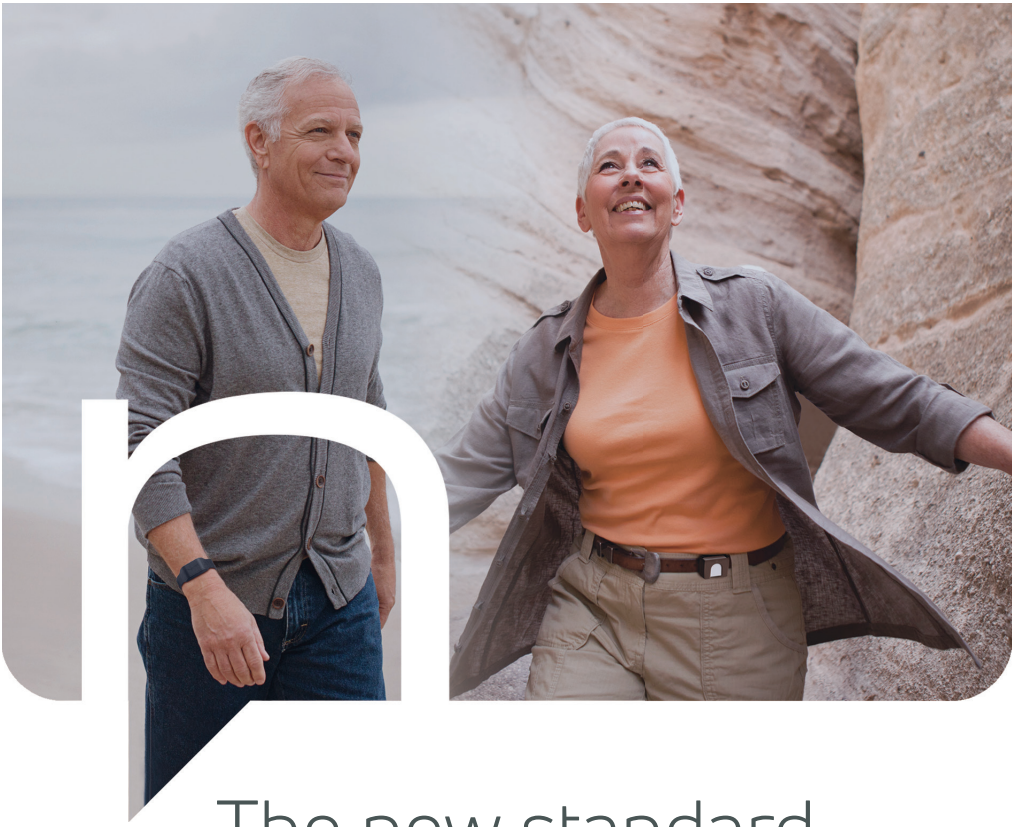

The new standard in fall detection.

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

mynotifi®

Stay fit. Stay safe. Stay notified.

User Manual

Immediately upon receipt of this package

Place your MyNotifi® device on the charger.
(See pages 6-7 of this booklet for charging instructions)

Load your Android® or iOS® app by going to the phone app store. Type in "MyNotifi" to load the app.

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 automatically activated 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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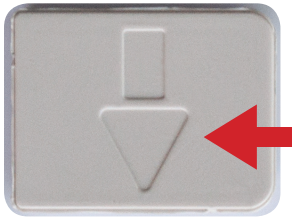
How to properly place the enclosure in the belt clip

Wearing MyNotifi® on the belt offers the smallest possibility for false alarms (less than a 2% chance), allowing you more flexibility.

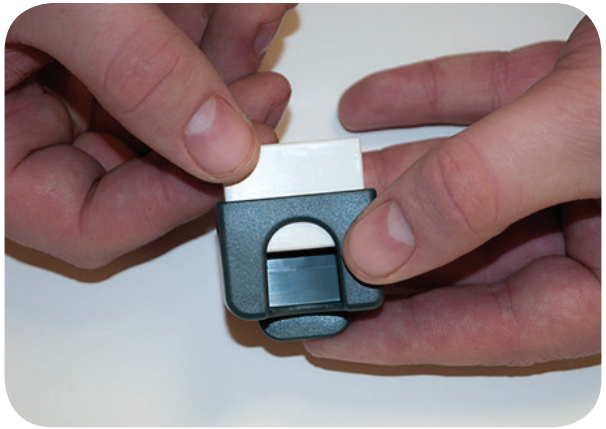
Before attempting to place the MyNotifi® device into the belt mount housing, please read and understand the following directions. Any other method of placing the enclosure into the belt mount housing will render the MyNotifi® device inoperable.

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. The device will be removed and shipped back to you. This service will incur further costs ($49.99).

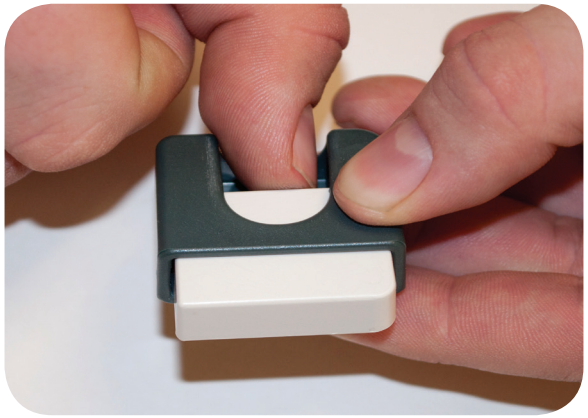
The MyNotifi® device (enclosure) has an embossed arrow, as seen below.



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.



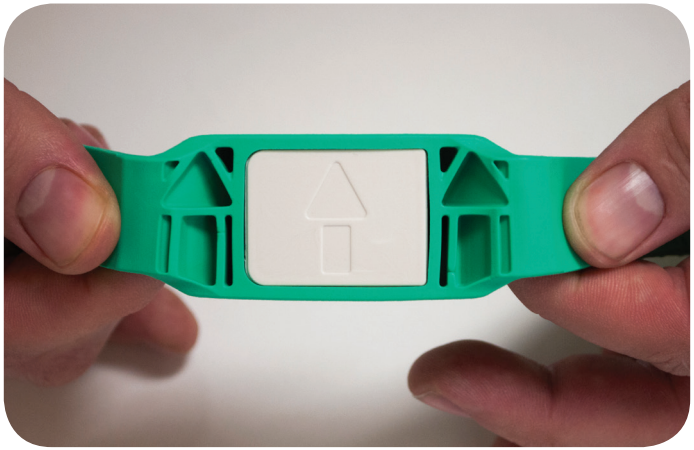
Remove enclosure by simply using your thumb to push the enclosure upwards and out of the belt clip.

NOTE

It is important that the device is placed in the belt clip and/or wristband for it to work properly. The rule of thumb is that the embossed arrow on the enclosure (device) is always closest to your body and always facing downward.

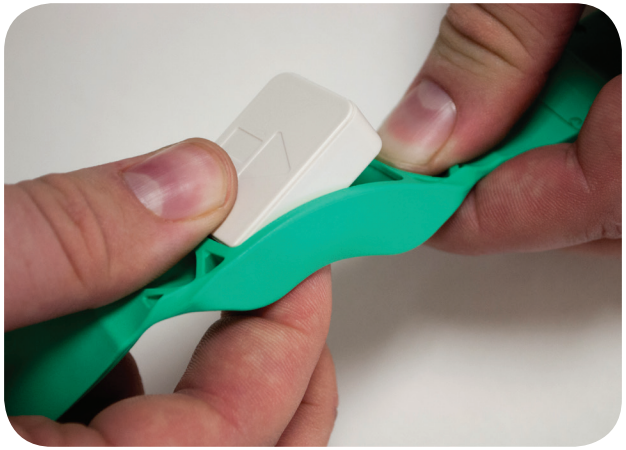
How to properly place the enclosure in the wristband

When worn in the wrist band, the arrow should be VISIBLE and the device (enclosure) should only fit one way into the wrist-band: 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 wrist-band (they should all point in the same direction). Using your fingers, simply slide the enclosure into the wristband.

Remove the enclosure by simply 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 6-7.

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 2.5 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

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 40 and 41 contain more information about the important “idle timer” feature.

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 the "tapping" test be performed daily. There are three simple tests you can perform:

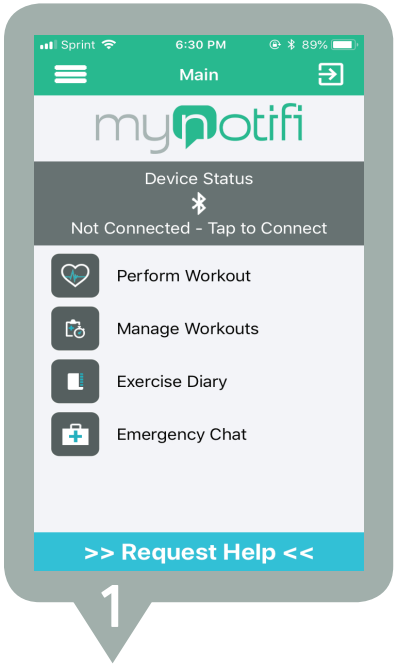
Accelerometer check

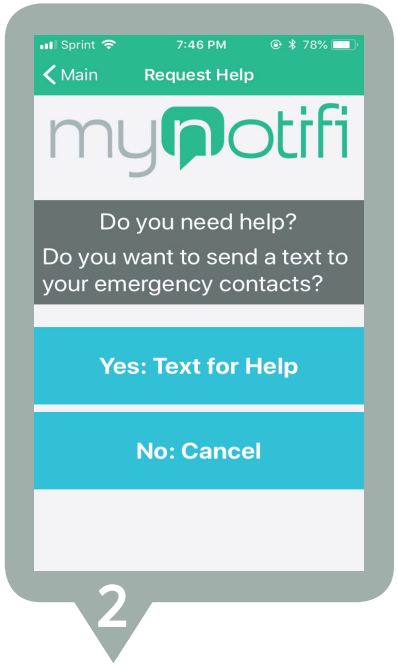
Create a "test" protocol following the instructions in this manual under the "How to create and edit protocols" section, pages 42-48. Name the protocol "test" and add the first exercise, "active resisted extension (wrist)" to it. The saved test will be in your "Manage Workouts" folder as "test".

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.

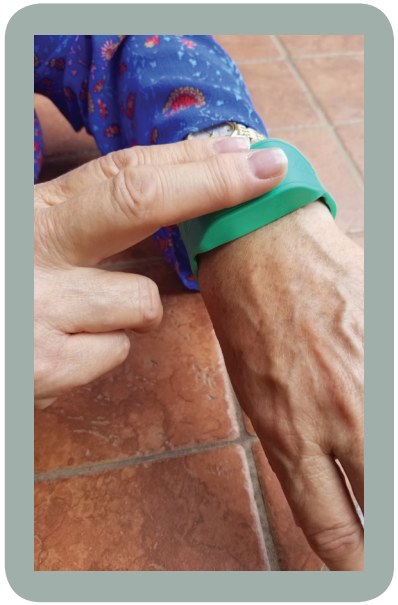
2. With Android®, you can either say "yes" or "no" or tap "yes" or "no". With Apple® (iOS), you must tap "yes" or "no".

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.

Tapping test

This test is designed to make sure the fall detection algorithm is engaged. Tap the device (wristband or belt clip) repeatedly until it triggers a fall detection. Depending on how hard and quickly you tap it may take 5 to 20 taps to trigger the alarm. Do not be afraid to tap it hard, you will not hurt the device.

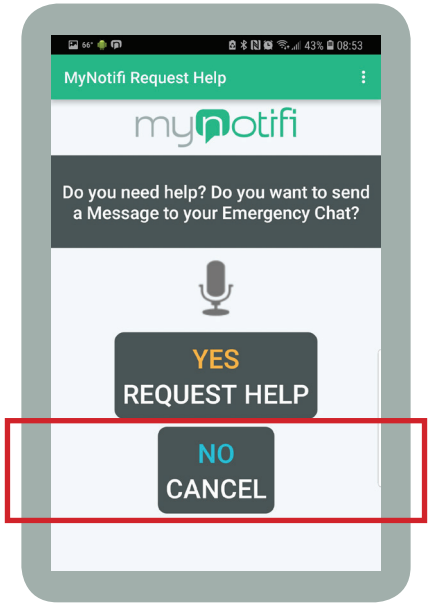


NOTE

We recommend practicing tapping so that you know exactly how to tap to trigger the notification. When practicing, simply tap the device to trigger a fall and then tap or or say "no". In doing so, your family will not receive a notification. When testing or using the tapping feature, it is engineered that you must wait 1 minute before attempting another tapping feature notification.

Once triggered, you only have to answer "no" or tap "no" in the app, as shown below, and you will know the tapping feature is working; no message will be sent to your family of caregivers.

This test can be performed as you deem appropriate; we recommend once daily.



Staying connected while in use

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 smart phone and MyNotifi® device in the same area when possible.

NOTE

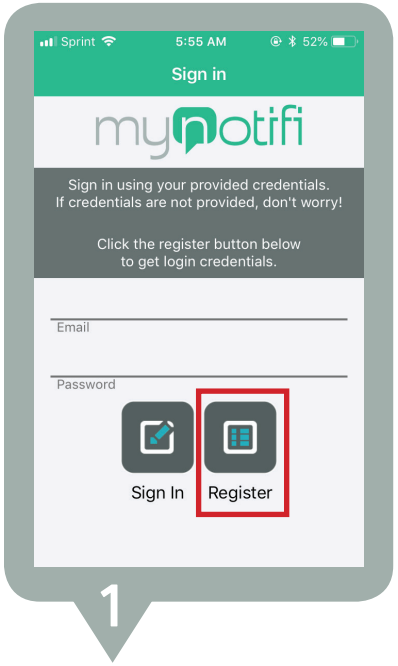
The armband can be worn on either wrist, however, it is recommended it be worn on the non dominant hand.

Registering MyNotifi®

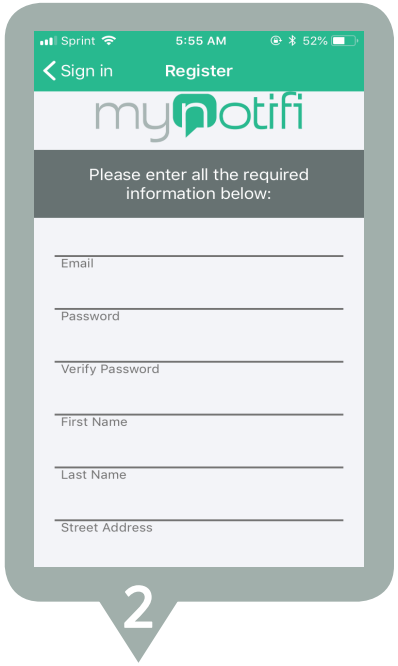
The process for registration is similar for both those using the device as well as providers of care:

- 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

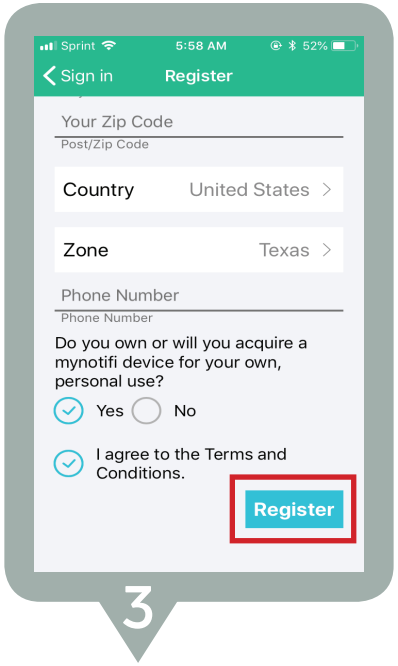
Through the phone app



1. Open the app, tap the "register" button.



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

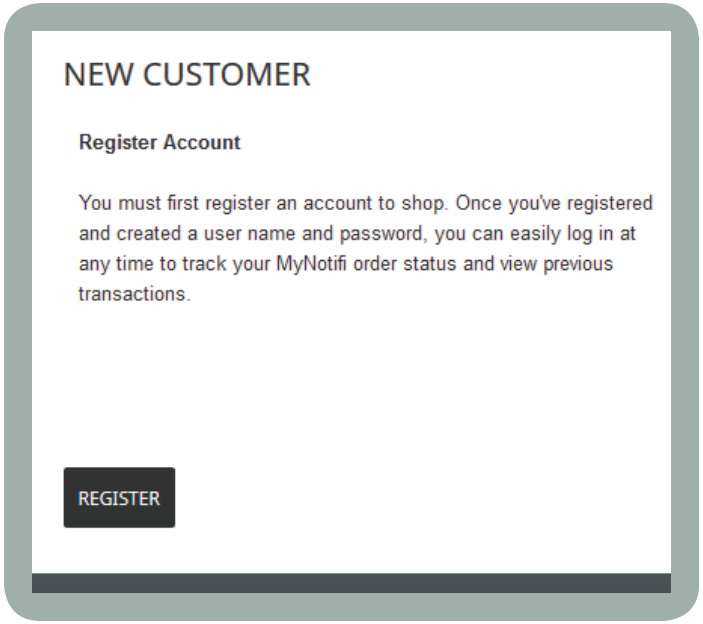


3. Once you register, the "sign in" button, as seen in step 1, can be used to access your online account if and when needed.

Through the website

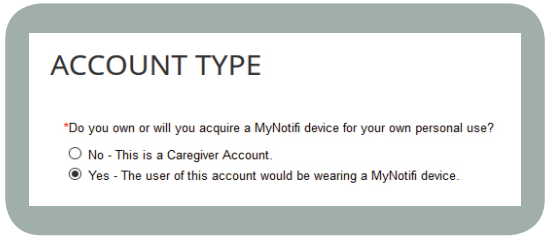
1. From the main page of **mynotifi.com**, click on Login. It is located at the top right of the page below the telephone contact number and to the left of the word "shop".

2. Click the "Register" button located beneath the NEW CUSTOMER - Register Account section.



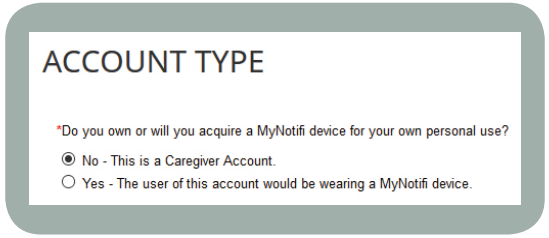
3. Fill in the information fields (all fields marked with a red asterisk MUST be filled out to continue registration).

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.

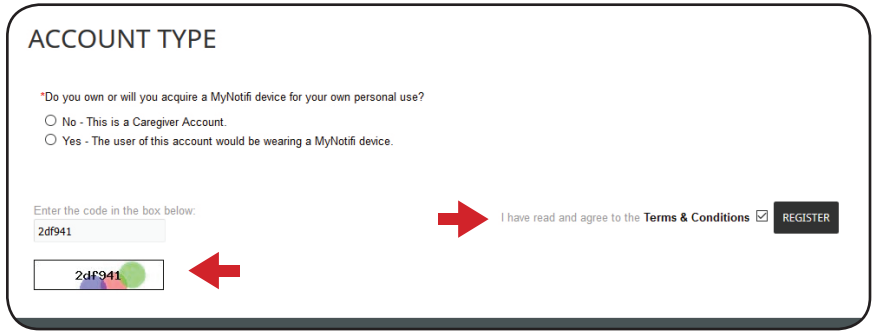
5. It is important that a client who is registering as a provider of care for the user of the device check the appropriate box on the registration field. Select "No - This is a Caregiver Account", as seen below.



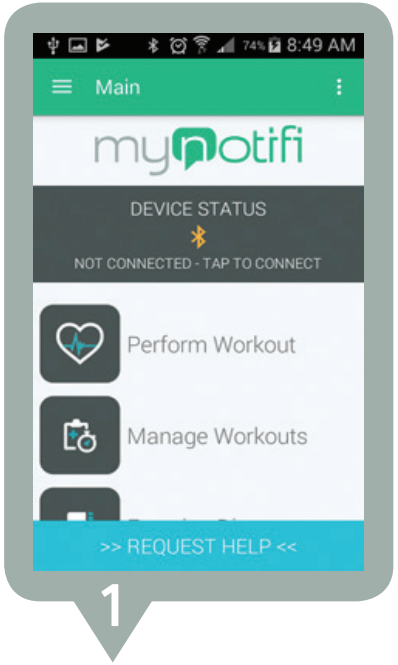
6. Fill out the captcha code located beneath the Account Type section.

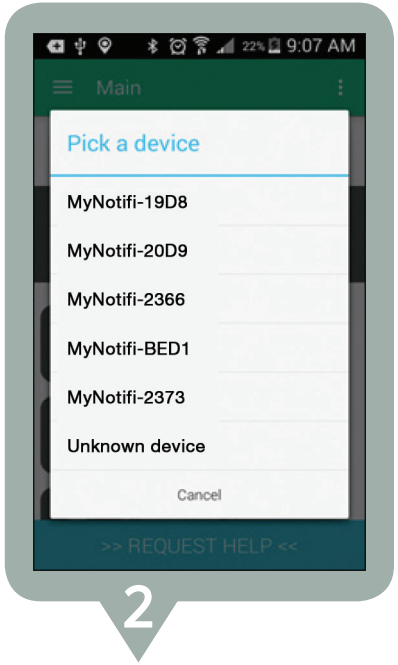
7. Read and check the Terms & Conditions box.

8. Click on Register.



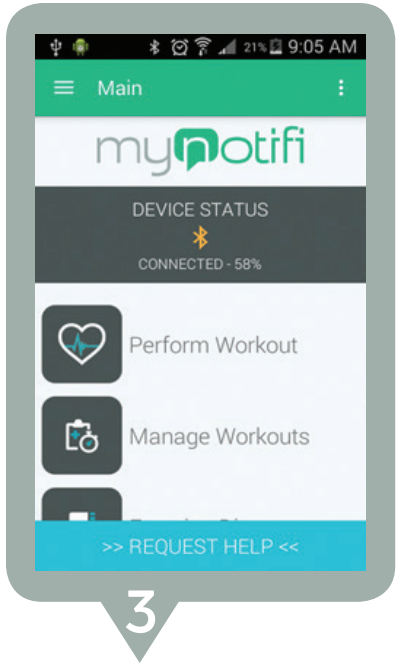
Pair and connect your smart device to MyNotifi®





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.



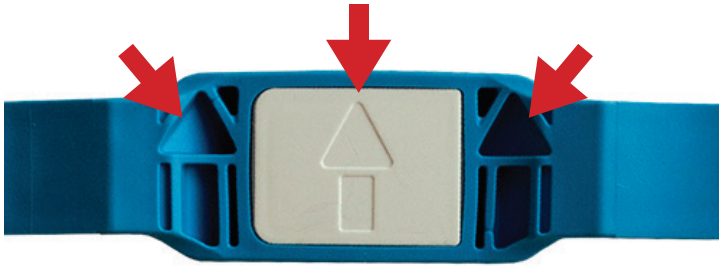
3. The app will then return to the home screen and "connected" will be shown in green.

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.

Wearing MyNotifi®

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 white 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.

It is also important that the device be worn snug on the wrist, as depicted on page 21, and not loose like a bracelet; this will mitigate the potential for false alarms.

NOTE

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

Most customers prefer wearing the device in the belt clip on the waist during normal activity. You MUST wear the device on the wrist or ankle for exercise periods or your data will not collect properly.

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 nighttime, as this too is a high risk time for falls.

NOTE

MyNotifi® fall detection does not work from the ankle.

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.

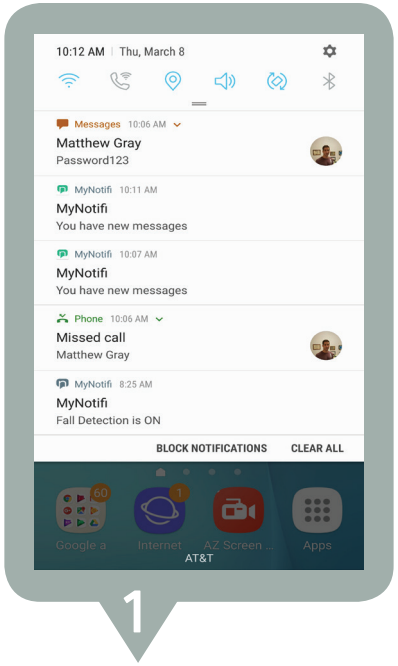
When worn on the waist, it is best to wear it towards the front of the waist to avoid bumping it with your hand.

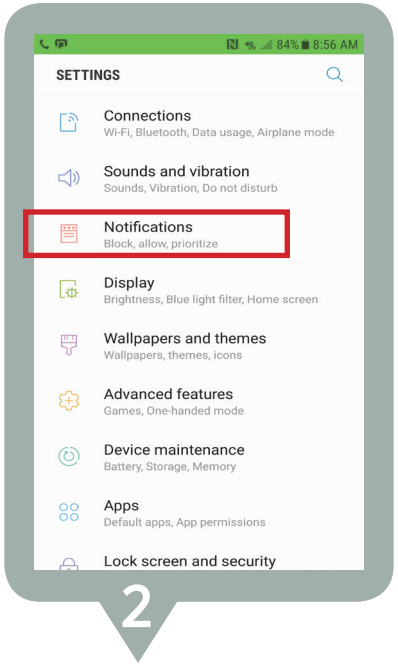
Continuous notification tones

When you or your family of caregivers load and register the MyNotifi® app, you are asked to turn on notifications. This must be done to produce an audible tone, in most cases a short "ding" informing you of voice messages, standard text messages, emails, and MyNotifi® messages.

Some smart phone software versions may produce a constant, audible tone to remind you of unread messages and/or voice messages that require your attention. This tone is not part of the MyNotifi® system, but is produced by the software in your smart phone, and can potentially be a nuisance. The instructions below will show you how to mitigate the constant tone.

The top left portion of your screen (if Android) or the top middle of the screen (if iOS) contains small icons that may look like a phone, text box, and even the MyNotifi® logo seen here:





1. Use your finger to touch the icons and swipe down. A window will appear and you will see the notification. You can tap on the notification to hear or read it and the notification will then disappear.

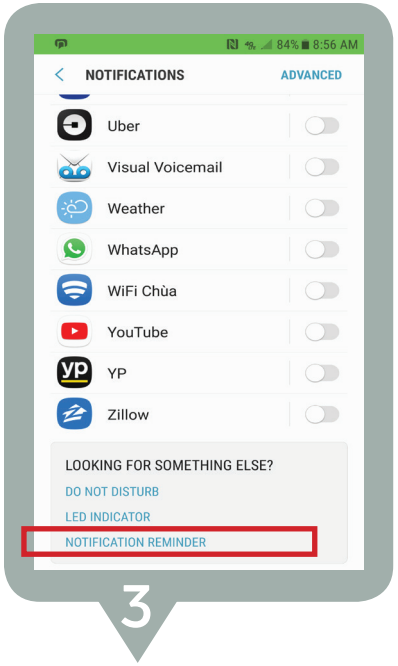
You can also "clear all". "Clear all" will only remove the icons from the top of your screen, and will turn off the constant "ding" until the next time you receive messages. "Clear all" will not delete the actual message, as that function must be performed from the appropriate place: text, voice message, etc.

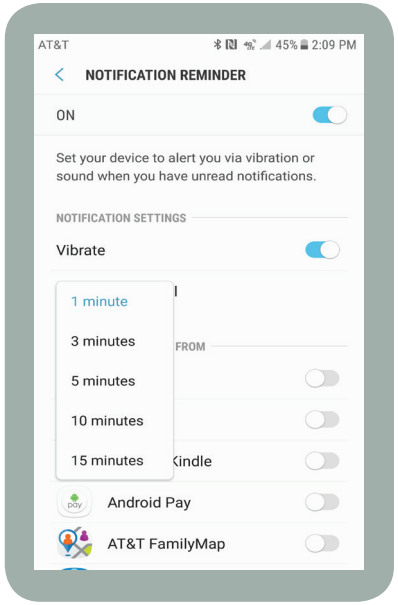
NOTE

Exercises can only be performed while wearing the device and wristband on the wrist or on the ankle. Fall detection does not work from the ankle.

2. You can change your smart phone settings to avoid the constant "ding" if you are not satisfied with how step one operates. It is not advisable to turn off notifications completely, as you will not hear them at all.

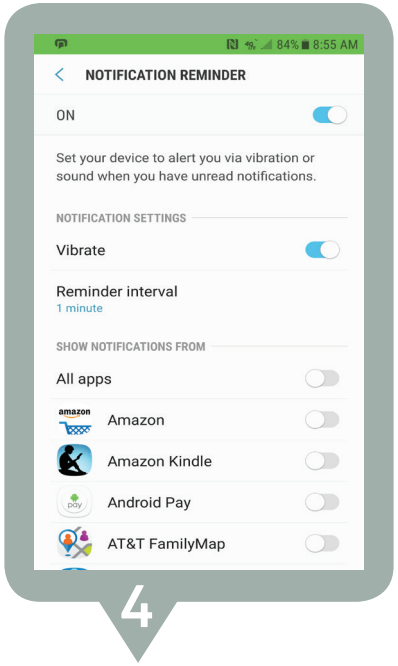
Tap the "settings" icon. You will see a screen similar to the one pictured above. Tap on "notifications".





3. After tapping "notifications", you will see the screen pictured above left. Tap "notification reminder" (you may have to scroll down to find this setting).

You will advance to a screen that shows "reminder intervals" (not all smart phones have this feature). Tap "reminder intervals" to see the drop down window, then select the interval that best fits your needs.

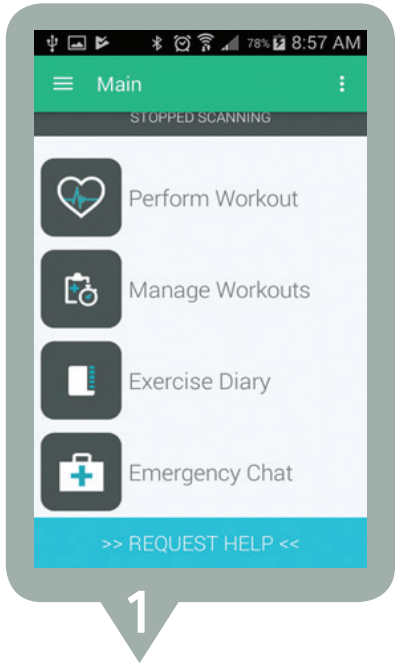


4. From this screen you can turn on or off any number of app notifications to further avoid the constant "ding". First, make sure that your notifications are on (as depicted in the screenshot above). You can scroll down the list of apps to turn them on or off by tapping to the right of the app icons.

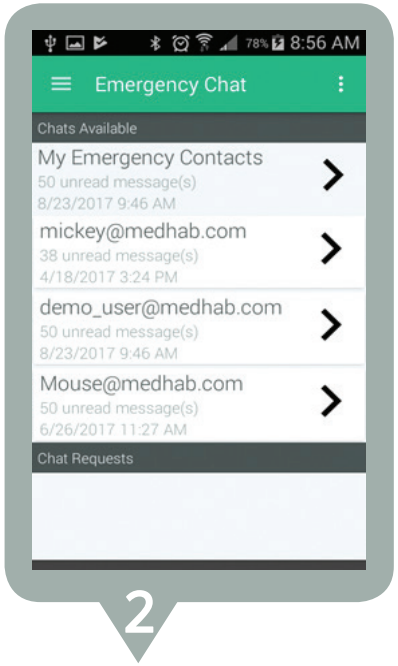
It is not advisable to turn off your text messages, voice messages, or MyNotifi® notifications.

Adding emergency contacts

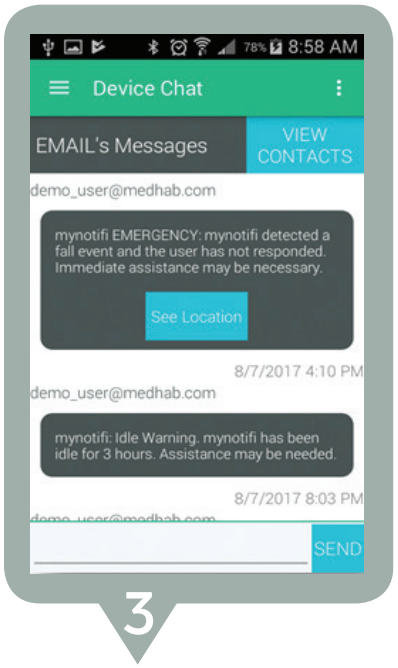
Emergency contacts are those persons you elect to support you. For your family and friends to be a part of your support group, they must first register a MyNotifi® account at www.mynotifi.com. You can send your contacts a request to join your support group using the email address they registered their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



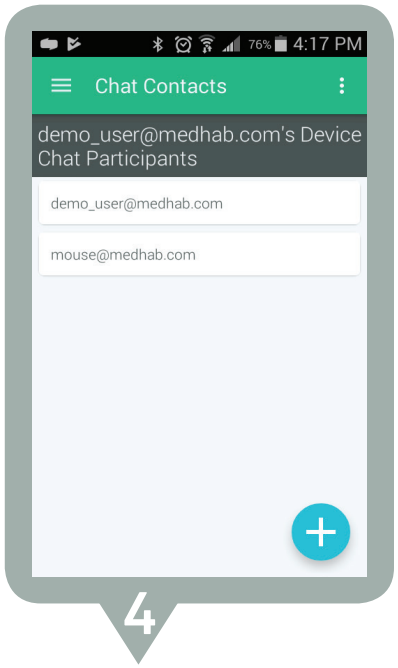
1. From the "home screen" tap on "emergency chat." The app will forward you to "chat messages" and open your email address book.



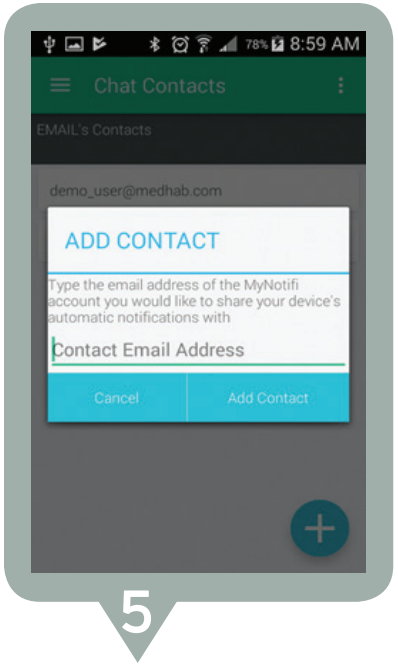
2. Tap on "my emergency contacts." You will be directed to a message log screen.



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.



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.

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.

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 of a fall, the screen pictured on page 33 will appear on your phone, regardless of phone activity, and will audibly ask: "MyNotifi® detected a fall. Did you fall"? You will then tap "yes" or "no", and the appropriate text will be prepared for transmission to your support group.

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®.

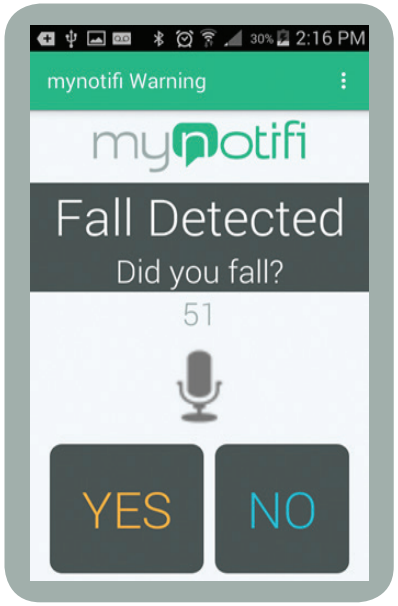
The MyNotifi® application employs a technique by which it attempts to discover a more accurate position in the time after an emergency event (fall detection or help request) occurs. If a new, more accurate location is discovered, MyNotifi® will report this new location to your group of caregivers.

If a fall occurs and MyNotifi® does not detect the fall, or if you are on the ground for any reason and cannot get up, you can activate the fall detection feature by tapping on the device repeatedly until the feature is activated (see page 10 for more).

— Tap the face of the device when worn on the belt.

— You can tap on the top of the wristband.

— If you are on the floor, you can: strike the device on the floor with your palm facing upward, strike the device on the floor with the device facing downward, or strike the device on the floor with the heal of your hand.



NOTE

Make sure the wristband is making contact with the floor before other parts of your arm make contact.

The amount of tapping to trigger an alarm varies, and is dependent upon the way in which the user performs the tapping. It is important to continue the movement until the alarm is generated.

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.

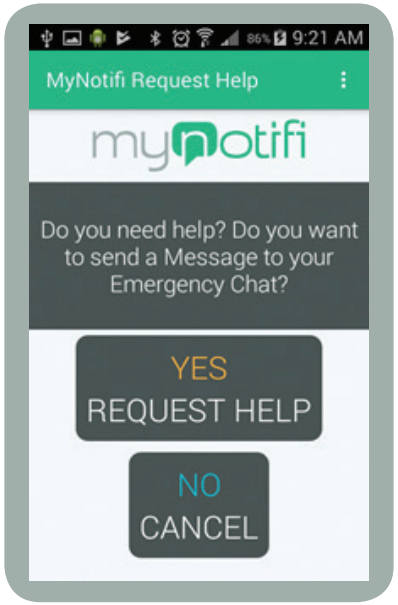
With this in mind, MyNotifi® offers not only fall detection, but several mitigating features that greatly diminish the potential of finding a loved one in a compromised situation where time is of the essence. These unique features offer additional protection, and keep ones family of caregivers constantly 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 and "tapping" feature are 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 35 - 41.

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. You will then see a "request for help sent" confirmation.