



**HEALTH**  
Gauge



# Phoenix User Guide



**Legal Manufacturer: Salu Design Group o/a Health Gauge**

**For investigational Use Only. The performance characteristics of this product have not been established. Investigational Device To Be Used by Qualified Investigators Only.**

**Pour usage expérimental seulement. Les caractéristiques de performance de ce produit n'ont pas été établies. Instrument de Recherche Réservé uniquement à l'usage de chercheurs compétents.**

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Health Gauge is not a medical device and the results are not intended as a medical reference or for diagnostic purposes. For all health concerns, please consult with your doctor.

- The customer is solely responsible for evaluating and selecting products and determining whether each product is fit for a customer's method of application.
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- If your Health Gauge product is defective, do not use the product, and do not try to repair the product or any of its parts. Only follow the written instructions provided in the Health Gauge User Guide.
- The user of this product has sole responsibility for any malfunction that results from improper use, faulty maintenance, improper repair, unauthorized service, water damage, or alteration by anyone other than Health Gauge.
- The safety, reliability, and performance of this device can only be assured under the following conditions:
  - The device has been used according to the accompanying user instructions.
  - All fittings, extensions, readjustments, changes, or repairs have been carried out by Health Gauge's authorized representatives.
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- Health Gauge reserves the right to change or improve its products and accompanying technical literature without specific notice of changes or improvements.
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- Products may not be repackaged, resold, or redistributed in any manner without Health Gauge's prior written consent.

## PLEASE READ THIS USER GUIDE BEFORE USING THE HEALTH GAUGE WEARABLE AND APP

### About this User Guide

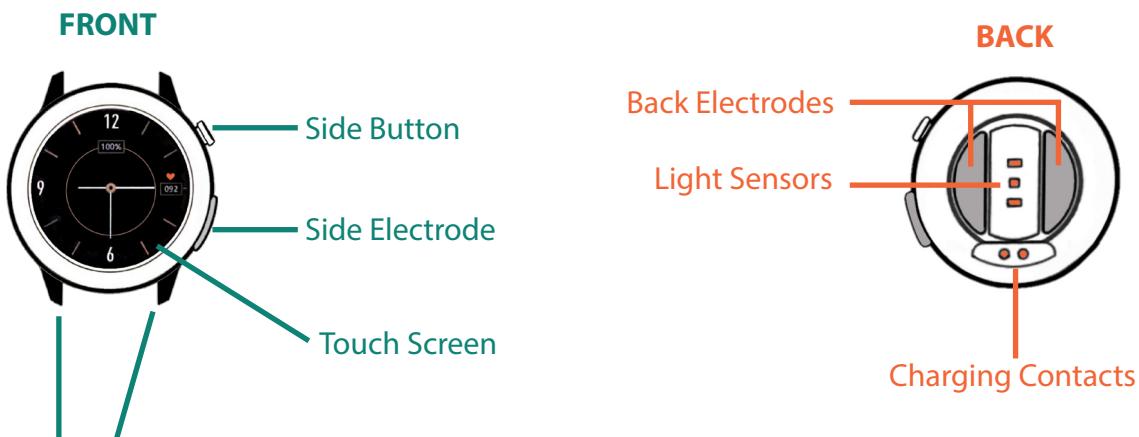
This User Guide provides the information necessary to use the Health Gauge wearable and application. PLEASE READ THIS USER GUIDE BEFORE USING THE HEALTH GAUGE WEARABLE AND APP. If any part of this User Guide is not clear or you need assistance, contact Health Gauge at [info@healthgauge.com](mailto:info@healthgauge.com). PLEASE RETAIN THIS USER GUIDE FOR FUTURE REFERENCE.

# Table of Contents:

<b>Wearable Components.....</b>	<b>4</b>
<b>STEP 1: Charge your Phoenix Wearable.....</b>	<b>4</b>
<b>How to use the Phoenix Wearable.....</b>	<b>5-7</b>
<b>STEP 2: Download the Health Gauge App.....</b>	<b>7</b>
<b>STEP 3: Create a Health Gauge Account and Log In.....</b>	<b>8</b>
<b>Homepage Guide .....</b>	<b>9</b>
<b>Menu &amp; Settings Guide .....</b>	<b>10</b>
<b>STEP 4: Create your User Profile.....</b>	<b>11</b>
<b>STEP 5: Connect the Wearable to the Health Gauge App.....</b>	<b>11-12</b>
<b>STEP 6: Adjust your Settings .....</b>	<b>12-13</b>
<b>STEP 7: Calibrate with a Blood Pressure Cuff.....</b>	<b>14</b>
<b>STEP 8: Take a Measurement.....</b>	<b>15</b>
<b>STEP 9: Tag Data.....</b>	<b>16</b>
<b>STEP 10: Send Messages.....</b>	<b>16</b>
<b>Product Parameters.....</b>	<b>17</b>
<b>Cautions &amp; Disclaimer.....</b>	<b>18</b>



## Wearable Components:



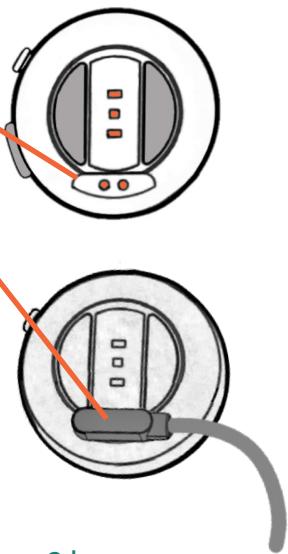
**Attach the Watch Straps:** Attach the straps by inserting one of the metal pins into the hole. Then, slide the toggle, align strap so the other pin is in the other hole. Release the toggle to lock the strap in place.

