




# INITIAL MODELLING INSTRUCTIONS



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Legend

	<div style="border: 1px solid black; padding: 2px; display: inline-block;">press side button</div>		<div style="border: 1px solid black; padding: 2px; display: inline-block;">touch icon on watch</div>
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Initial Modelling is required to establish a measurement baseline reference. It must be done before you begin using the watch for normal measurement.

## Initial Preparation Instructions





Before performing this, please ensure that: -

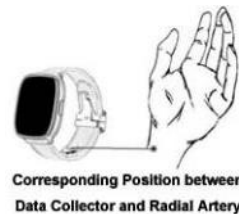
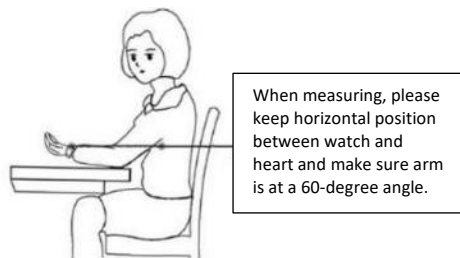
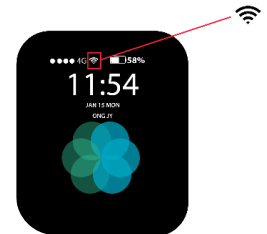
1. You have already setup the watch and bound it to your mApp.
2. The watch is fully charged.
3. If you are taking any medication for blood glucose and/or blood pressure and/or uric acid, you must fill in your medication into the mApp. Refer to the “Medication Setup” instructions. This must be done before you perform the initial modelling.
4. You should have access to the following devices:
  - a. Glucometer to measure blood sugar
  - b. Blood Pressure monitor to measure your blood pressure
  - c. Thermometer to measure body temperature
5. You must fast the night before (preferably from 10pm the night before to 7am) performing this initial modelling.
6. Initial Modelling should be performed anytime between 7am – 11am.



## Initial Modelling Instructions


The following instructions will guide you to perform the Initial Modelling.

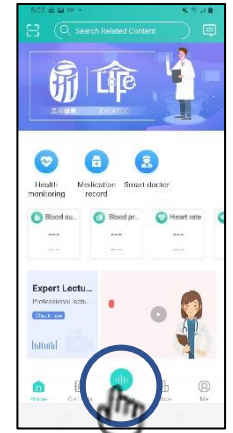
-  **IMPORTANT:** The watch must be connected to Wi-Fi network or hotspot in order for the data to be transmitted to the cloud for processing. Please ensure that the Wi-Fi icon  is visible on the [Home Screen] when in use.
-  **IMPORTANT:** The Initial Modelling should be done before breakfast, between 7am-11am, fasting the night before. If user is taking medication, they must fill in their medication into mApp first.
-  **IMPORTANT:** During the measurement, you must wear the watch on the same wrist as the one set during the watch setup. You must remain seated, be at rest, stay still and wait for the measurement to be completed. Refer to the seating and watch wearing illustrations.



1. Open your mApp and wear your watch on the same wrist as the one during the watch setup.
2. Be seated and at rest for 3-5 minutes. Please remain seated and still throughout the modelling process.
3. Begin the measurement on your watch. Refer the “Measure using my watch instructions” below.
4. You must measure 3 consecutive measurements successfully. Any invalid measurements will reset the count.



- When you have completed the 3 consecutive measurements, use the glucometer, blood pressure monitor and thermometer to measure your blood sugar, blood pressure and body temperature. This step should be done within 10 minutes after the 3 consecutive measurements using the watch.
- Touch the  {Modelling} icon.  
Modeling
- Enter your blood sugar, blood pressure and temperature taken with the devices in Step 5.
- The watch is now ready for your initial use. Start a new measurement on your watch.
- If accuracy is required, follow the “Higher accuracy measurement” instructions below.



### Measure your using my watch Instructions.





### Higher accuracy measurement instructions.

It is highly recommended for users, especially users taking medication, to perform the following instructions to get higher accuracy of blood glucose and blood pressure readings.

#### A. Users taking medication for blood sugar and/or blood pressure and/or uric acid control

Notes:

1. To obtain higher accuracy of measurement, users must measure with a glucometer, blood pressure monitor and their watch for 5 days with 4 sets of data each day per the chart below.
2. After getting the measurement from the devices, user must enter the data immediately into the {ME:Data Entry:Data Correction} entry. Entries are automatically time-stamped as you input.
3. User must ensure that medicine intake is recorded in the app (click on the {PILL} button on {HOME} screen each time after it is taken.

Steps

1. On each day, take 1 set of measurements with watch then glucometer and blood pressure monitor (in this order)
  - anytime in the morning between 7am-11am (with fasting)
  - 2 hrs after breakfast
  - 2 hrs after lunch
  - 2 hrs after dinner
 Total 4 times in a day.
2. Record the measurements from the glucometer and blood pressure monitor into the {ME:Data Entry:Data Correction} entry immediately after measuring. Entries are automatically time-stamped in the system.
3. Repeat the steps for another 4 days.
  - Total:5 days.

To obtain higher accuracy, users must measure at the following times with	Day 1			Day 2			Day 3			Day 4			Day 5		
	Watch	Glucose Meter	Blood Pressure Monitor	Watch	Glucose Device	Blood Pressure Monitor	Watch	Glucose Device	Blood Pressure Monitor	Watch	Glucose Device	Blood Pressure Monitor	Watch	Glucose Device	Blood Pressure Monitor
(with Fasting) 7am-11am	**			√	√	√	√	√	√	√	√	√	√	√	√
2hrs After Breakfast	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
2hrs After Lunch	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
2hrs After Dinner	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√

Note: \*\* This measurement can be omitted if it has been done as part of the initial modelling step.

## B. Users not taking any medication

### Steps

1. Take 5 sets of measurements with watch then with glucometer, blood pressure monitor (in this order) over 2 days.
2. Measurements can be taken over 2 days but must consist of at least once
  - anytime in the morning between 7am-11am (with fasting)
  - 2 hrs after breakfast
  - 2 hrs after lunch
  - 2 hrs after dinner

The 5th set of measurements can be taken at any of the above time on the next day.

3. Record the measurements from the glucometer and blood pressure monitor into the {ME:Data Entry:Data Correction} entry immediately after measuring. Entries are automatically time-stamped in the system.

To obtain higher accuracy, users must measure at the following times with	Day 1			Day 2		
	Watch	Glucose Meter	Blood Pressure Monitor	Watch	Glucose Device	Blood Pressure Monitor
(with Fasting) 7am-11am	**					
2hrs After Breakfast	✓	✓	✓			
2hrs After Lunch	✓	✓	✓			
2hrs After Dinner	✓	✓	✓	✓	✓	✓

Note: \*\* This measurement can be omitted if it has been done as part of the initial modelling step.

