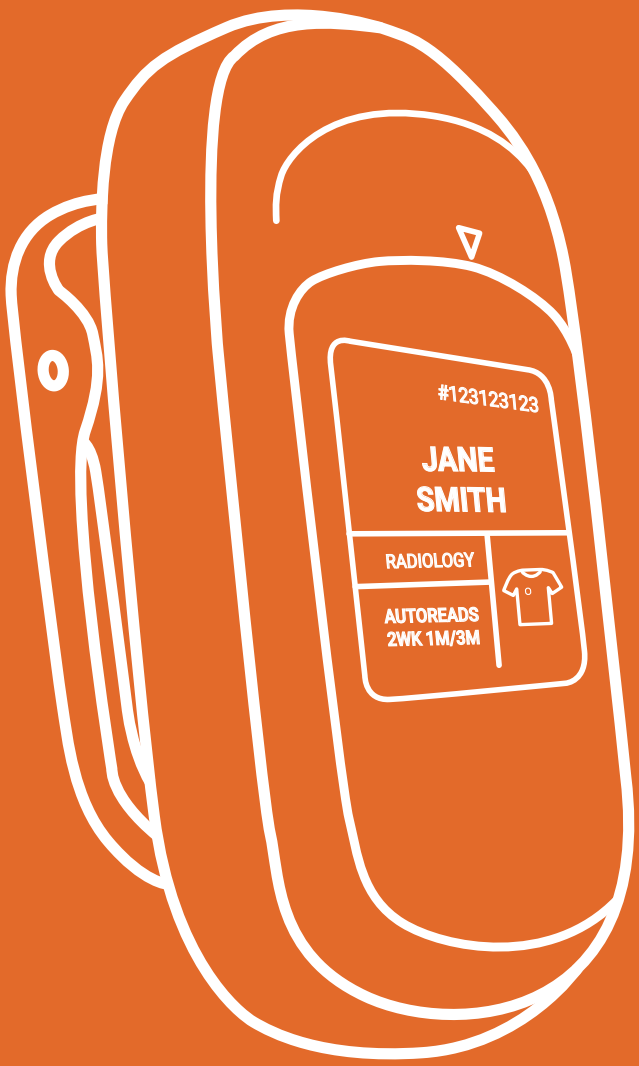
User Guide

Getting Started with Instadose®VUE



instadose® VUE
PERSONAL DOSIMETER

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Introducing the Instadose®VUE

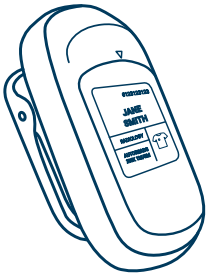
Combining the science of better radiation monitoring with state-of-the-art wireless processing and communication technologies, Instadose®VUE effectively captures, measures, wirelessly transmits, and reports occupational radiation exposure anytime, **ON-DEMAND**.

The active electronic display screen enhances user visibility, engagement, and compliance. Now, dynamic wearer, dose communication, device status, and compliance information are available on-screen, enabling users to see and know more.

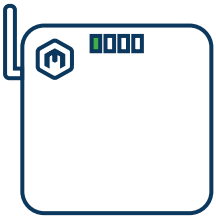
Save time and money with Instadose®VUE by eliminating the time-consuming process of collecting, mailing, and redistributing dosimeters every wear period. On-demand (manual) and automatic calendar-set dose reads enables users to self-process dose reads whenever and wherever internet access is available.

Instadose®VUE Dosimetry System

The Instadose®VUE dosimetry system consists of three main components: a wireless dosimeter, a communication device (either a smart device with the *Instadose Companion* Mobile App or an InstaLink™3 Gateway), and an online reporting system accessed through a PC. These three components work together to capture, monitor, and transmit an individual's exposure to ionizing radiation and maintain a comprehensive archive of official dose records for both dosimeters and wearers.