## STEP 1: Charge your Phoenix Wearable



### Charge the Wearable:

1. Attach the magnetic charging cord to the back charging contacts.
2. Plug the other side of the cord into any USB compatible charger, a computer's USB outlet, or a USB power adapter of a cellphone.
3. A green battery charging light will appear on the screen when the device is charging.



**Charge Time & Battery Life:** A full battery charge takes approx. 2 hours. The battery lasts 5-7 days of use or up to 20 days on standby.

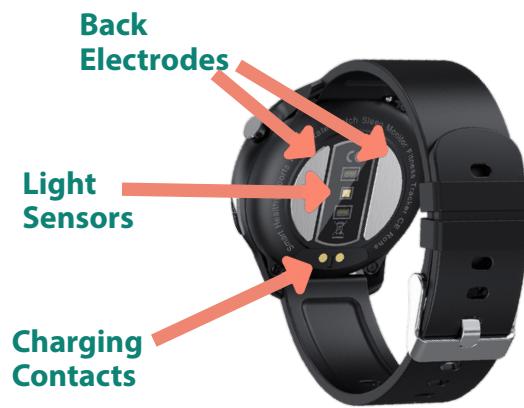
### Turn On/Off:



**To turn on:** Long press the side button to turn on the wearable. Short press the side button to wake up the wearable when the screen goes dark. (When the battery is too low, the wearable will shut down or fail to power on. The wearable automatically turns on when charging.)

**To turn off:** Long press the side button, then tap the checkmark to turn off the device.

# How to Use the Phoenix Wearable:



**Change the Watch Face:** To change the homescreen watch face, long press the touch screen. Swipe left and right to see all the watch face options. Tap the touch screen to select.



**Battery Life:** To see your current battery life, swipe down on the touch screen. The battery icon on the top right corner shows the battery life. Also, some watchfaces display the battery percentage.

**Turn On:** Long press the side button to turn on the device. Short press the side button to wake up the device when the device screen goes dark.

**Turn Off:** Long press the side button. Then tap the check mark to turn off the device.

**Back Button:** To go back to a previous screen, press the side button.

**Touch Screen:** The wearable has a touch screen. You can swipe left/right, up/down, and touch to select. You can change between Measurement screens by swiping left and right. Swipe down to go to the Settings. Swipe up to go to the Shortcut Menu.

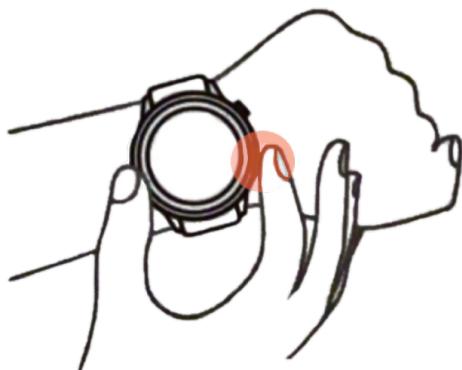
**Settings:** Swipe down to go to the About (to see the device identification number), DND (Do Not Disturb mode to turn off notifications), Text (to see notifications and text messages) and Settings (to change brightness, awake mode, reset, or turn off the wearable).

**Shortcut Menu:** To go to the Shortcut Menu, either swipe up on the touch screen or press the side button. On the list, swipe up to see more options and touch the item you wish to select. It will take you to that screen.

**Device Screens:** Homescreen, Activity Levels (Distance, Steps, and Calories Burned); Temperature; Heart Rate (current HR; and HR range for the day); ECG; Blood Pressure; SpO2 (Blood Oxygen Levels); Respiration Rate; Sport Mode.

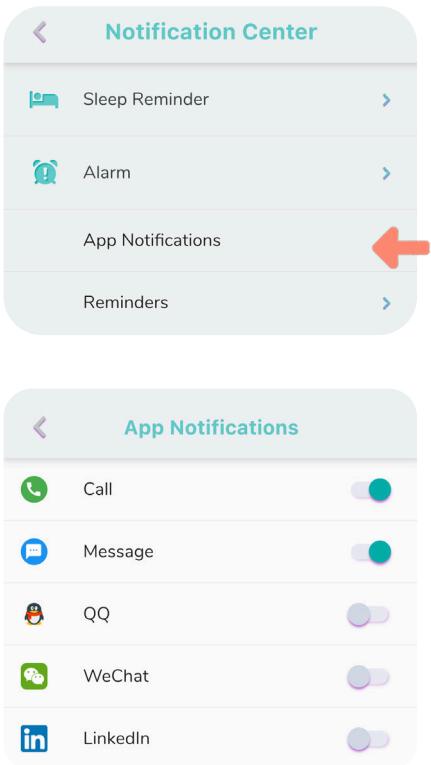
**Take a Measurement:** Go to the screen that you wish to take a measurement for, and it will start taking a measurement automatically. For ECG and Blood Pressure measurements, you will need to touch the side electrode with a finger while taking a measurement. The results will transfer to the Health Gauge app when Bluetooth is enabled and in range of your phone.

\*Note: Taking measurements directly from the device only uses its internal algorithms and therefore provides limited accuracy. Take measurements through the Health Gauge app for higher accuracy, since the measurements are processed using artificial intelligence.



**Sport Mode:** On the Sport Mode screen, tap the screen. Then, scroll down the list and press the activity you want to track. It will start a timer and start to track your calories burned and heart rate. To exit Sport Mode, press the side button and tap the check mark.

**Sleep Monitoring:** The wearable will automatically detect and switch to this mode when you are sleeping. To turn on sleep reminders, open the Health Gauge app, click Menu, click Settings, click Notification Center, and click Sleep Reminder.



