易走健康毯
Egomat
(FIT1-DAM-BT-SYS-R11)

簡易安裝手册
Quick Installation Guide

v1.11

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簡介

易走健康毯（Egomat）是另一種健康生活的新選擇，當外面颳風下雨時，使用者還是可以在家中輕鬆的運動。易走健康毯有兩種模式：輕鬆走與健康跳。

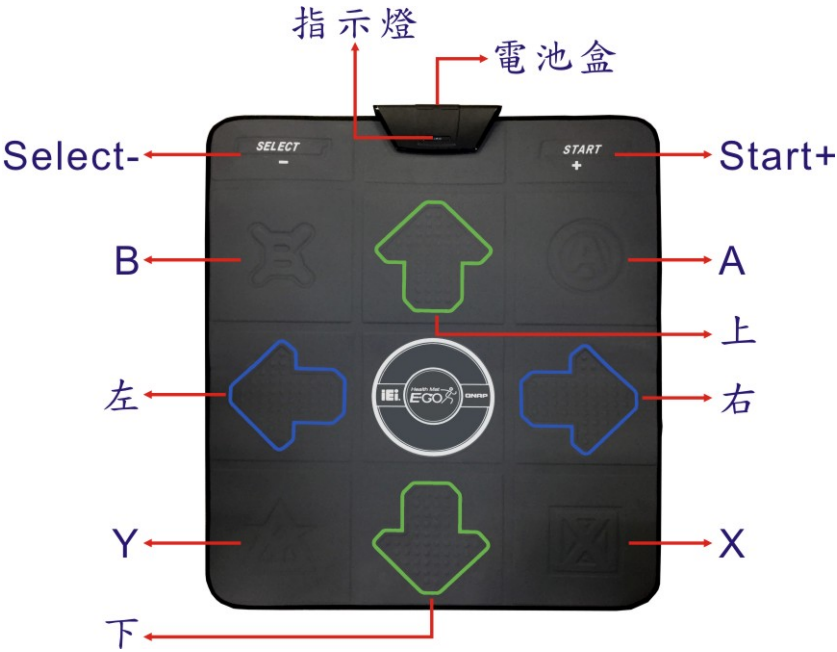
選擇【輕鬆走】模式時， 使用者可以很輕鬆地在家中一邊走路一邊看YouTube。使用者可以設定自己要走的步數, 在家輕鬆達成每日運動的目標。選擇【健康跳】模式時，使用者可以挑選自己喜歡的歌曲，選擇難易度，跟著歌曲的律動在家中健康的舞動。

易走健康毯使用藍牙連線, 馬上連馬上玩, 還可以將每天運動的資料上傳到雲端爲自己的健康做記錄。

規格

	易走健康毯
SoC	具有單週期32位元乘法的32位元處理器，工作頻率高達48 MHz
記憶體	128 KB 快閃記憶體 16 KB SRAM 記憶體
傳輸方式	低功耗藍牙 (Bluetooth Low Energy, BLE) 無線傳輸
按鍵	2 個功能鍵 8 個普通鍵
電源(電池)	9 V電池 (PP3) (9.7 V ~ 5.4 V)
操作溫度	0~40°C
儲存溫度	0~50°C
濕度	0~95% 無冷凝
尺寸	930 mm (長) x 830 mm (寬) x 7 mm (高)
重量	300 g
承重上限	100 kg

易走健康毯使用介面與功能



按鍵	功能
Select-	選擇 / 停止鍵。踩到Select時,銀幕會跳出視窗詢問是否要停止回首頁。Bluetooth 進入休眠時可踩 Select 喚醒。
Start+	暫停 / 啓動。踩一下暫停，再踩一下啓動繼續。
⬆	方向鍵往上
⬇	方向鍵往下
➡	方向鍵往右
⬅	方向鍵往左

模式	使用方式
輕鬆跳	跳舞時，請用腳踩踏與銀幕顯示對應的方向鍵
健康走	走路時，請輪流用腳踩踏 B 及 ⬆ 鍵來進行走路模式

易走健康毯安裝設定

步驟 1: 用螺絲起子將電池蓋上的螺絲解開後，打開電池蓋，接著裝入一個 9V 電池，蓋上電池蓋。（本產品會隨貨附贈一個 9V 電池。)

