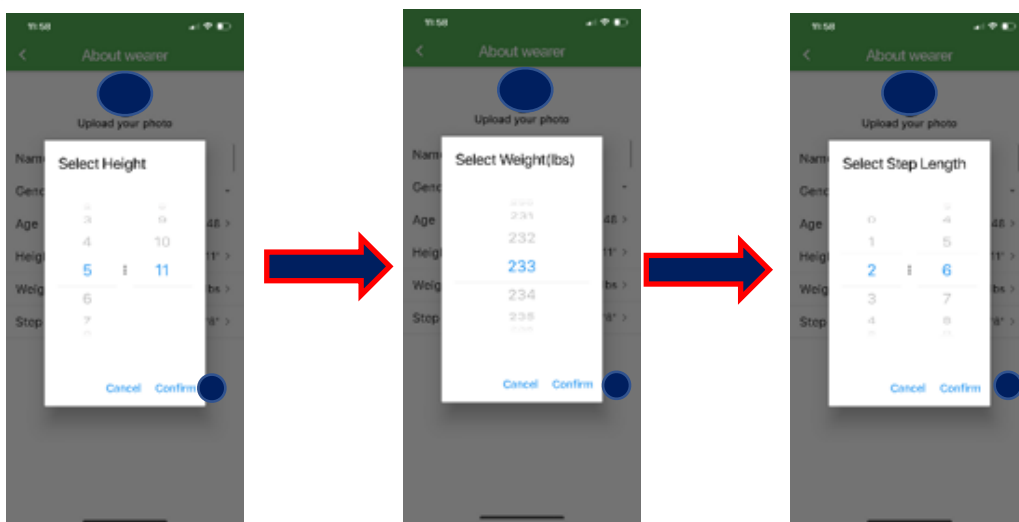
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Choose wearer photo from camera or gallery. Input wearer name. Click drop down menus to input Gender, Age, Height, Weight and Step Length. Click Save when complete.



Note, if in the future you wish to change this information, click on the Profile Picture from the main Data Screen.

Input Wearer Data



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Input Data and Confirm (1)

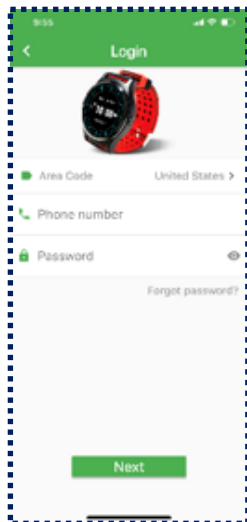
Note, your stride length can be indicated by your height.

Height	Step Length
5'	2'1"
5'6"	2'3"
6'	2'6"
6'5"	2'8"

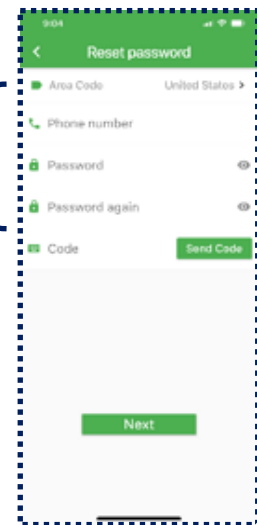
Existing User Login

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Existing Users can log into their account by inputting their phone number and password associated with account.

A screenshot of a mobile app's login screen. At the top, there's a green header with a back arrow and the word "Login". Below the header is a red smartwatch. The form has three input fields: "Area Code" with a dropdown menu showing "United States", "Phone number", and "Password" with an eye icon. Below the password field is a link that says "Forgot password?". At the bottom is a green "Next" button.

To reset your password, click "Forgot Password"(1) insert account phone number & new password twice (2). Click "Send Code" (3) to receive verification code. User can now log into their existing account with new password.

A screenshot of a mobile app's "Reset password" screen. It has a green header with a back arrow and the text "Reset password". The form includes "Area Code" (dropdown: "United States"), "Phone number", "Password", "Password again", and "Code" fields. There is a "Send Code" button next to the "Code" field. At the bottom is a green "Next" button. A blue bracket on the left groups the "Phone number", "Password", and "Password again" fields.

Data Screen

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CareWatch Settings Menu (1)
Click of Profile Pic to Change Personal Info (2)
CareWatch Battery Level (3)
Current Time and Date of CareWatch (4)
Wearer Management (5)
CareWatch Message Center(6)
App User Profile Settings, "Me" tab (7)



Note, if you do not have a third-party bluetooth device such as Blood Pressure Cuff, Blood Oxygen Oximeter or Glucometer, you will not have values for Blood Pressure, Blood Oxygen or Blood Glucose.



Data Screen

Organize Your Data Screen

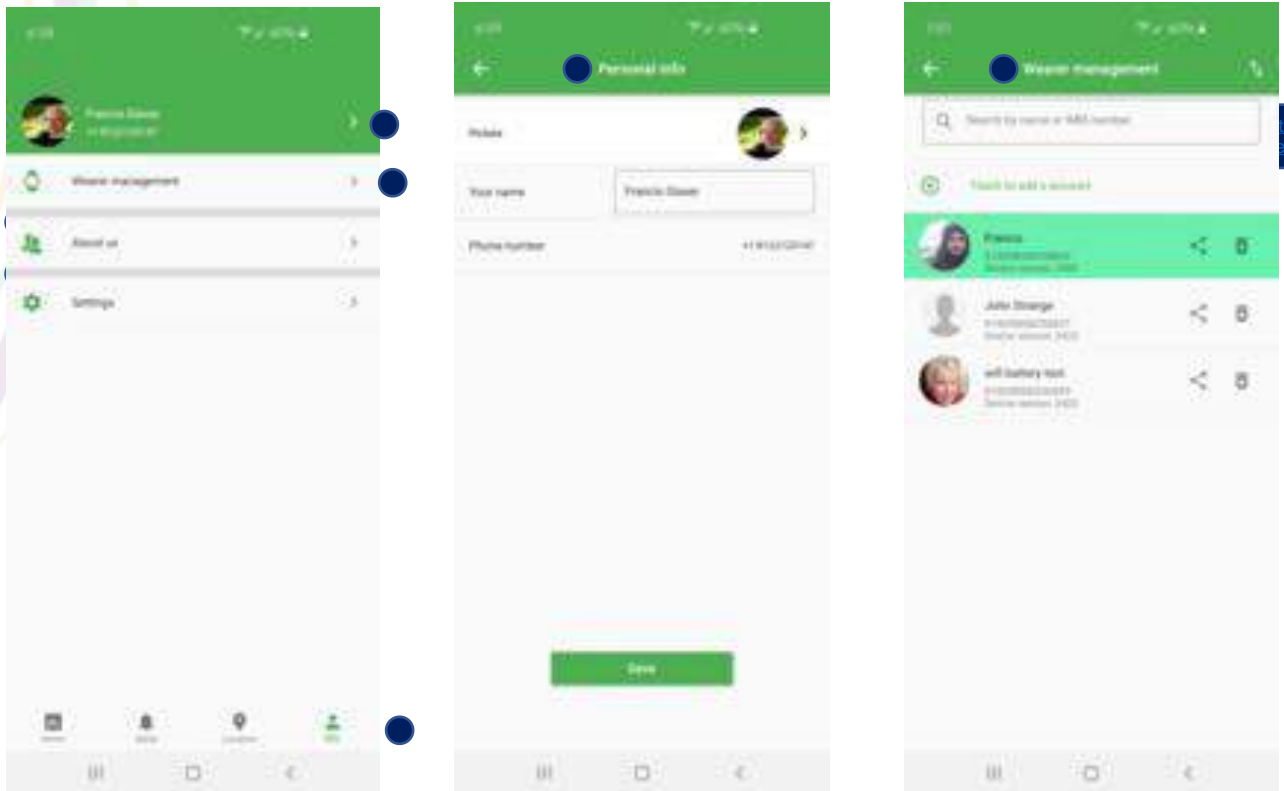
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A monitor/wearer can customize their data screen by Relocating (1) or Deleting (2) data components by sliding your figure left on the feature line. A monitor/wearer can also Restore (3) a data component at the bottom of the list.

Profile Settings

App Account Profile Settings



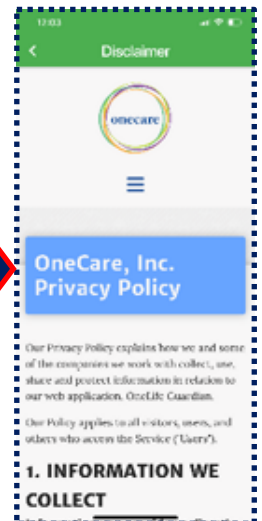
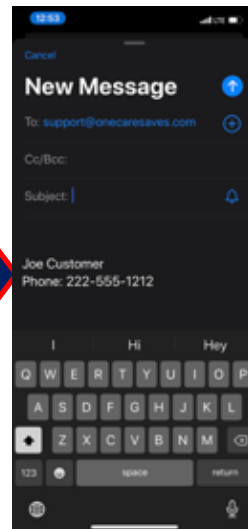
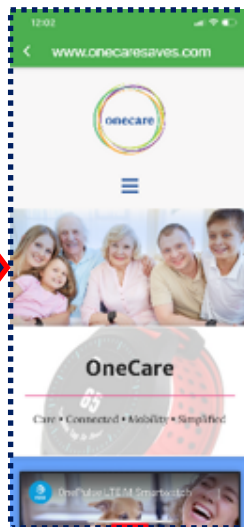
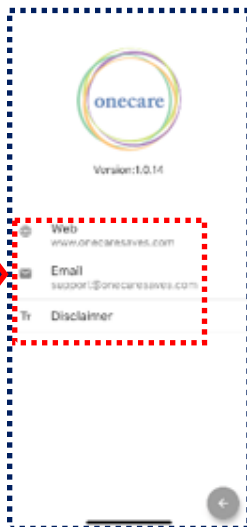
In (2) “Me” table located at the bottom of the screen, a user can click their Profile Pic (2) to change personal information including picture, name and phone number, click Wearer Management (2) to view current devices, add and delete devices.

Profile Settings

About Us

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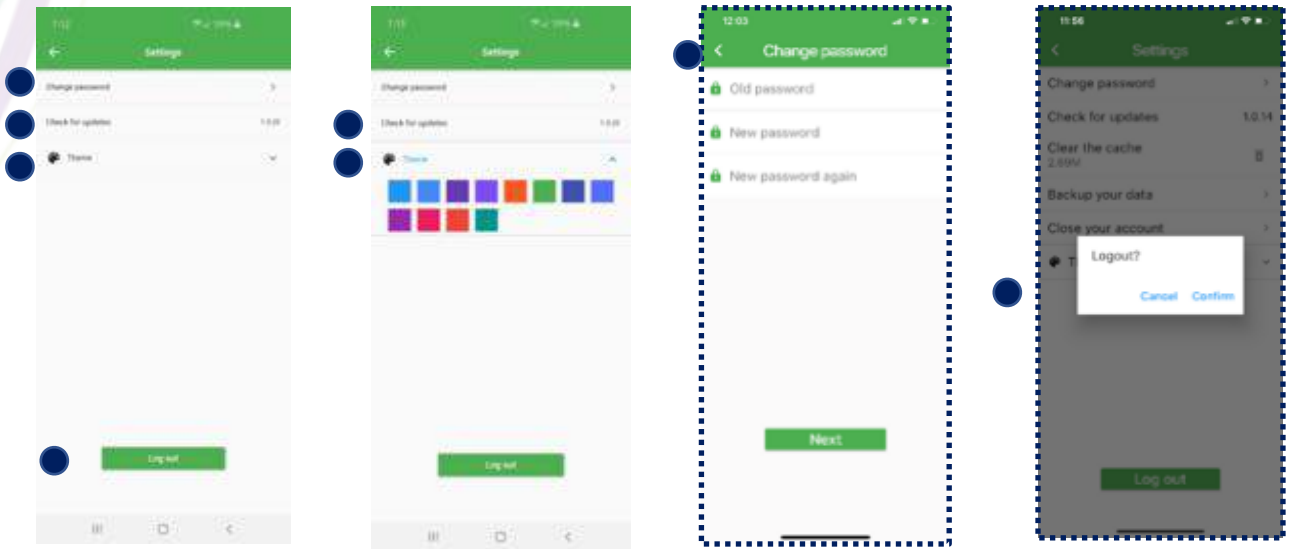
Click on Web, Email or Disclaimer to see the following screens.



Profile Settings

App Account Settings

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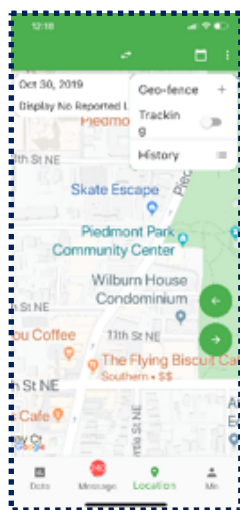


In the Settings Menu, (1) you can Change Your Password, (2) Check for Updates, (3) Change the Theme, (4) Logout.

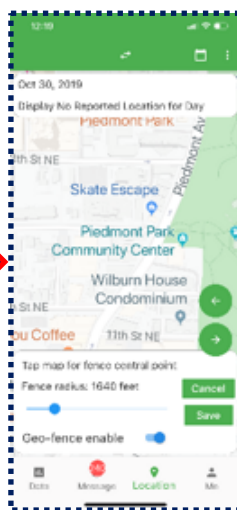
Location Services

Geo-fencing Feature

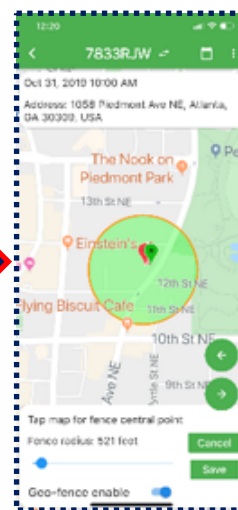
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Geo-fence Menu



Geo-fence Settings



Geo-fence Perimeter

Geo-fencing is a location-based service feature. It uses GPS and cellular data to trigger a text message alert when the CareWatch exits a virtual boundary set up around a geographical location.

A monitor can set up a Geo-fence Distance around a location and receive alerts if the wearer goes outside of the Geo-fence area, the Safe Zone, move left to right

Location Services

Geo-fencing – Setup

Geo-fencing set-up on the OneCare Guardian App:

Find the “Location” tab at the bottom of the homepage and tap. A map will appear with the date, time, and address of the user on the top of the screen.

(1) In the upper right-hand corner of the screen, you will see 3 dots. Tap the 3 dots and select “Geo-fence”.

(2) On the map, locate where you would like to place the center point of Geo-fence, tap the screen to set.

(3) At the bottom of the page move the blue slide bar to set the radius distance you want to track and then toggle the button next to “Geo-fence enable” to activate.

Click “Save” – a “Saved successfully” message will briefly appear will at the bottom of the screen.

To enable emergency or day specific tracking:

(1) Click the 3 dots at the top right-hand corner.

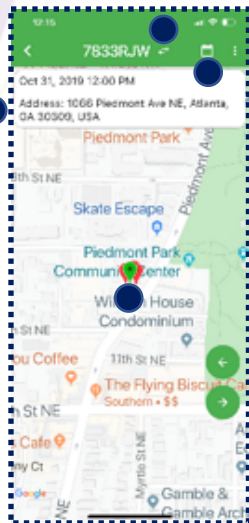
Toggle the tracking button to the right, this will alert the monitor of the watch wearer location every 2 minutes if the user goes outside of the geo-fence area.



Location Services

Geo-fencing Features

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Location menu icon (1)

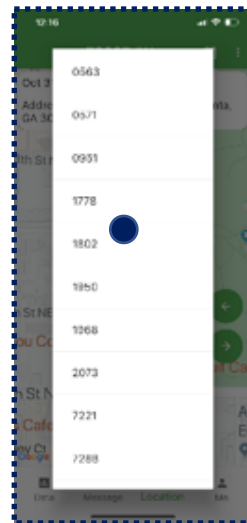
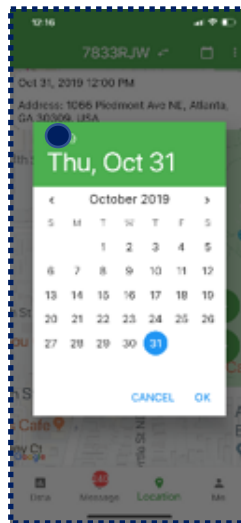
Calendar icon to switch to a different date (2) to view a history of locations

Switch to a different CareWatch (3)

Current location (4)

Latest locations (5)

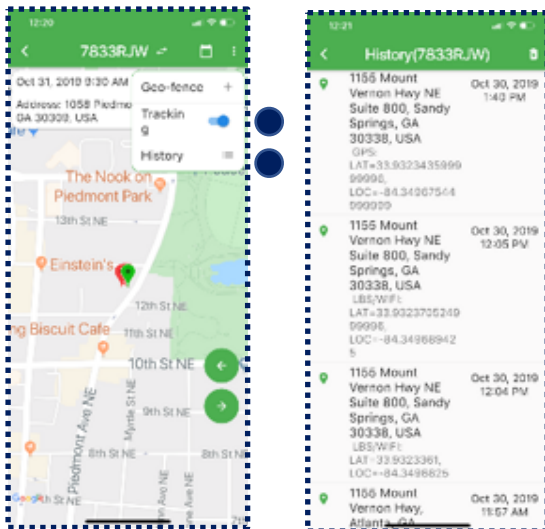
Move the map left or right (6)



Location Services

Location Urgent Tracking for Emergency location tracking

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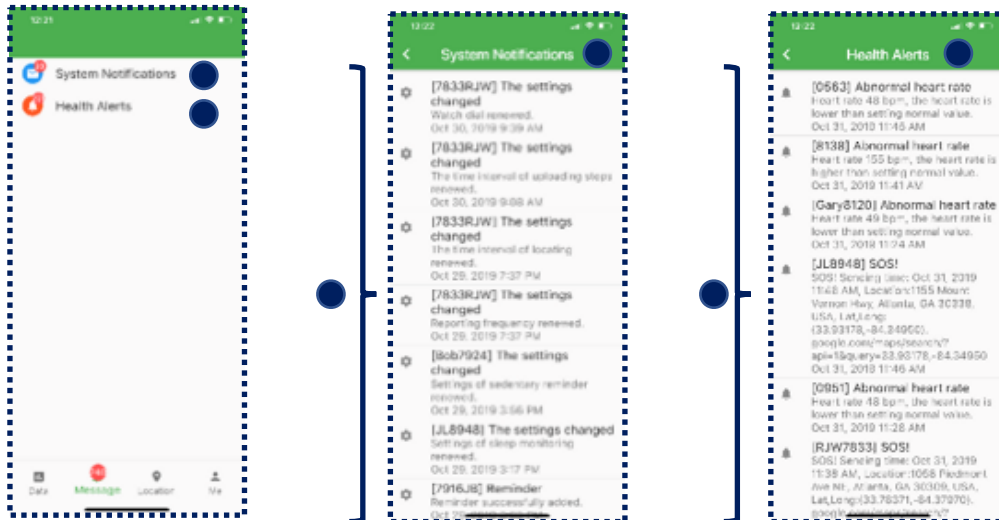
Turn on the Urgent Tracking (1) option to take a location reading every 2 minutes – a feature to be used when a Geo-Fence is turned on.

Click the History Menu (2) to see a list of previous locations.

*** Important Note:** Keeping the Urgent Tracking function on beyond an initial tracking period will effect battery performance of the watch.

Message Alerts

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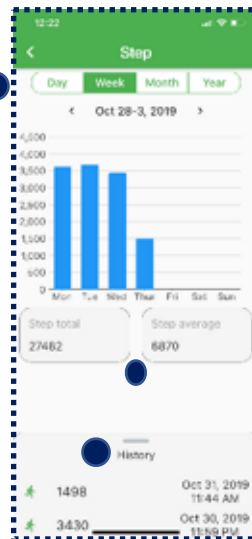


System Alerts records (1) and lists changes made to a Carewatch Including Setting Changes, Reminders Added and Deleted, and Watch Face Changes (2). Health Alerts records and lists SOS Alerts, Fall Detections, Low Battery Warnings, Out of Geo-fence Alerts and Breach of High or Low Ranges Vital Feature Alerts.

Wearer Data

Wearer Data – Steps

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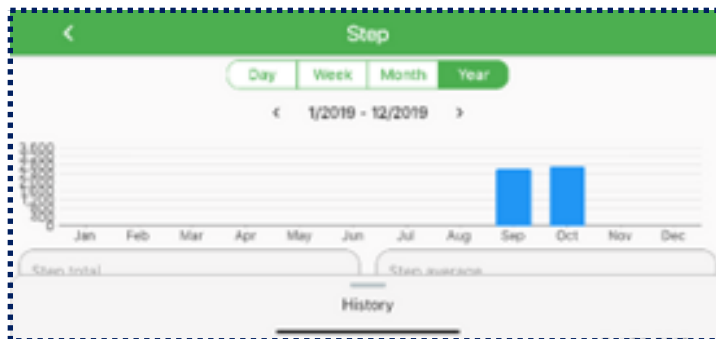


A monitor/wearer can view Steps data in Day (1), Week (1), Month (1) or Year views. Step Totals and Step Averages (2) can be viewed for the period. Step History (3) at the bottom.

Wearer Data

Wearer Data – Steps (cont.)

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Step views can be viewed in landscape mode by turning mobile phone in a landscape orientation. A user can touch and Drag the History Tab Upward to see Step History (1).

Wearer Data

Wearer Data – Heart Rate

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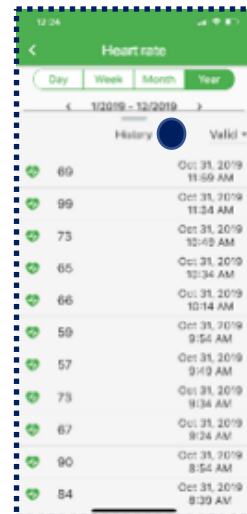
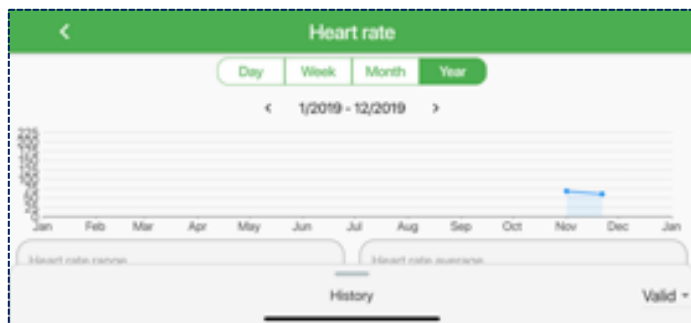


A monitor/wearer can view Heart Rate Data in Day (1), Week (1), Month (1) or Year views. The Heart Rate Range and Average (2) can be viewed for the period. Heart Rate data History (3) can be found at the bottom of the screen.

Wearer Data

Wearer Data – Heart Rate (cont.)

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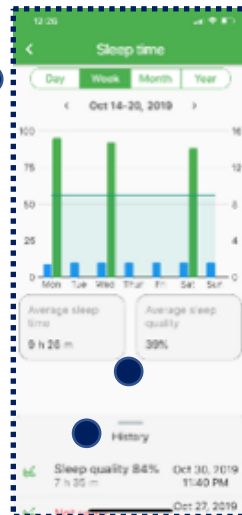
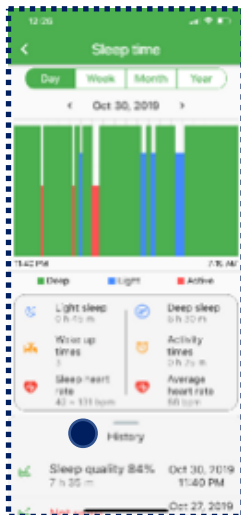


Heart Rate views can be viewed in landscape mode by turning mobile phone in a landscape orientation. A monitor/wearer can touch and drag the History tab upward to see Heart Rate History (1).

Wearer Data

Wearer Data – Sleep Time

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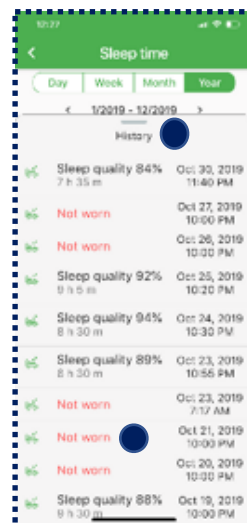
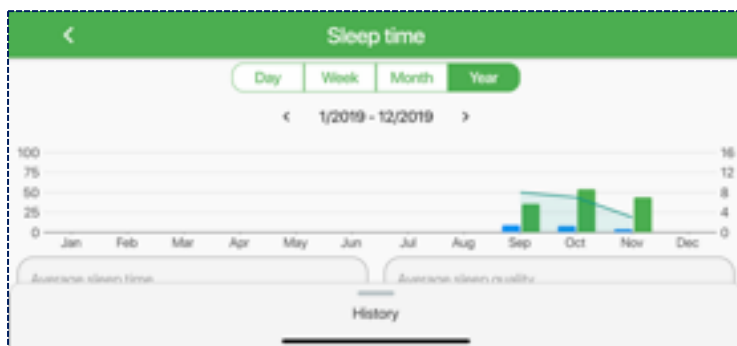


A monitor/wearer can view Sleep Time/Quality Data in Day (1), Week (1), Month (1) or Year views. The Sleep Time Range and Average (2) can be viewed for the period. Sleep Time History (3) by the day can be found at the bottom.

Wearer Data

Wearer Data – Sleep Time (cont.)

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Sleep Time views can be viewed in landscape mode by turning mobile phone in a landscape orientation. A monitor/wearer can touch and drag the History Tab (1) upward to see Sleep Time history. In the History menu, a “Not Worn” (2) reading means that the CareWatch was not worn during sleep.

Wearer Date

Wearer Data – 3rd Party Device Data

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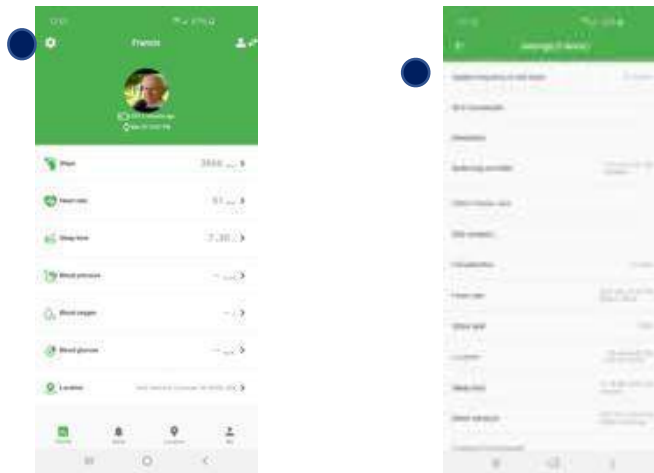
3rd Party device data can also be viewed in Day(1), Week (1), Month (1) and Year (1) views including Averages (2) and History Readings (3).

Wearer Settings

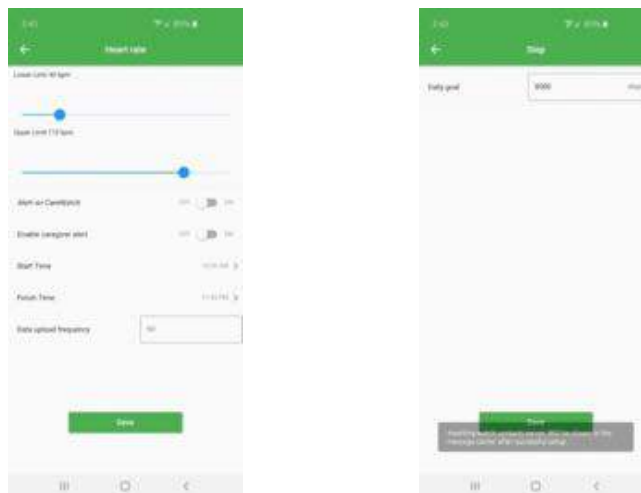
Wearer Settings

Wearer Settings (1) can be located in the top left corner of the main Data Screen. On top of the list of settings (2) is “Update frequency to cell tower,” where you set the time frequency of how often the CareWatch communicates with the OneCare Guardian App.

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A monitor can customize CareWatch settings such as start and stop times to indicate period of time when a feature is active, and high and low levels to trigger a Health Alert when out of set range.



Customize Heart Rate and Steps monitoring settings.



Wearer Settings

Wearer Settings

12:31

< Location

Start Time 8:00 AM

Finish Time 12:00 PM

Interval 30 minutes

Save

12:32

< Sleep monitoring

Start Time 10:00 PM

Finish Time 7:30 AM

Enable ☒

Save

12:32

< Blood pressure range

SYS Lower Limit 100 mmHg

SYS Upper Limit 140 mmHg

DIA Lower Limit 60 mmHg

DIA Upper Limit 90 mmHg

Save

12:32

< Blood glucose range

Lower Limit 70.2 mg/dL

Upper Limit 126.0 mg/dL

Save

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Customize Location, Sleep monitoring, Blood pressure, Blood glucose and Sedentary Reminders.

12:32

< Sedentary reminder

Start Time 7:30 AM

Finish Time 9:30 PM

Enable ☒

Save

11:30

< Sedentary reminder

Start Time 7:30 AM

Finish Time 9:30 PM

Enable ☒

7:30 AM

CANCEL OK

Save

Wearer Settings

Wearer Settings



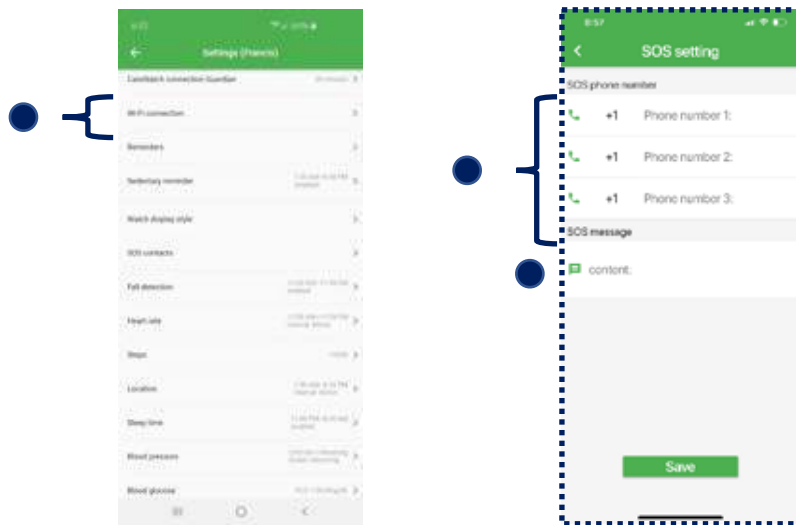
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A monitor/wearer can set how often to Receive Data (1) from the CareWatch on the CareWatch Connection Guardian screen. A user can also (2) set and change the Watch Face Display for the Wearer's CareWatch.

SOS Setting

SOS Contacts

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From the settings page (1) tap on “SOS Setting” A monitor/wearer can add up to 3 Numbers (2) that will be notified in the event of an SOS or Fall event. A Custom Text Message (3) can also be added to be sent to the 3 numbers. The text message also includes a link to the exact GPS location of the watch.

Note, if the wearer of the device does not have a separate App Monitor, you need to input phone numbers in the SOS settings so that a third-party is notified in the event of an SOS or Fall.

Fall Detection Settings

Settings – Falls Detection

On the Fall Detection settingspage (1) you can “Enable” or “Disable” fall detection. When Fall Detection is activated there are two sensitivity options “High” or “Low.”

For more very active users that wish to have fall detection enabled and have fewer false alerts, please use “High” sensitivity.

Not all falls are detected. The more physically active you are, the more likely you are to trigger Fall Detection due to high impact activity that can appear to be a fall.

Note, you can cancel a false positive fall by by quick pressing the side button on the CareWatch

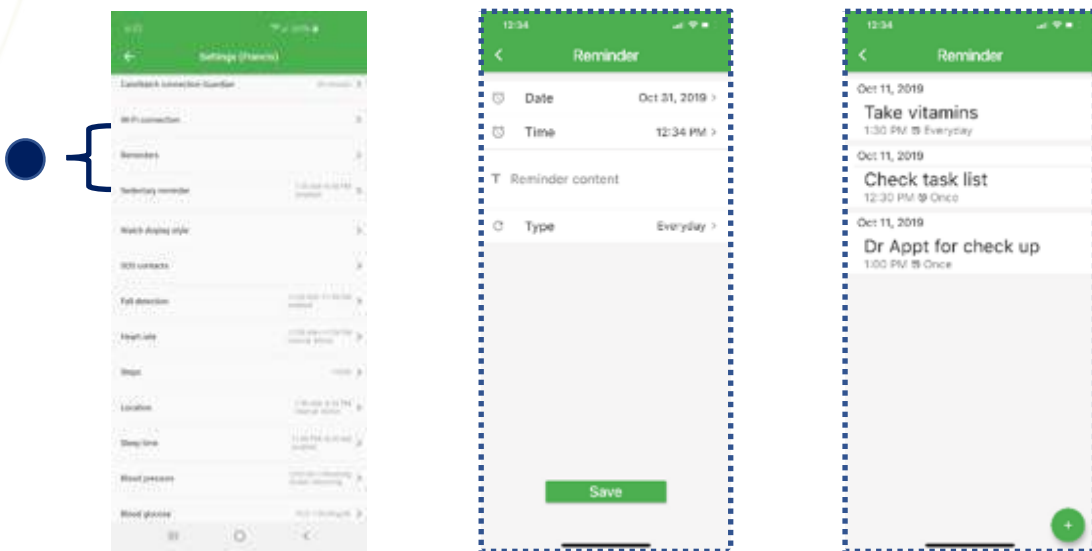


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Reminders Settings

Settings – Reminders

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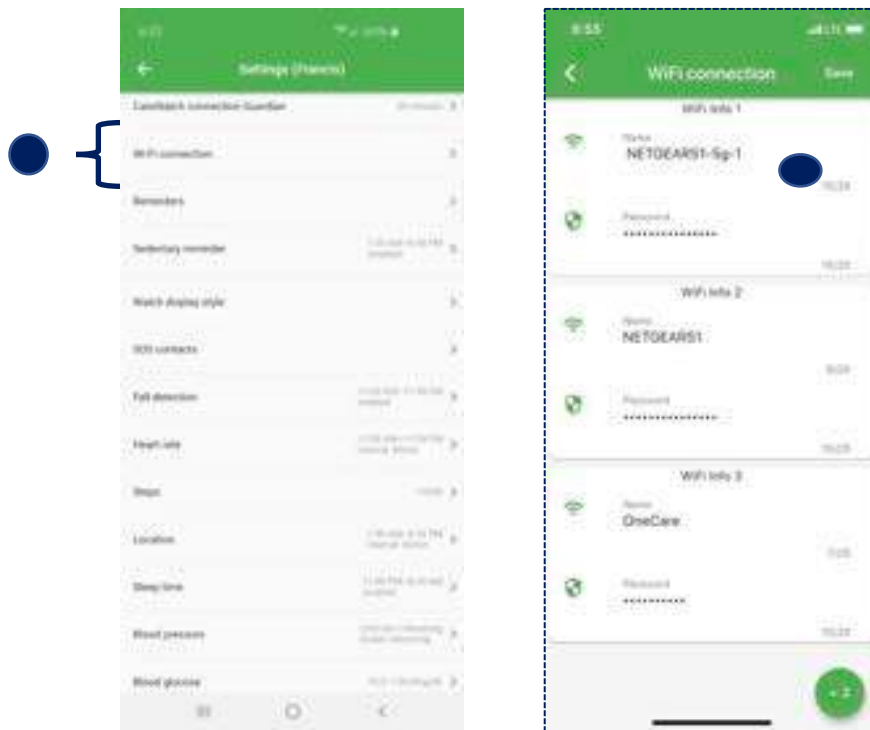


Reminders- From the setting page (1) a monitor/wearer can set custom reminders that will display on the watch and vibrate to notify wearer. Select a start date, select the time, enter Reminder content and then select type as Once, Daily and Weekly. You can delete a reminder by touch and hold, then select delete.

Wi-Fi Settings

Settings – Wi-Fi

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Wi-Fi – From the settings page (1) tap on “Wi-Fi Connection.”. You can add up to five Wi-fi connections. (2) You must type in the exact name of the wireless router and the password. You must have cellular connection on your CareWatch to enable Wi-fi. Using Wi-fi will increase the battery life between charges. You can delete a Wi-fi by sliding to the left and pressing delete.

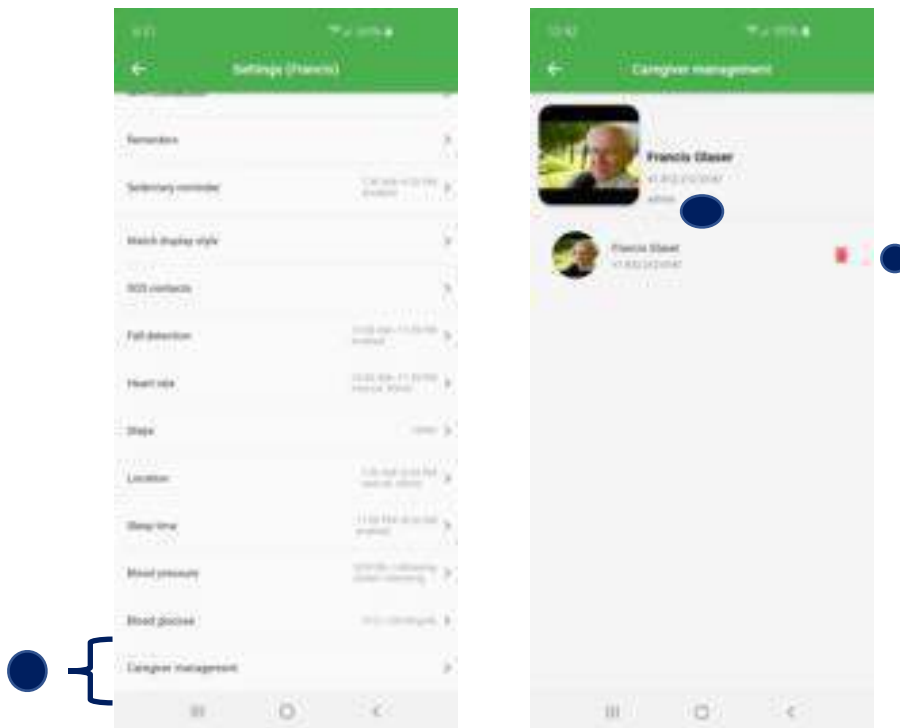
Note: If you do not know the exact name of the Wi-fi, you can check the name by searching for the Wi-fi on your phone and then mirror it.



Caregiver Management Settings

Settings – Wi-Fi

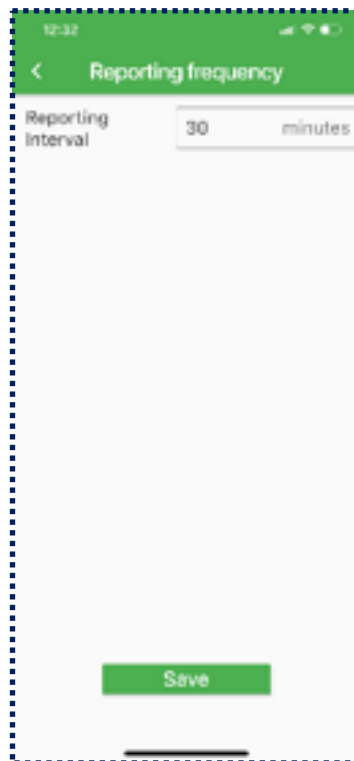
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Caregiver Management- From the setting screen (1) a monitor can manage caregivers. You can (2) see which monitor the Administrator is, and (3) if you are the Admin you can delete other monitors. If you are not the Admin you do not have the ability to delete monitors.

Wearer Settings

Wearer Settings



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A OneCare Guardian user can set how often to Receive Data from the CareWatch on the Reporting frequency to cell tower settings screen.

Note: How frequently the CareWatch reports to the cell tower effects the battery life of the device. Shorter reporting frequencies will use more battery life, as longer reporting frequencies will provide longer battery life.

Wearer Settings

Wearer Settings



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A OneCare Guardian user can set and change the Watch Display Style of the CareWatch from the Watch Display Style settings screen.

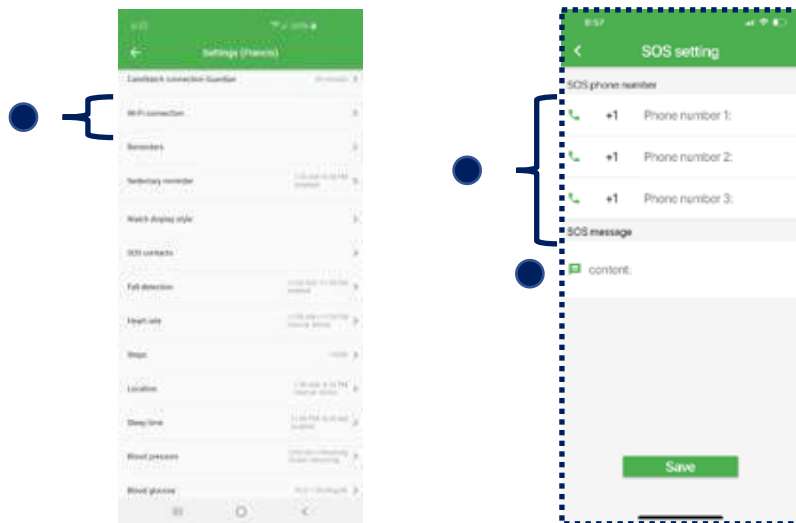
Note: The display style with the white background and black numbers provides the most visibility!



SOS Setting

SOS Contacts

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From the settings page (1) tap on “SOS Setting” A monitor/wearer can add up to 3 Numbers (2) that will be notified in the event of an SOS or Fall event. A Custom Text Message (3) can also be added to be sent to the 3 numbers. The text message also includes a link to the exact GPS location of the watch.

Note, if the wearer of the device does not have a separate App Monitor, you need to input phone numbers in the SOS settings so that a third-party is notified in the event of an SOS or Fall.