### Text, Call, and App Notifications:

**Set Up:** First ensure your wearable is connected to your phone. Then click the Menu icon, click Settings, and click Notification Center. Go to App Notifications and turn on all the toggles you wish to receive notifications for on your wearable. When you turn on the toggle for call, your wearable will vibrate and display caller ID when you get a phone call. When you turn on the toggle for message, your wearable will display part of the text message and who it is from. When you turn on the toggle for other apps, your wearable will give general notifications from those apps.

**View Notifications:** After you follow the above instructions, you will start to receive text, call, and app notifications on your wearable. When you receive a notification, your wearable will vibrate. Texts will show part of the message, and calls will show the caller ID or incoming number. (\*Note: this function requires your wearable to be connected to your phone.)

**Listen to Music:** First, make sure your wearable is connected to your phone through the Health Gauge app. Then, open the music app of your choice, such as Apple Music, Spotify, etc. (Note: some apps may require data/Wi-Fi to function.) On the music app, open the playlist you wish to listen to or start playing music. Keep this app tab open on your phone. On your wearable, tap the side button to illuminate the screen and then swipe up on the screen until you see the Music option. Click on Music. On this screen, you can skip songs, go back to previous songs, pause/play. You can change the volume by pressing the volume icon.

## STEP 2: Download the Health Gauge App

### ANDROID:



Download the Health Gauge app in the Google Play Store or by going to Health Gauge's website: [app.healthgauge.com/DownloadApp/Index](http://app.healthgauge.com/DownloadApp/Index)  
(Click to download the app for Android.)

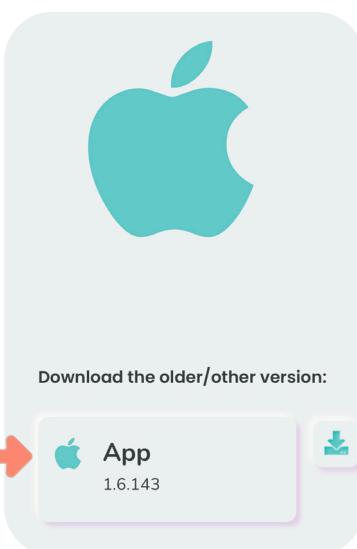


### APPLE:

The app is currently not available on the Apple App Store, so if you have an iPhone, please follow these steps to download the app:

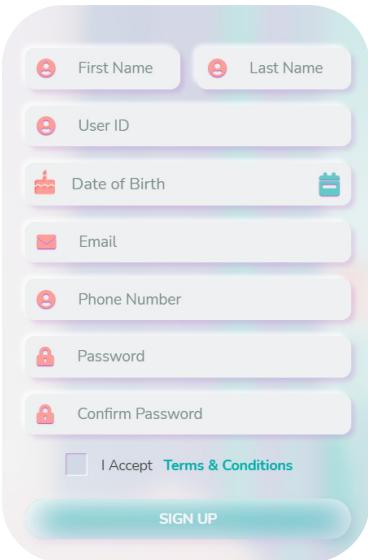


1. Download the **Test Flight** app from the Apple App Store. This app is used for running Health Gauge's software.
2. On your iPhone, go to Health Gauge's main website and find the App Download page or go to the App Download page directly with this URL:  
[app.healthgauge.com/DownloadApp/Index](http://app.healthgauge.com/DownloadApp/Index)
3. Click to download the app for your Apple device.



Note: Do not use the QR code that appears on the wearable. This leads to an older version of the app that does not have the newest features and artificial intelligence.

## STEP 3: Create a Health Gauge Account and Log In:



### Create an Account:

Go to the login page either on the app or on the online website [app.healthgauge.com](http://app.healthgauge.com)

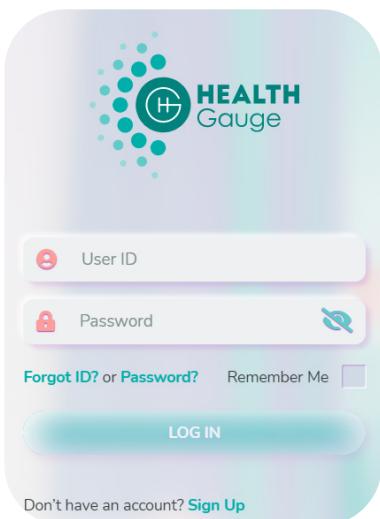
Click the **Sign Up** button.

**Sign Up**

Input your personal information, create your Username and Password, and accept the Terms, Conditions, and Disclaimer. Finally, click the **Sign Up** button.

After your first log in, it is important to set up your Profile.

\* **Every time you log in, you must use your username and not your email address.**



### Forgot your Username?

To recover a forgotten username, either go to the app login page or the online login page at the website [app.healthgauge.com](http://app.healthgauge.com).

Then click **Forgot Username?** It will ask you to input the email address associated with your Health Gauge account and click **Next**.

Health Gauge will send you an email with your username. If you do not receive an email (in 30 seconds), click **Resend**.

Health Gauge will send you an email with your username. Use this username to login.



### Forgot your Password?

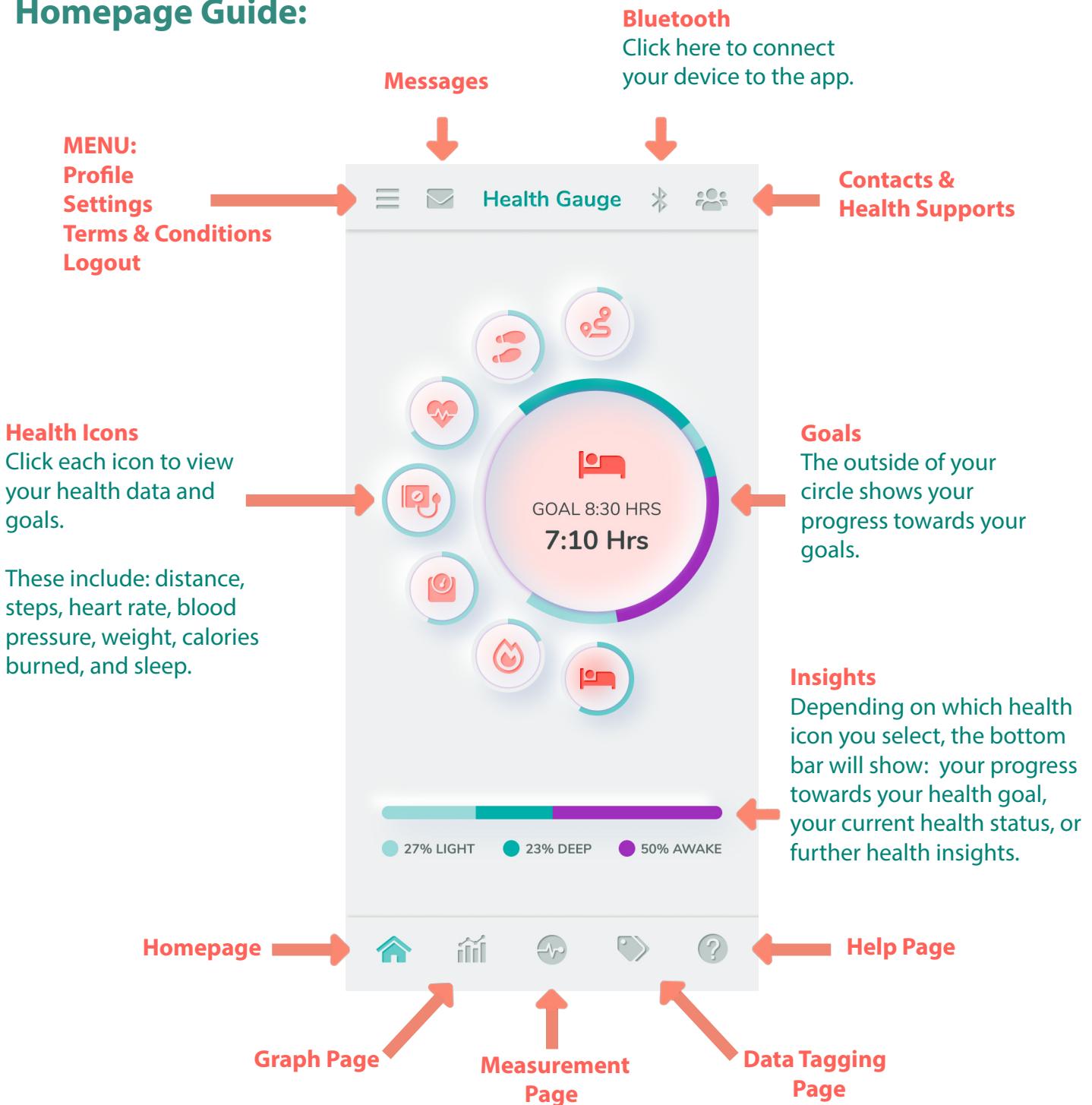
To recover a forgotten password, either go to the app login page or the online login page at the website [app.healthgauge.com](http://app.healthgauge.com).

Then click **Forgot Password?** Input the email address associated with your Health Gauge account and click **Next**.

Health Gauge will send you an email with a verification code. Return to the app and enter this verification code.

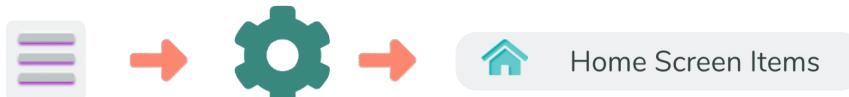
Next, create your new password and click **Save**.

# Homepage Guide:



## How to Change Homescreen Items:

Click the **Menu** icon. Click **Settings** and then click on **Home Screen Items**.



To change the 7 health icons that appear on your Homepage, press and hold the icon you wish to select. Drag and drop the icon to above the line if you wish to see it on your Homepage. The icons below the line will not be shown on your Homepage. You can also change the order of the icons by reordering this list.

# Menu & Settings Guide:



Profile

Settings

Weight Measurement

Goals

HG Drive

Chat

Calendar

History >

Survey

Terms And Conditions

Change Password

Logout

**Profile:** Your user profile.

**Settings:** A list of setting options for your wearable and the app (see below for Settings details).

**Weight Measurement:** To take body composition measurements.

**Goals:** Set and change your health goals.

**HG Drive:** A storage space for your health records and files.

**Chat:** A messaging platform to connect with family, friends, and health supports.

**Calendar:** A place for your health schedule, doctors appointments, and reminders to stay active.

**History:** View your historical data for all your measurements.

**Survey:** Surveys for people participating in a research study.

**Terms & Conditions:** Click to read our Terms & Conditions.

**Change Password:** Click to change your password.

**Logout:** Click to log out.

## Settings:

**Unit Settings:** Change between imperial and metric units of measurement.

**Device Settings:** Change the settings on your wearable. Also, you can set automatic measurements for heart rate, oxygen, and temperature.

**Notification Center:** Set or change what notifications you would like to receive on your wearable, including text messages, call notifications, app notifications, reminders and alarms.

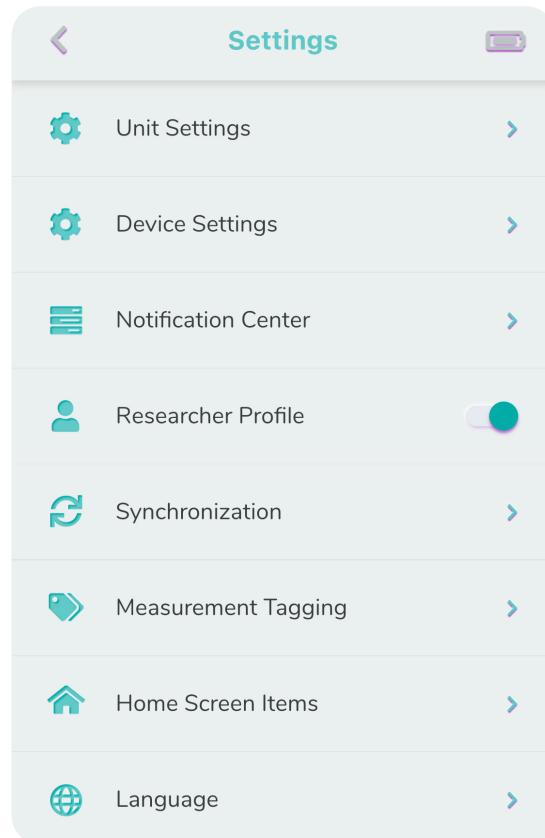
**Researcher Profile:** Leave this toggle. It is used for backend software additions.

**Synchronization:** Sync Health Kit data with the app.

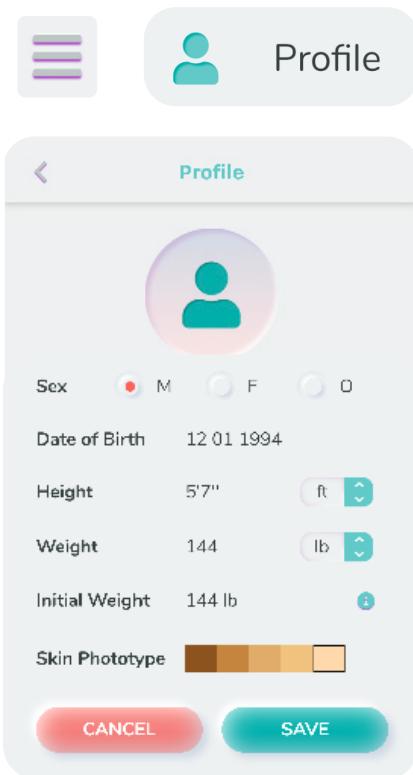
**Measurement Tagging:** Turn on the tags you wish to see after taking a measurement.

**Home Screen Items:** Change or reorder the icons that you see on your homescreen.

**Language:** Change the language to English or French.



## STEP 4: Create your User Profile:



### Create your User Profile:

Click the **Menu** icon. Then, click on **Profile**.

Enter your biological sex, your preferred unit of measurement, date of birth, height, weight, and skin tone.

Click **SAVE**.

### Why does it ask for my age, weight, height, and biological sex?

Providing accurate profile information helps us to provide higher accuracy. Using artificial intelligence, we can analyse data from within these categories to provide more accurate data and health insights.

### Why do I need to enter my skin colour?

Health Gauge uses infrared and LED lights and sensors to measure your PPG. Lighter skin tones and darker skin tones absorb light at different rates and therefore require different intensities of light. The light intensity is adjusted to skin tone to increase the accuracy of the results.

## STEP 5: Connect the Wearable to the Health Gauge App:

### Pair your Wearable:

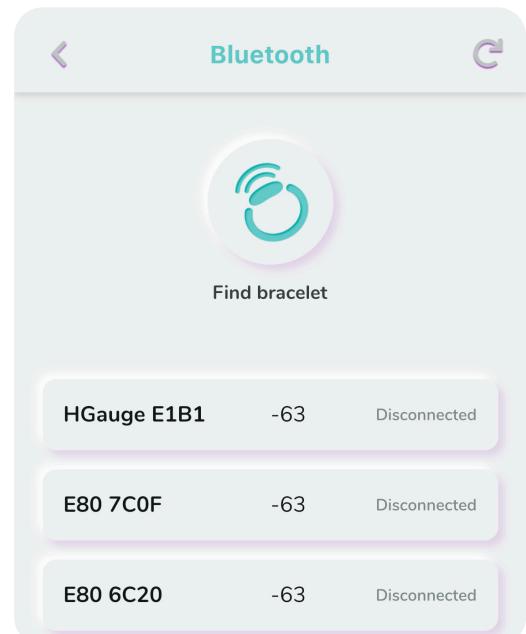
Ensure your phone's Bluetooth is turned on.

Click the **Bluetooth** icon in the Health Gauge app.

Find and select your **wearable's unique ID** on the list, and it will connect.

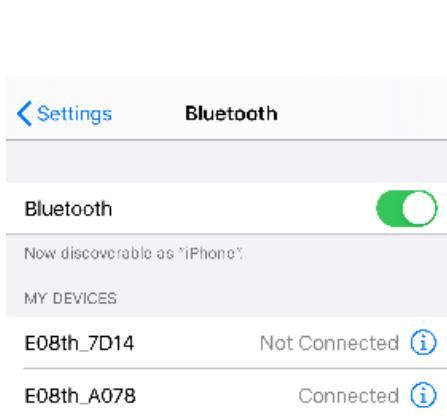
### If you have multiple wearables, follow these steps to find each one's unique ID:

1. Swipe down on the wearable screen.
2. Click **About**. This will show the **wearable's unique ID**.
3. In the Health Gauge app, click the **Bluetooth** icon.
4. Find and select your wearable's unique ID on the list to connect.