步驟 2: 裝入電池後，打開黑盒子後方的電源開關。此時前方藍色燈號會亮起。

步驟 3: 依據所使用的手持裝置系統切換爲 iOS 或是 Android。

iOS 模式：將後蓋的開關切換到 iOS 即可改爲 iOS 模式

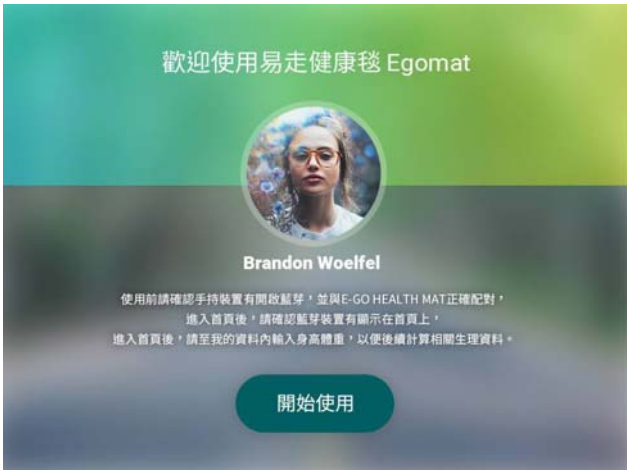
Android 模式：將後蓋的開關切換到 Android 即可改爲 Android 模式

步驟 4: 打開手持裝置的藍牙，搜尋並點選 “E-GO Mat” 來配對。一旦連線成功，健康毯前方的藍色燈號會開始閃爍。

步驟 5: 用配對好的手持裝置掃描下列的 QR Code 來下載安裝 Egomat App。

步驟 6: 開啓 Egomat App，手持裝置上將會出現如下的登入頁。請點選 “Facebook 登入”，並使用你的 Facebook 帳號來登入。

步驟 7: 順利登入後，會出現如下的歡迎頁面。點選 “開始使用” 來進入首頁。



步驟 8: 初次使用的使用者請先至“我的資料”內輸入身高體重，以便後續計算相關生理資料。輸入完資料後回到首頁，選擇“健康走”或“輕鬆跳”即可開始運動。或是踩踏毯子來選擇使用者所需的項目：

踩 ⬆ 爲【健康走】

踩 ➡ 爲【輕鬆跳】

踩 ⬇ 爲【我的資料】

踩 ⬅ 爲【我的記錄】

小提示:

在使用健康走時，如想搜尋YouTube影片，請先將 Egomat 的開關關起後，使用手機或平板鍵盤搜尋，搜尋結束後再開啟 Egomat 開關，踩 Select 確認連線成功即可繼續使用。

Egomat (IEI Cloud)

除了在手持裝置上可以看到使用者運動的記錄，使用者也可以透過網路進入IEI雲端資料庫去查詢自己過去的運動記錄。

步驟 1: 打開瀏覽器進入: http://cloud.ieiworld.com/e-go/

步驟 2: 使用者須使用 Facebook 帳號登入。

步驟 3: 登入後可以選擇要查看健康走、輕鬆跳或體重/BMI 的記錄。

過去使用過的記錄都會儲存在雲端，方便使用者隨時查詢自己過去的運動記錄，使用者也可以選擇將自己的記錄分享在 Facebook 上跟好友分享自己努力運動的成果。

小提示：手機螢幕太小看不清楚，想要把手機或平板螢幕投影到電視怎麼辦?

1. 智慧型電視 Smart TV

只要是有支援 Wi-Fi Certificated Miracast 認證的手機/平板（Android 4.2以上並且有支援 Wi-Fi Miracast 的手機即可，因品牌機型太多故無法逐一列載），就可以直接透過點對點的無線傳輸方式，將畫面投放到電視上，過程中無需任何連接線。Android系統的手機或平板的使用者，只要將系統中的Miracast功能開啓就可以偵測。 iOS系統則是透過Apple TV 的Airplay或是經過Apple認證的HDMI轉接線材即可投影。

2. 一般電視 Standard TV

使用者需購買一隻電視棒（支援HDMI端子或USB端子）。若您是Android系統使用者，建議您購買Google Chromecast 電視棒；若是iOS系統使用者，建議您購買Apple TV或是經過Apple認證的HDMI轉接線材。

Introduction

The Egomat offers you a brand new choice for healthy life. It allows people to do exercise at home casually even when it is raining or windy outside. The Egomat provides two different exercise modes: Healthy Walk and Easy Jump.