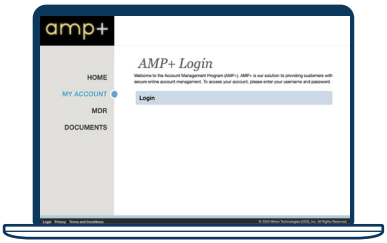


Instadose®VUE Dosimeter



InstaLink™3 Gateway

Instadose Companion Mobile App



Internet-enabled computer (access to instadose.com)

Exploring the Instadose®VUE Dosimeter

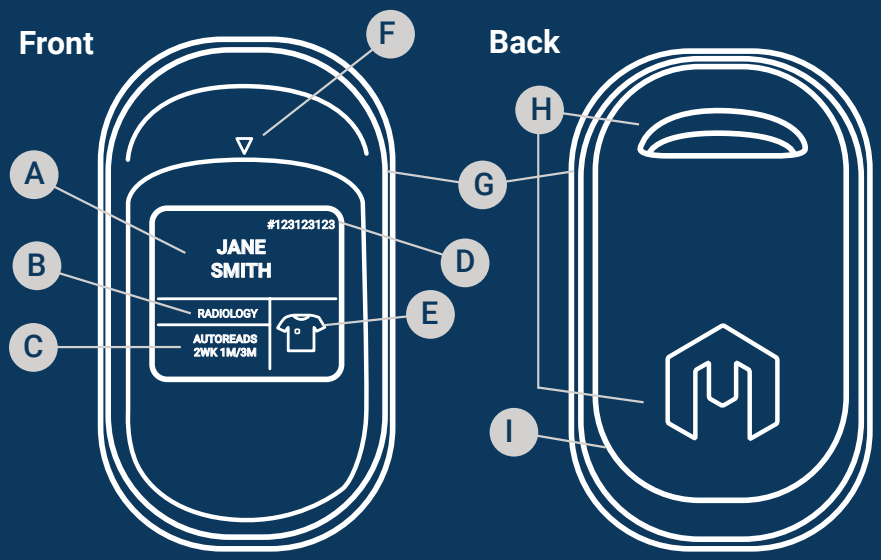
The Instadose®VUE dosimeter features the latest Bluetooth® 5.0 Low Energy (BLE) Technology, allowing for rapid and wireless transmission of radiation dose exposure data at anytime, and as often as needed.

On-screen visibility and feedback enable users to verify the health and status of the device and provides operational feedback about dose reads and wireless transmissions (communications).

New features include:

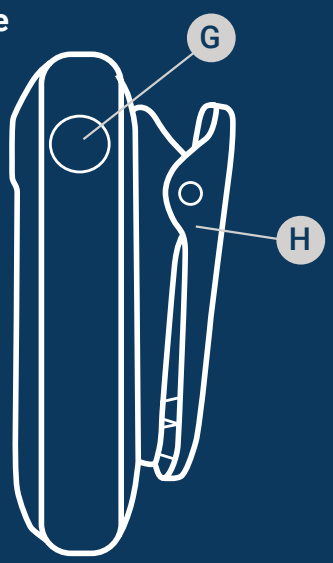
- Dynamic wearer details such as the wearer's name (up to 15 characters for the first name and up to 18 characters for the last name), account number, location/department (up to 18 characters), and dosimeter wear region.
- Visual reminder of the upcoming scheduled calendar read
- Dose communication status for both on-demand and scheduled calendar reads (reading/uploading/success/error)
- Temperature warnings (high, low, fatal)
- Compliance Star indicator with motion detection
- Support and service alerts that eliminate the uncertainty surrounding dosimeter operations and quality assurance.