**Find Bracelet:** Once you are connected with a wearable (and in range), the wearable will vibrate when you press the **Find Bracelet** button. (This button can be used to help you find your wearable if you have lost it. This can also be used to test which wearable you are paired with.)

## If you have an iPhone and are having trouble connecting the device:



Go to your main **iPhone Settings** and click on **Bluetooth**.

On the Bluetooth page, it will list all the devices that are currently paired with your iPhone. Find and click on your Health Gauge device on the list. It should say "connected".

Click **Forget Device**.

**Forget Device**

Then, return to the Health Gauge app and follow previous instructions for pairing the device.

## STEP 6: Adjust your Settings:

### Set Up Device Settings:

Click on the **Menu** icon. Then, go to **Settings**. Click on **Device Settings**.

**Wearing Method:** Select "Left" or "Right" depending on which wrist you wear the wearable on. (\*This step is important as it helps Health Gauge to process the data.)

**HR Monitoring:** Turn on this toggle and the wearable will automatically take Heart Rate measurements. Select the time interval for how often you want the wearable to take a Heart Rate measurement.

**Lift Wrist to Brighten the Screen:** Turn this toggle on to enable your wearable to brighten when you lift your wrist.

**Do Not Disturb:** Turn this toggle on to stop getting notifications on your wearable.

**Brightness:** This allows you to change the screen brightness (low, medium, high) on your wearable.

**Temperature Monitoring:** Turn on this toggle and the wearable will automatically take Temperature measurements. Select the time interval for how often you want the wearable to take a Temperature measurement.

**Oxygen Monitoring:** Turn on the toggle and the wearable will automatically take Oxygen Level measurements. Select the time interval for how often you want the wearable to take this measurement.

**Reset:** Reset the wearable if it is lagging or malfunctioning. All the data is safely stored in the app. All the data on the wearable will be deleted in the reset. Reconnect your wearable after resetting.

**Shutdown:** Press to turn off your wearable.



Device Settings

Wearing Method: Left

HR Monitoring

Lift The Wrist To Brighten Screen

Do Not Disturb

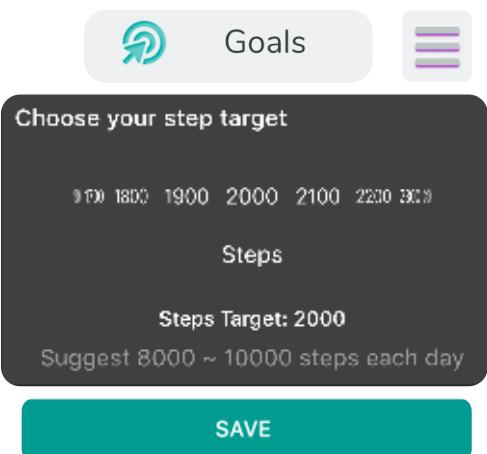
Brightness

Temperature Monitoring

Oxygen Monitoring

Reset

Shutdown



## Set Health Goals:

Go to the **Menu** and select **Goals**.

On the Goals page, you can set your health goals for: Steps, Sleep, Calories, Distance, and Weight. Scroll the dial to the left or right to increase or decrease the goal amount.

Click **SAVE**.

**Track your Health Goals:** By setting health goals, you can track your progress towards becoming more healthy and strong. To track your health goals, go to the homepage and click on any icon. The progress you have made to your health goal will fill up the outer ring of the circle. (Goals also appear inside the circle or at the bottom of the page.)

## Set up Notifications:

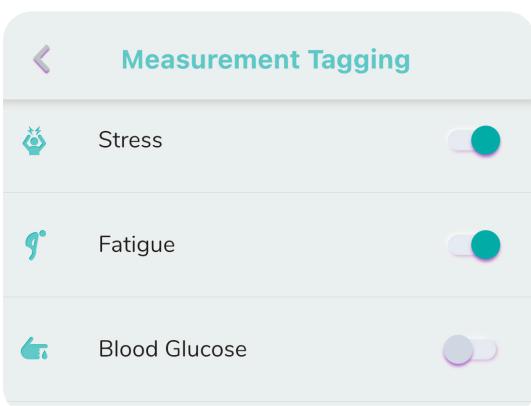
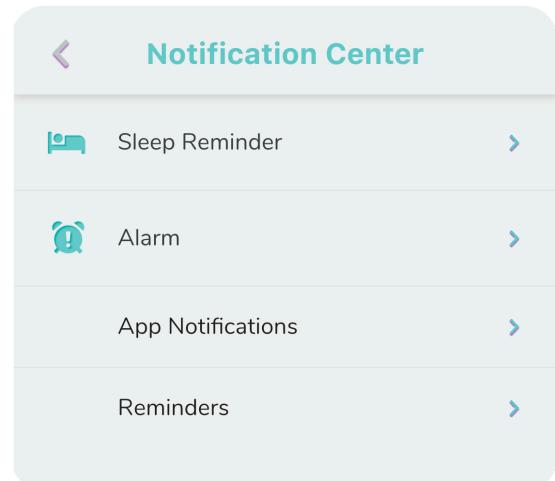
Find the **Notification Center** section in **Settings**.

**Sleep Reminder:** By setting a sleep reminder (days and time), you get a reminder on your wearable to go to sleep, helping you to go to bed earlier more consistently.

**Alarm:** Set alarms and reminders.

**App Notifications:** Click on **App Reminder** if you wish to get notifications on your wearable for text messages, incoming calls, and app notifications. Turn on all the toggles you wish to receive notifications for.

**Reminders:** Turn on/off reminders.



## Set Measurement Tagging:

Find the **Measurement Tagging** section in **Settings**.

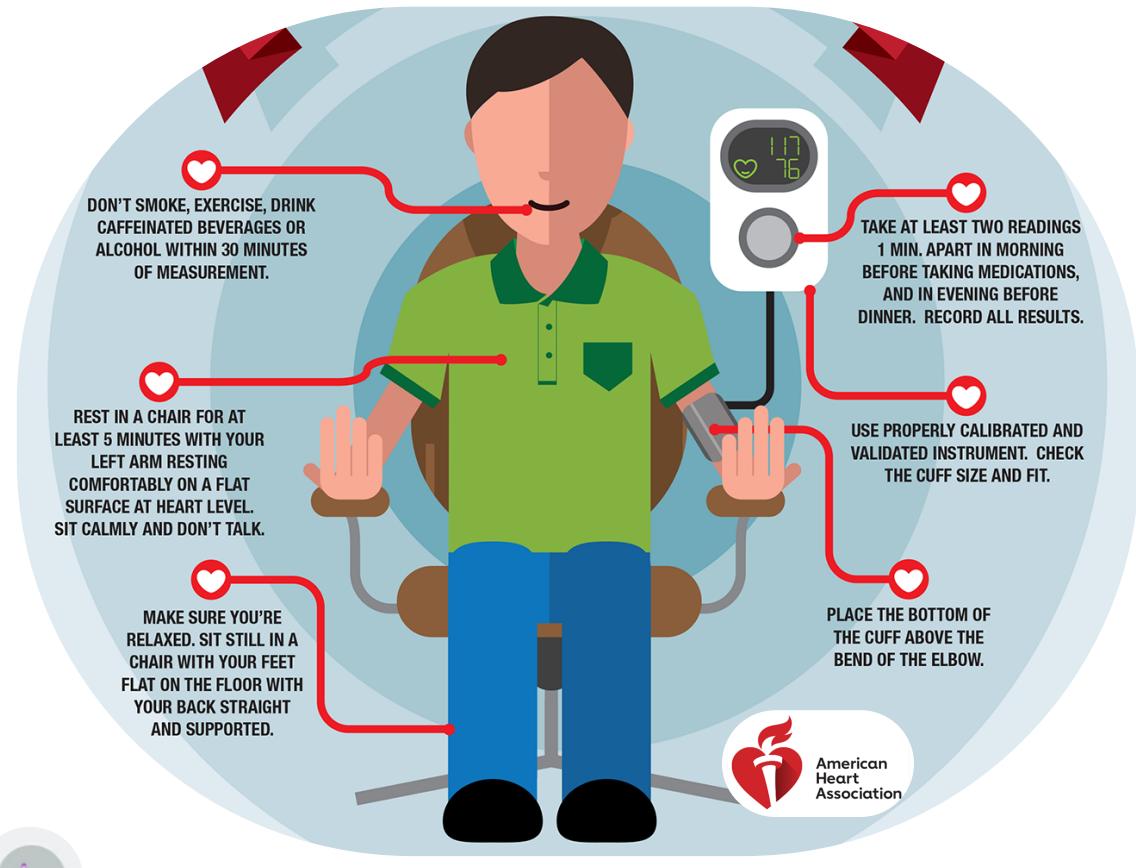
Measurement Tagging allows you to tag your data immediately after taking a measurement. Turn on the toggles that most suit your health needs and interests.

After taking a measurement through the Health Gauge app, the tags you have selected will appear. Select the tag you wish to associate with the measurement. Input the tag information and click **SAVE**.

## STEP 7: Calibrate with a Blood Pressure Cuff:

### Why Calibration is Important:

Calibration is a vital step to providing accurate monitoring data. By calibrating with a blood pressure cuff, it aids Health Gauge in providing more accurate blood pressure readings. Calibrate using a medical-grade blood pressure cuff at home or when you visit the doctor or pharmacy. If possible, it is beneficial to calibrate with a blood pressure cuff daily.



### How to Calibrate:

Fasten the blood pressure cuff to your arm and the Health Gauge wearable on your wrist. Then, go to the Measurement page by selecting the **Center** icon.

Then, click the **Calibration** icon.

Calibration	
Please enter readings from your oscillometric device.	
Heart Rate	
Systolic Blood Pressure	
Diastolic Blood Pressure	
<b>CANCEL</b>	<b>START</b>

Take a measurement with your blood pressure cuff. Then, input the results for Heart Rate, Systolic Blood Pressure, and Diastolic Blood Pressure. Click **START**.

There will be a three-second countdown, and then your Health Gauge wearable will begin taking a measurement. (See **How to Take a Measurement** for more information.) Your results will appear when the measurement is complete.

You will need to calibrate when you first use the device and to recalibrate every time your wearable battery completely dies. (Charge wearable regularly to prevent this.) Also, if you undergo any significant changes in lifestyle (i.e. smoking, diet, activity), it is recommended you recalibrate every few months.

# STEP 8: Take a Measurement

## How to Take a Measurement:

Click the **Center** icon to go to Measurement page.

Click **Start Measurement**.

Slightly dampen your finger and the back electrodes for best results. (\*Do **not** submerge your wearable underwater.)

Use a finger to touch the side electrode of the wearable for the duration of the measurement.

Wait for the timer to finish, and then your results will appear on the app. (\*Note: Results should not be used for diagnostic or medical purposes, but are useful for trending reports.)

This image to the right is an example of a good ECG reading. If the signals are unclear, stop and retake the measurement.



START MEASUREMENT



## Tips to Improve Accuracy:

### Moisten skin for better conductivity for ECG.

Before taking a measurement, use water to moisten your wrist and fingers that are in contact with the electrodes. Since ECG measures the electric activity of your heart, having slightly moist skin increases conductivity which helps the wearable pick up these signals.

### Electrodes and sensors need moderate pressure with your skin to get clear signals.

Ensure the wearable is not too loose or too tight on your wrist. Also, do not press too hard when taking a measurement because it can skew PPG signals.

### Stay still for the duration of the measurement.

Staying still and not talking will help the device get clear signals. Sit down comfortably and relax, and try to avoid talking while taking measurements.

### Calibrate your wearable.

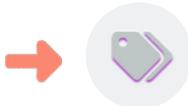
Calibrate the wearable before first use. It is recommended that you recalibrate every time after your wearable runs out of battery completely and shuts down, or if you have had significant lifestyle changes over a few months.

**\*Note:** for information on how to take a measurement directly from the wearable, please see "How to Use the Phoenix Wearable" section on pages 4 to 6.

## STEP 9: Tag Data

### How to Data Tag:

Click the **Tag** icon to go to the Tag Page.

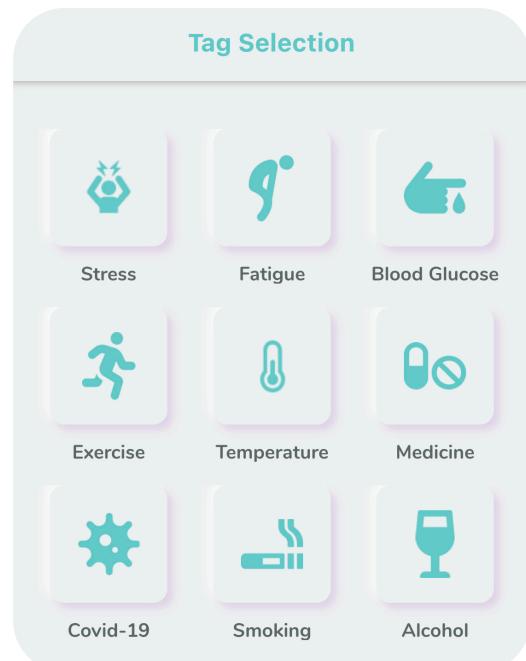


On the **Tag** page, select the tag that you wish to record.

Then, input the number or select the criteria that best defines the tag you wish to record. Write notes to provide further details (optional). Click **ADD TAG** to save the data.

### Why Data Tagging Helps:

The **Tag Selection** page acts as a journal. This can be insightful to understand how your health data is changing along with your habits. To get a better understanding of how your life choices impact your health data, go to the **Graph** page and select the **Tag** graph. The Tag graph allows you to compare two different health measurements or one health measurement with tag. (i.e. smoking tag and oxygen levels.)



**Note:** You can add customized data tags if there is something specific you would like to track. To add a customized tag, click the **Plus** button. Then input your desired tag criteria and click **ADD** to save.



**Measurement Tagging:** To make tagging easier, go to Settings and then click on **Measurement Tagging**. The tags you turn on will appear after taking you take a measurement. This allows you to directly tag data. (See page 11 for explanation.)

## STEP 10: Send Messages

### How to Send Messages:

To send emails to health supports or family and friends, click the **Mail** icon.



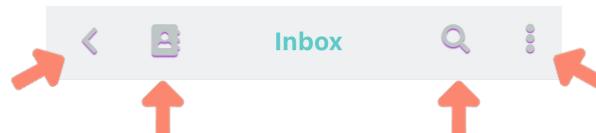
Click the **Plus** icon to start writing a new email.



Type in the email address(es), subject line, and add content and attachments.

Click the **Send** button.

Click to return to homepage.



Click to see sent mail, drafts, and trash folder.

Click to add a new contact, and check friend requests.

Click to search for emails.

## Privacy Policy

To read our **Privacy Policy** please go to our online site: [healthgauge.com/privacy-policy](http://healthgauge.com/privacy-policy)

## Terms of Service

To read our **Terms of Service** please go to our online site: [healthgauge.com/terms-of-service](http://healthgauge.com/terms-of-service)

## Feedback

Your feedback is greatly appreciated and will be used to help us improve our products and services. If you have any **feedback** or **suggestions**, please email us at [info@healthgauge.com](mailto:info@healthgauge.com)

## Phoenix Wearable parameters:

Master: DA14585

Display: 0.9 " TFT colour screen

Resolution: 160\*80 DPI

Product Weight: 25g

Product Size: 250\*10.5\*19.5mm

Water Resistance: Ip68

Wrist Strap Material: TPU

ECG Chip: BAC201

Heart Rate Chip: HRS3300

Battery Capacity: 105mAh

Polymer Lithium Battery

USB Charging

Working Time: about 5 to 7 days

Synchronization Mode: Bluetooth 4.0

Working Temperature: -10 degrees Celsius to approximately +50 degrees Celsius

Packing List: host, wristband, instructions

Compatibility: IOS 8.2+ Android4.4 and above



## Cautions & Safety

- Health Gauge device is IP68 Water Resistant but do not submerge underwater. In case of water damage, do not charge, until the device is completely dry.
- Do not charge the device in highly humid conditions.
- Do not expose the product to extremely high or low temperatures. (Working temperature is between -10 degrees Celcius to approximately +50 degrees Celcius.)
- Do not place the device in a high-temperature and high-pressure environment, as it may cause the battery to explode.
- Do not check the wearable display while driving or doing high-speed sports.
- Do not let children or pets play with the device, as this product contains small components that can cause choking.
- Do not replace the battery, open the casing, or disassemble the product. Do not use device if the screen is broken.
- Recycle/dispose of the device as you would other electronic devices at designated facilities.
- Do not use an unauthorized charging cable. Ensure it is a USB compatible charger.
- Do not wear the product while charging.

## Disclaimer

Health Gauge is not a medical device and the results are not intended as a medical reference or for diagnostic purposes. For all health concerns, please consult with your doctor.