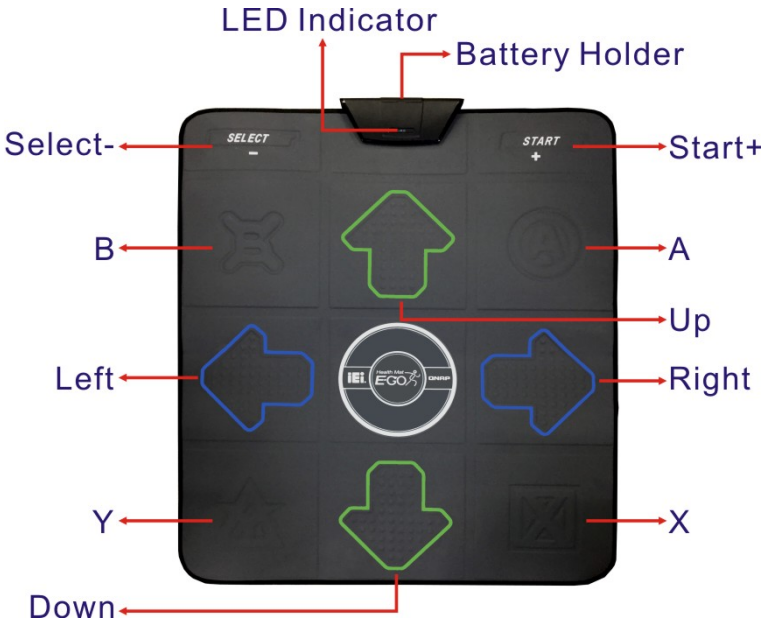
In the Healthy Walk mode, the user can walk and watch YouTube video at the same time. The user can set a goal for a daily number of steps and reach the goal at home easily. In the Easy Jump mode, the user can choose a favorite song, select the difficulty, and follow the melody to dance at home.

Egomat uses Bluetooth technology to connect with device wirelessly. In addition, the daily exercise data can be uploaded to the cloud for future reference.

Specifications

	Egomat
SoC	32-bit processor with single-cycle 32-bitmultiply, operating at up to 48 MHz
Memory	128 KB flash memory 16 KB SRAM memory
Communication	Bluetooth Low Energy (BLE), wireless communication
Button	2 x Function button 8 x Standard button
Power (Battery)	9 V battery (PP3) (9.7 V ~ 5.4 V)
Operating Temperature	0~40°C
Storage Temperature	0~50°C
Humidity	0~95%, non-condensing
Dimensions	930 mm (L) x 830 mm (W) x 7 mm (H)
Weight	300 g
Weight Limited	100 kg

Egomat Interface and Functions



Button	Function
Select-	Select / Stop. When pressing the Select button, a warning message prompts to confirm whether to stop game and return to the home page. Press the Select button to wake Bluetooth from sleep.
Start+	Pause / Start. Press to pause, press again to continue.
⬆	Up
⬇	Down
➡	Right
⬅	Left

Mode	How to Use
Easy Jump	Press the correct directional buttons on the Egomat that correspond to the arrow on-screen
Healthy Walk	Press B and ⬆ buttons one after the other repeatedly

Egomat Installation

Step 1: Use a screw driver to remove the retention screw in the battery cover. Open the battery cover and insert the 9 V battery that came with the Egomat into the battery compartment. Secure the battery cover with the previously removed retention screw.

Step 2: Turn on the Egomat with the switch located below the battery holder. Once turned on, the blue LED indicator on the front lights up.

Step 3: Switch to iOS mode or Android mode according to the mobile device you are using.

iOS mode: switch to iOS mode with the switch located below the battery holder.

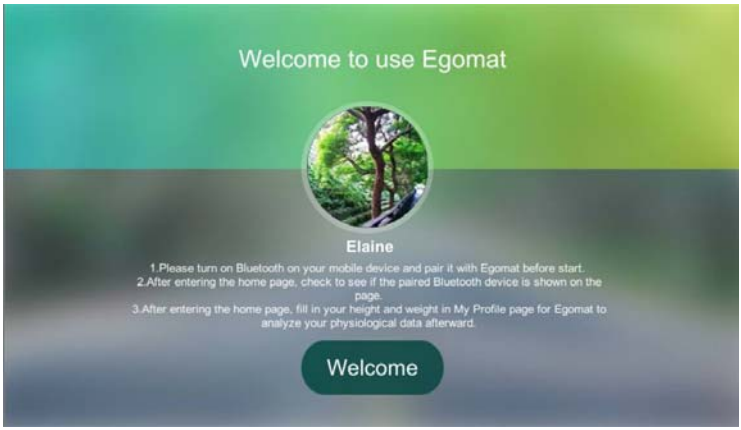
Android mode: switch to Android mode with the switch located below the battery holder.