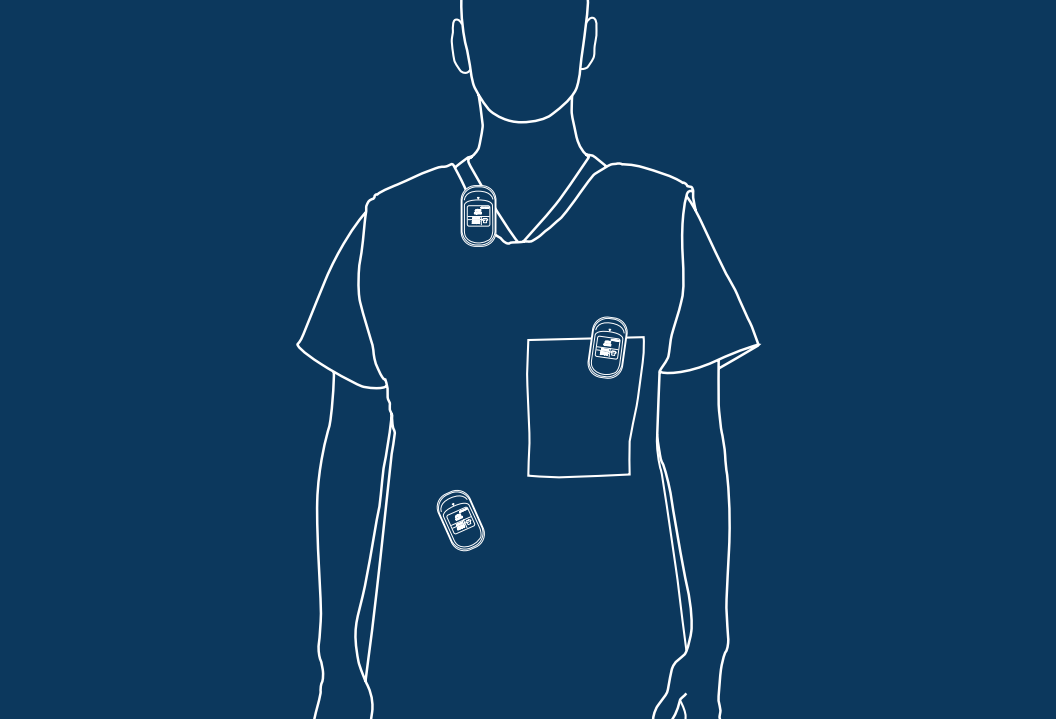
Instadose®VUE Dosimeter



- **A** Wearer's Name
- **B** Location/ Department
- **C** Auto-Read Schedule
- **D** Account Number
- **E** Dosimeter Wear Location (Body Region)
- **F** Detector Location
- **G** Read Button
- **H** Clip/Lanyard Holder
- **I** Dosimeter Serial Number (Located Under Clip)

Side

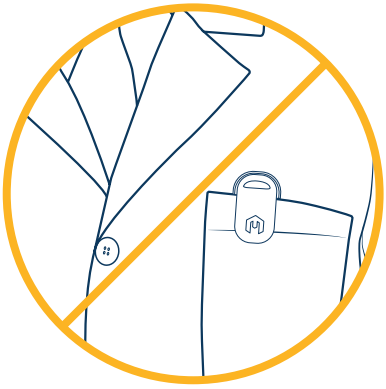




Wearing Your Dosimeter

Wear the dosimeter according to the body position indicated on the screen (collar, torso, fetal). Consult your RSO or Dosimeter Administrator for wear questions. To better understand the icons displayed on screen, please refer to the section titled: Features on pages 12-17.

DO



DON'T

Storing the Instadose®VUE Dosimeter

Extreme temperatures (high or low) can impact dosimeter performance, compromising dosimeter operations, and may permanently damage critical internal components. Similar to modern smartphones, if the Instadose®VUE dosimeter is exposed to extreme temperatures, communication (dose transmission) is not possible until it cools down and recovers to room temperature.

To avoid any issues:

Do not immerse in water.

Do not allow to overheat.

Do not allow to freeze.

Do not store in a car, outdoors, or in a place with extreme temperatures.

At the end of a work shift, remove the dosimeter and store it on the designated dosimeter badge board or in accordance with your organizational instructions. Dosimeters should be stored within 30 feet of an InstaLink™3 Gateway (if your facility has one) to ensure the automatic scheduled dose readings occur successfully.

Cleaning the Instadose®VUE Dosimeter

To clean an Instadose®VUE dosimeter, simply wipe it down with a damp cloth over all surface areas. **DO NOT** saturate or submerge the dosimeter in any liquid.

For specific **DO**s and **DON'T**s regarding dosimeter cleaning, visit *https://cms.instadose.com/assets/dsgm-25_rebranded_dosimeter_cleaning_guide_flyer_final_r99jwWr.pdf*

Features

Instadose®VUE Iconography

The display screen provides wearer information, device status, and dose read/communication feedback using icons. The following section provides a guide of common icons that will appear on the display screen.

Dosimeter Wear Location

Where to wear the Dosimeter:

- **Collar Icon**
- **Torso Icon**
- **Fetal Icon**
- **Area Icon**

Collar Wear Location | *Torso Wear Location* | *Fetal Wear Location* | *Area Wear Location*

COMPLIANCE STAR & MOTION DETECTION

- **Checkmark Icon** will briefly appear to confirm that the dose communication has been successfully completed.

- **Star Icon*** The compliance status can be found in the top left corner, indicated by a star icon. To achieve compliance, the dosimeter must be actively worn for the minimum number of hours required by the organization/ facility. Advanced motion sensing technology detects and captures sustained motion exhibited when the dosimeter is consistently worn throughout a work shift. Additionally, a successful automatic calendar reading within the last 30 days is required. These measures assure wearers and administrators that the dosimeter is functioning properly and being utilized appropriately.

This feature may not be available to all customers outside of the United States as data privacy and sharing laws vary.

ICONS FOR DOSE COMMUNICATION

To initiate or read the dosimeter, a communication device is required to transmit the dose data from the dosimeter to the online reporting system. The dosimeter **MUST** be within range of a communication device, either the InstaLink™3 Gateway or the smart device running the *Instadose Companion* mobile app.

To find out which transmission methods are approved for your account and where they are located, please contact your account administrator or RSO.

Communication in Progress:
Indicates the dosimeter is establishing connection with a communication device:

- **Hourglass Icon –** Dosimeter is looking for an active communication device and establishing the connection for on-demand reads.

- **Cloud with an Arrow Icon –** Connection with the communication device is established and the transmission of dose data is uploading for on-demand reads.

Communication Successful
Indicates the dose communication was transmitted successfully:

- **Checkmark Icon –** The on-demand read performed was successfully completed and dose data was transmitted to the organization's online account.

Communication Warnings
Indicates dose communication was unsuccessful and the dose was not transmitted:

- **Cloud Warning Icon –** Communication was unsuccessful during the last manual dose read.

- **Calendar Warning Icon –** Communication was unsuccessful during the last automatic calendar-set/ scheduled dose read.

Establishing Connection for On-Demand Reads

Uploading Dose Data for On-Demand Reads

Communication Successful for On-Demand Reads

On-Demand Communication Unsuccessful

Scheduled Communication Unsuccessful

TEMPERATURE ERROR ICONS

Temperature Error

- **High Temperature Icon–**Dosimeter has reached a high temperature above 122°F (50°C). It must stabilize to room temperature (between 41°F -113°F or 5-45 °C) for the icon to disappear from the screen, indicating the dosimeter is able to communicate again.

- **Low Temperature Icon–**Dosimeter has reached a low temperature below 41°F (5°C). It must stabilize to room temperature for the icon to disappear from the screen, indicating the dosimeter is able to communicate again.

- **Fatal Temperature Icon–**Dosimeter has crossed a critical threshold where permanent damage from excessive/sustained temperatures (outside of acceptable ranges) has rendered the device inoperable. The dosimeter must be returned to the manufacturer. Contact your RSO or Account Administrator to coordinate returning the dosimeter.

  Note: A recall notification with instructions for returning the dosimeter and receiving a replacement will be sent to the email address on file.

SERVICE & SUPPORT ICONS

Service/Support required:

- **Recall Initiated Icon–**Dosimeter has been recalled and must be returned to the manufacturer. Contact your Program Administrator or Dosimeter Coordinator for instructions. Recall and replacement instructions will be emailed to account administrators.

- **Contact Customer Support Icon–**Dosimeter requires service or troubleshooting support from a Customer Service Representative. Contact your Program Administrator or Dosimeter Coordinator for instructions.

High Temperature Error

Low Temperature Error

Fatal Temperature Error

Recall Initiated

Call Customer Support

Instadose®VUE Communication Devices.

A communication device must be used to perform dose readings and transmit dose data to the legal dose-of-record:

1. The **InstaLink™3 Gateway** device is recommended when there are 10 or more dosimeters in one location.

2. The ***Instadose Companion mobile app*** is available for free on the Google Play Store for Android devices and the Apple App Store for iOS devices.

InstaLink™3 Gateway

The InstaLink™3 serves as a secure and proprietary communication gateway designed specifically to enable fast and reliable connection and transmission of dose data from Instadose wireless dosimeters. With a unique hardware and software design, advanced security technologies, and robust diagnostic and management capabilities, the InstaLink™3 Gateway improves communication reliability and data transmission speeds.

The InstaLink™3 Gateway supports wireless Instadose®+, Instadose®2, and Instadose®VUE dosimeters.

Scan to access the InstaLink™3 User Guide

Scan the QR code with the camera of your smartphone or tablet to link directly to the InstaLink™3 Gateway User Guide for more details on how to set-up, operate, and troubleshoot the InstaLink™3 Gateway communication device.

InstaLink™3 Gateway Status LEDs

The four LEDs on the top of the InstaLink™3 indicate the device status and will help guide troubleshooting, when necessary.

- **LED 1: (Power)** A green light indicates the device is receiving power.
- **LED 2: (Network Connection)** A green light indicates a successful network connection; yellow requires network attention.
- **LED 3: (Operational Status)** A green light indicates normal operations; yellow requires troubleshooting.
- **LED 4: (Failure)** A red light indicates an issue that requires further investigation/troubleshooting.

InstaLink™3 Gateway Status	LED 1	LED 2	LED 3	LED 4
Dosimeter Transmitting Data	Green	Blinking Green	Green	Off
Uploading Dose Data	Green	Blinking Green	Blinking Green	Off
No Power To Unit	Off	Off	Off	Off
Dosimeter Unsuccessful Transmitting Data	Green	Blinking Yellow	Green	Off
NTP Failed	Green	Yellow	Off	Red
No Internet Access	Green	Blinking Yellow	Off	Red
Network Hardware Error	Green	Off	Yellow	Red
Bluetooth® Error	Green	Blinking Yellow	Off	Blinking Red
Configuration Corrupted	Green	Off	Off	Blinking Red
High CPU Temperature	Green	Yellow	Off	Blinking Red
Network Reset In Progress	Green	Off	Blinking Green	Off
Factory Reset In Progress	Green	Off	Blinking Yellow	Off
Forced Shutdown	Green	Blinking Yellow	Blinking Yellow	Blinking Red
Temper Detection	Green	Yellow	Yellow	Red

Instadose Companion Mobile App

The *Instadose Companion* mobile app provides a wireless communication gateway that allows the dosimeter to be read via a smart device. Dose data to can be transmitted anytime/anywhere, as long as there is an established internet connection. The mobile app also allows users to access and view both current and historical dose results.

Download the *Instadose Companion* Mobile App

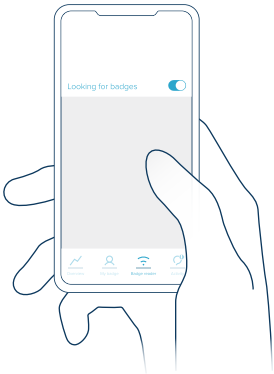
Download on the App Store

GET IT ON Google Play

Manual Read via the *Instadose Companion* mobile app

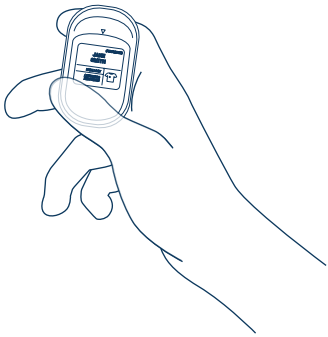
To perform a manual read via the mobile app, follow the instructions below. You can verify that the dose was successfully transmitted by logging into the *Instadose Companion* mobile app or your AMP+ (Account Management Portal) online.

1



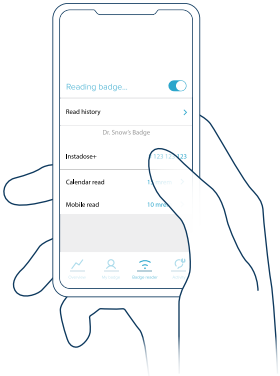
Select 'Badge reader'
Switch on 'Looking for badges'

2



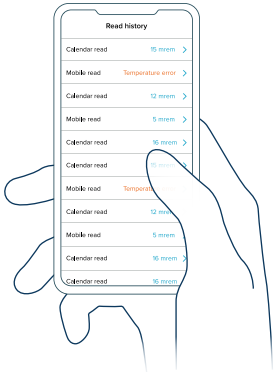
Press and Hold
Press and hold the Read Button for **NO MORE** than 2 seconds, or until the Hourglass Icon appears on the dosimeter's display screen.

3



Response
When the message 'badge has been read' is displayed on the mobile app, the transfer of data is complete.

4



Verify Transfer
Press the read history button on the mobile app to verify that the dose data (showing the current date) has been transferred.

Communicating Dose Reads.

To initiate or read the dosimeter, a communication device is required to transmit the dose data from the dosimeter to the online reporting system. The dosimeter must be within range of a communication device – either the InstaLink™3 Gateway (30 feet) or the smart device running the *Instadose Companion* mobile app (5 feet).

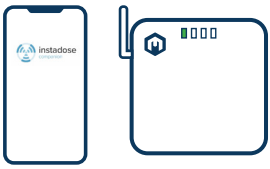
To find out which transmission methods are approved for your account and where they are located, please contact your account administrator.

Automatic Calendar-Set Reads

The Instadose®VUE dosimeter supports automatic calendar-set reading schedules programmed by your RSO or Account Administrator. On the designated day and time, the dosimeter will attempt to wirelessly transmit dose data to a communication device. If the dosimeter is not within range of a communication device at the scheduled time, the transmission will not occur, and an unsuccessful communication icon will appear on the dosimeter's display screen.

Manual Read

1. To perform a manual read. Move to within 30 feet of an InstaLink™3 Gateway, or within 5 feet of a wireless device (smartphone or tablet/iPad) with the *Instadose Companion* mobile app open and an active internet connection.



2 Press and hold the read button on the right side of the dosimeter for 2 seconds until the hourglass icon appears.

Connection with InstaLink™3 is active and device is uploading data to the reading device

3 If the transmission of dose data is successful, a checkmark icon will appear on the dosimeter screen. Transmission can be verified by logging into the *Instadose Companion* mobile app or your Amp+ (Account Management Portal) online account.

Communication Successful

On-Demand Communication Unsuccessful

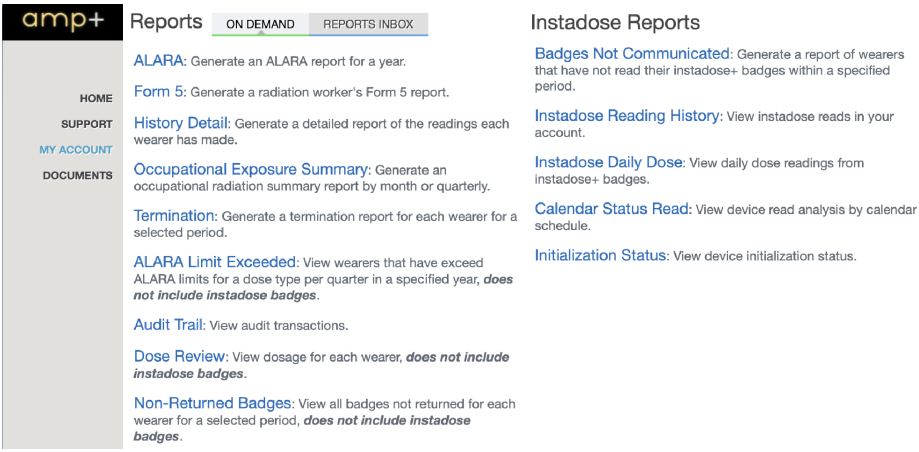
4 If the dosimeter shows the cloud warning icon (an exclamation point inside of a black triangle), the dose read/transmission was unsuccessful. Wait a few minutes and attempt the manual dose read again.

Accessing Dose Data & Reports

All standard monthly, quarterly and other frequency reports can be accessed via the AMP+ and *Instadose.com* online account management portals. Special Instadose® reports are available to assist in managing dosimeters and exposure data. The *Instadose Companion* mobile app allows a current and historical view of dose data via the selected smartphone or iPad.

On Demand Reports allow you to run on-demand reports for Instadose®VUE dosimeters.

The reports Inbox includes all other (non-Instadose) dosimeter reports, such as: TLD, APex, ring, fingertip, and eye dosimeters.



Mobile App (via a smart device)*

To view current and historical dose data, sign in to the *Instadose Companion* mobile app on your smart device.

*The app is only available for wireless Instadose® dosimeters.

1. Select the My Badge icon (at the bottom).
2. Select Read History.

All the successfully transmitted dose data in your dose record is viewed from the Read History screen.

Online – Amp+

To view dose data online or to print/email reports, sign into your AMP+ account and look in the right column for specific reports.

1. Under Reports, select the report type needed.
2. Enter the report settings.
3. Select "Run Report". Your report will open a new window where you can view, save or print the report.

Compliance Notice

FCC Compliance Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

CAUTION: The grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment has been tested and meets applicable limits for radio frequency (RF) exposure.

Canadian Compliance Statement

This device contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada license-exempt RSS(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

NOTE: This equipment has been tested and meets the applicable limits for radio frequency (RF) exposure under RSS-102.

REMARQUE: Cet équipement a été testé et respecte les limites applicables pour l'exposition aux radiofréquences (RF) sous RSS-102

Want to learn more?

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