Step 4: Turn on Bluetooth on your mobile device. Search for “E-GO Mat” and pair with it. The blue LED indicator of the Egomat starts blinking when the Egomat successfully pairs with your mobile device.

Step 5: Use the paired mobile device to scan the QR Code below to download the Egomat App.

Step 6: Launch the Egomat App. The following login page appears on your mobile device. Click “FACEBOOK Login” and login with your Facebook account and password.

Step 7: The following welcome page appears. Click “Welcome” to enter the home page.



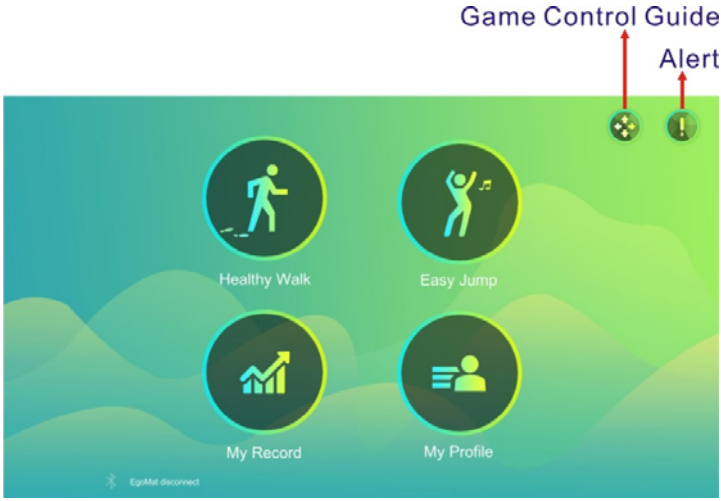
Step 8: If you are a first-time user, go to “My Profile” page to fill in your height and weight for the Egomat to analyze your physiological data afterward. Then, return to the home page and select “Healthy Walk” or “Easy Jump” to start exercising. You can also press the button of the Egomat to select an option:

Press ⬆ : Healthy Walk

Press ➡ : Easy Jump

Press ⬇ : My Profile

Press ⬅ : My Record



NOTE:

If you want to search video on YouTube during Healthy Walk, turn off the Egomat first then use your smartphone or tablet to search for video. When searching is completed, turn on the Egomat and press the Select button to pair with your mobile device and continue to walk with Egomat.

Egomat (IEI Cloud)

The user can check his/her exercise record on his/her mobile device. In addition to that, the user can check the record history by accessing the IEI cloud database through Internet.

Step 1: Go to http://cloud.ieiworld.com/e-go/en

Step 2: Login with your Facebook account.

Step 3: The following page appears. Choose to see the record of Healthy Walk, Easy Jump or Weight/BMI.

The record history will be saved in the cloud, allowing users to check their exercise record anytime. Users can also post their record on Facebook to share their hard work on exercise with their friends.

NOTE:
The mobile phone screen is too small to see. How to display the screen of the mobile phone or tablet on TV?

1. Smart TV
All the mobile phones or tablets that support Wi-Fi Certificated Miracast (there are so many brands and models and we can not list them all, all mobile devices with Android 4.2 and above that support Wi-Fi Miracast should be able to support this function) can be mirrored to a smart TV through the point-to-point wireless transmission technology without using any cable. The Android screen can be mirrored by turning on the Miracast function; the iOS screen can be mirrored by using AirPlay through Apple TV or by using Apple-certified HDMI adapter cable.

2. Standard TV
You need a dongle with HDMI or USB interface that supports wireless video streaming. If you are using Android mobile device, we recommend that you purchase a Google Chromecast; if you are using iOS device, we recommend that you purchase an Apple TV or an Apple-certified HDMI adapter cable.

Federal Communication Commission Interference Statement
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.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.
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, and (2) this device must accept any interference received, including interference that may cause undesired operation.
FCC Radiation Exposure Statement: