



QUICK USER GUIDE

(FOR PATIENT)

Connected insoles

User guide



Version 2019

Table of content

P.02

**INTRODUCTION
& PRODUCT
COMPONENT**

P.03

**PRODUCT
SETUP**

P.04

**USE OF
THE INSOLES**

P.06

**INSTALL
FEETME®
EVALUATION**

P.08

**DETECT
AND
CALIBRATE
THE INSOLES**

P.11

**HOME
EVALUATION**

P.14

**ACCESSING
DATA**



Introduction & product components

Introduction

FeetMe® device is a medical device for both healthcare professionals and patients. It allows :

- Patients to perform walking tests at home or at a health center;
- Healthcare professionals to access test results for biomechanical analysis.


This device contains :

- FeetMe® Monitor connected insoles;
- FeetMe® Evaluation mobile app;

Kit content

In this kit you will find:

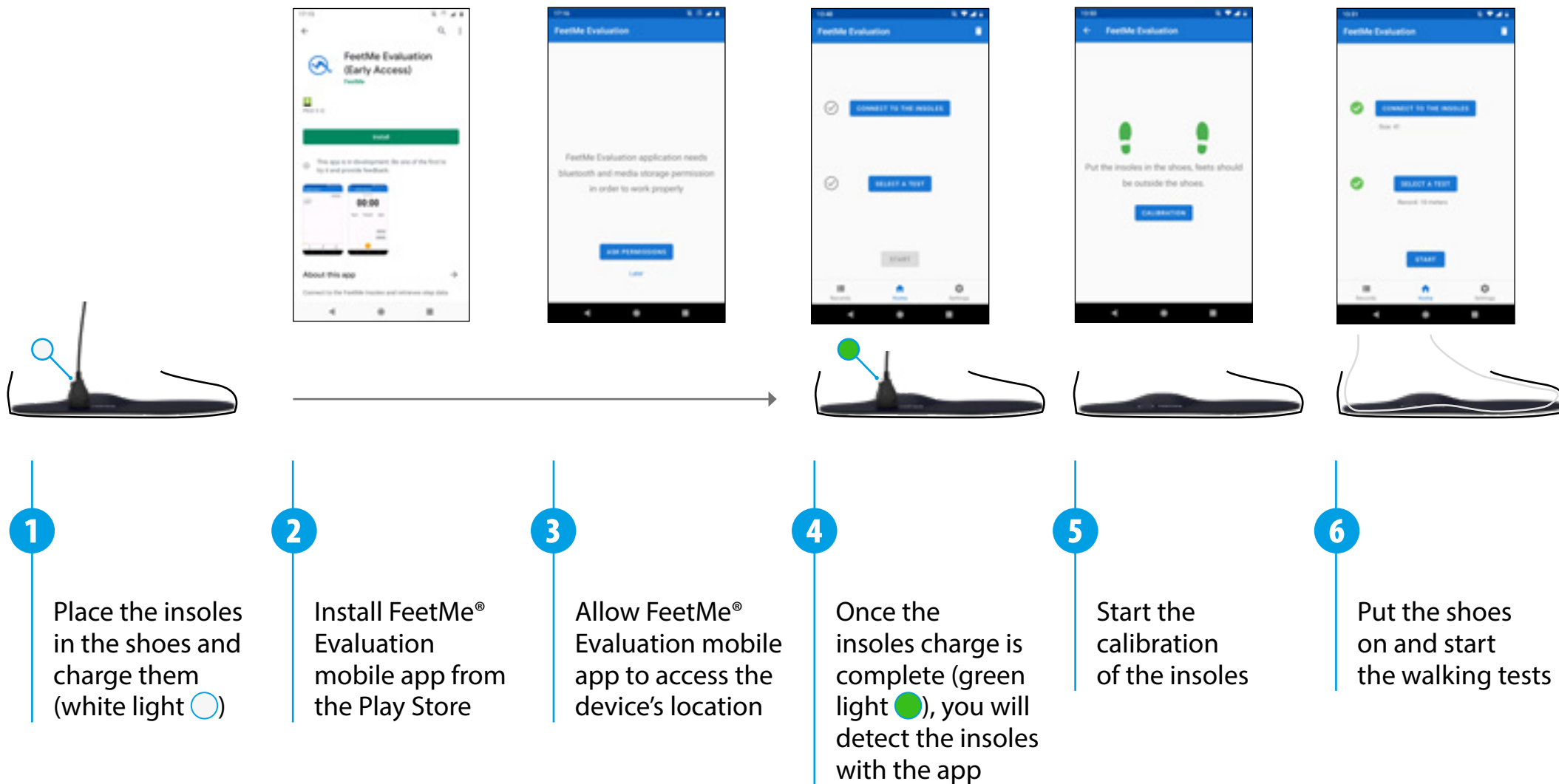
- One pair of FeetMe® Monitor connected insoles ;
- One charge cable with double induction head ;
- A wall adapter for the charging cable.

 *FeetMe® Evaluation mobile app can be downloaded and installed from your smartphone.*




Product setup

Installation



Use of the insoles

Place the insoles in the shoes

 *It is important to first remove any other insole destined for either cleanliness or comfort.*

Charging the insoles with a unit charger

In order to charge the insoles, connect the charger to a power outlet then position the magnetic charger head in the area identified by a round mark. Use the wall adapter specified in §15 (order from FeetMe if needed).

Use the supplied AC adapter or, alternatively, use a adapter complying with the IEC 60601-1 standard.

 *It takes approximately 2.5 hours for a complete charge of the insoles.*







Use of the insoles

Charge light indicator

When the insoles are charging, the light indicator of the chargers is solid white. Once the insoles are charged, the indicator light turns green.

- 1 The charge light indicator is located on each charge lead head. The light indicator is flashing white when an insole is incorrectly positioned, the insole is not charging.



			
LIGHT OFF	DISCONTINUOUS WHITE	CONTINUOUS WHITE	CONTINUOUS GREEN
Cable not powered or powered without being positioned on the insole.	Insole poorly positioned	Charging	Charged

 *The insoles can be charged even when they are inside the shoes.*

 *The insoles return to sleep automatically when not in use.*



Install FeetMe® Evaluation

06

Installation (or reinstallation)

 *FeetMe® Evaluation app is already installed on the smartphone that comes with the kit.*

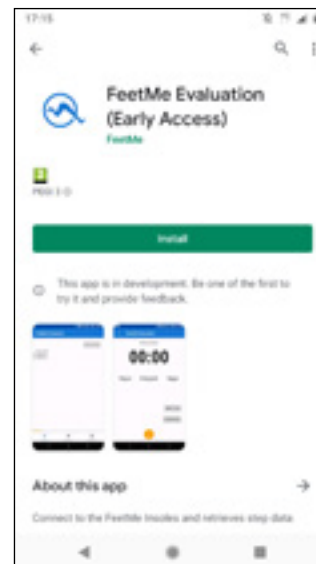
To install it on another smartphone, here are the steps to follow: FeetMe® Evaluation application is available to download for free from the Play Store. Its installation is similar to other applications. It is necessary :

- 1** **INSTALL** FeetMe® Evaluation application.
- 2** Then, once FeetMe® Evaluation is installed, connect to the application with the button **SIGN IN WITH EMAIL**. You will need to register a username and password.

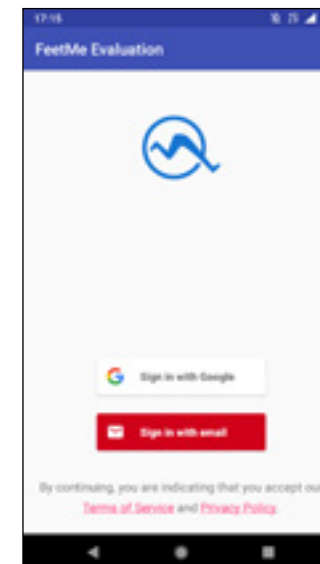
 *You can also log in directly with a valid Google Account.*

Update the application

Like with any other smartphone application, FeetMe® Evaluation updates are available at the Play Store in both manual and automatic mode depending on the smartphone settings.



1



2

Install FeetMe® Evaluation


First use

For its proper functioning, the application FeetMe® Evaluation must be able to use certain features of your smartphone (Bluetooth, geolocation and access to files).

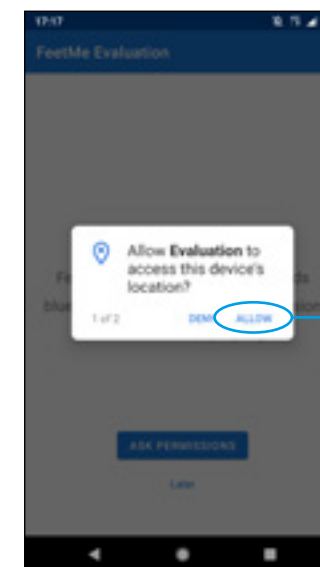
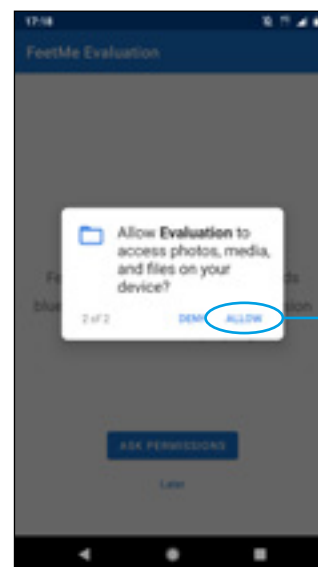
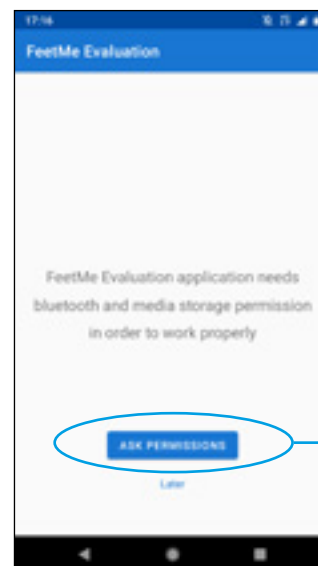
The first time the app tries to connect to the insoles, it will ask you for permission to use certain features of your mobile phone.

For this, you will need to :

- 1 Click on the button **ASK PERMISSIONS**. If you choose « Later », FeetMe® Evaluation app will not work until you give it this permission.
- 2 Click on **ALLOW** the application to access the mobile phone's location.
- 3 Click on **ALLOW** the application to access the files on the mobile phone.

 *Be careful, if you do not grant all these permissions by clicking on **REFUSE** FeetMe® Evaluation app will not be fully operational.*


 *This step only occurs the first time or during a reinstallation of the application.*



Detect and calibrate the insoles


Detecting insoles

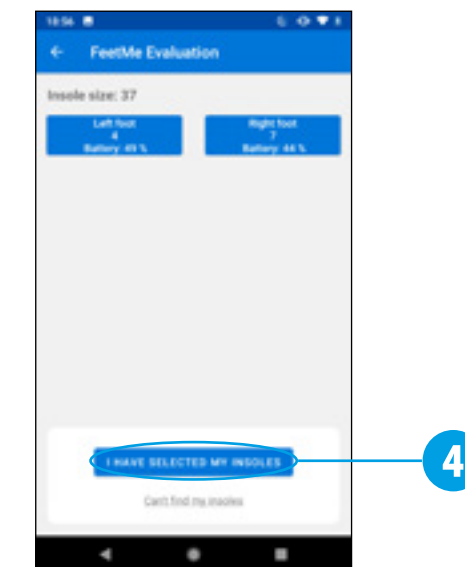
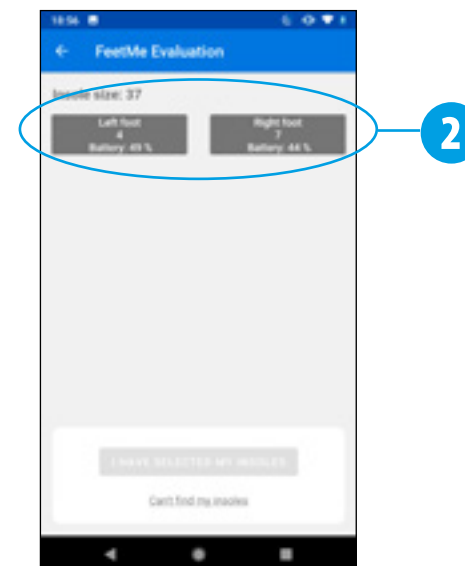
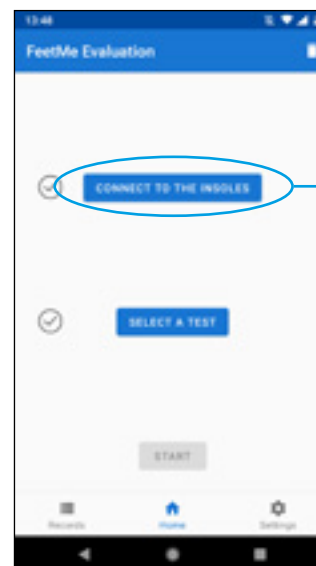
The insoles must be charged, placed in the shoes, put on a flat surface and close to the smartphone (less than 5 m).

 Note the white tick mark (✓) to the left of the **CONNECT THE INSOLES** button, which indicates that the insoles have not yet been detected by the FeetMe® Evaluation application.

Steps to detect the insoles :

- 1 Click on **CONNECT THE INSOLES**.
- 2 You will see a button for each insole found by FeetMe® Evaluation application (**LEFT FOOT...** and **RIGHT FOOT...**). Click on these buttons to select a pair of insoles.
- 3 When one of the insoles is selected, the button corresponding to this insole becomes blue (for instance **LEFT FOOT...**).
- 4 When you have selected a pair of insoles, you can click on **I HAVE SELECTED MY INSOLES** to switch to the connection and calibration page.

 If FeetMe® Evaluation app does not detect your insoles, please see page 09.




Detect and calibrate the insoles

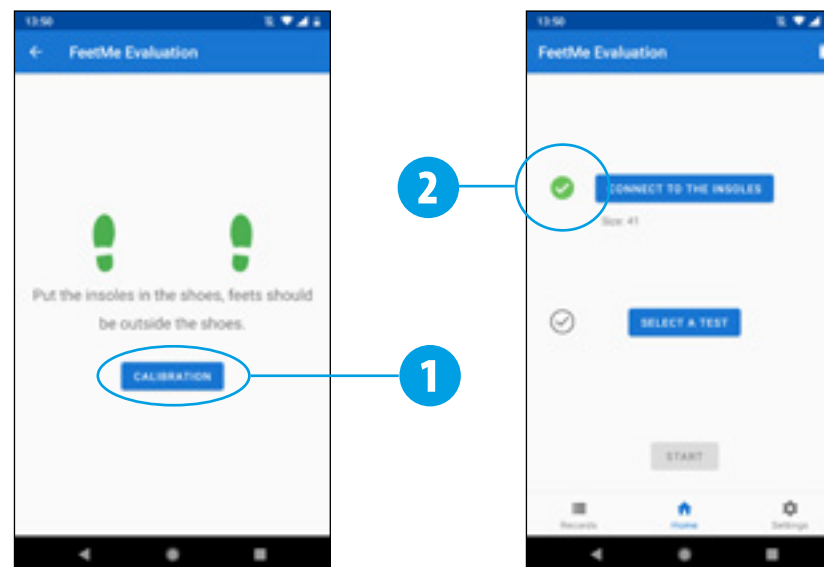
09

Calibrating the insoles

FeetMe® Evaluation application to calibrate your insoles, if they are charged, placed on a flat surface and close to the smartphone (less than 5 m).

 Your feet must stay outside of the shoes during this process.

- 1 To start the calibration, click on **CALIBRATION**.
- 2 Once the calibration is complete, the insoles are ready for use. Notice the green tick mark on the left  of the **CONNECT INSOLES** button which indicates that FeetMe® Evaluation app is correctly paired with your insoles.



Detect and calibrate the insoles

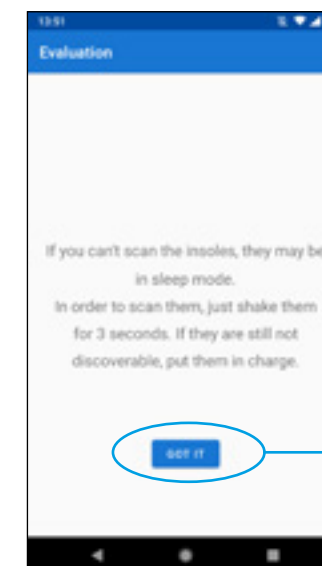
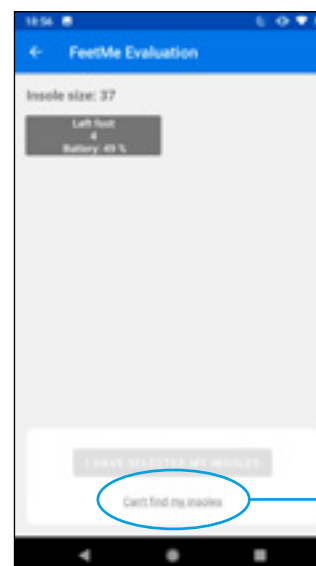
10

You can not find your insoles during the detection

FeetMe® Evaluation application can only detect your insoles, if they are charged, placed near the smartphone (less than 5 m).

If, in spite of this, the application does not detect your insoles, they may be on standby. In order to get the insoles out of this standby state, shake them for 3 seconds.


- 1 If FeetMe® Evaluation app could not find your insoles when placed nearby, you will see this screen.
- 2 You can refer to the help to find all these indications, by clicking on **CAN'T FIND MY INSOLES**.
- 3 Click on **GOT IT** to exist this screen.



Home evaluation


Select a test

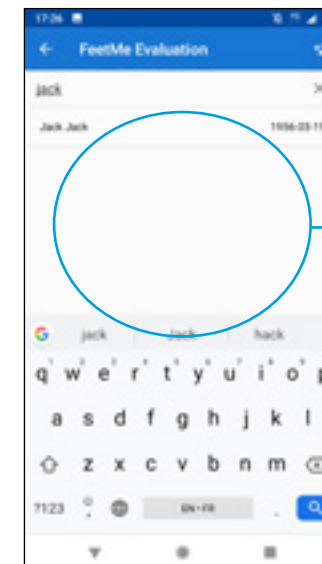
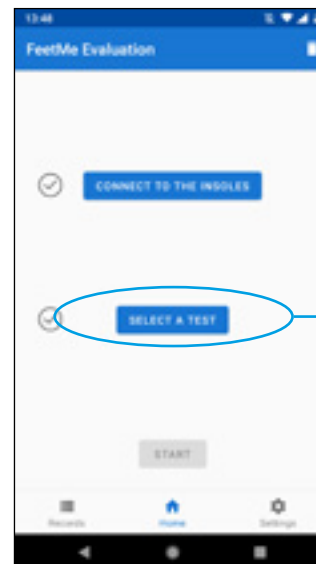
You can now select a gait test.

 Please note the white tick mark  to the left of the **SELECT A TEST** button, that indicates that no test has been selected.

- 1** Click on **SELECT A TEST**.
- 2** Select a test type by clicking the corresponding button. There are different types of tests :
 - Tests in automatic and programmed mode (which stop and automatically save the data according to the type of test chosen): **SIX MINUTES**, **25 STEPS**, **10 METERS** or **400 METERS**.
 - Test in manual mode, which duration depends on the user : **STANDARD**.

 There is also a continuous and offline mode. Please refer to page 14 for more information.

- 3** Note the green tick mark  to the left of the **SELECT A TEST** button, indicating that a test has been selected.
- 4** You are ready to perform a test. Click on **START** to start the test (see page 12).



Home evaluation

12

Perform a test

Once a test is selected, you can start it.

1 Click on **START**.



Note : the range of the Bluetooth connection is about 5 meters. You must therefore keep the phone close by for the duration of the test.

2 Recording starts by clicking .

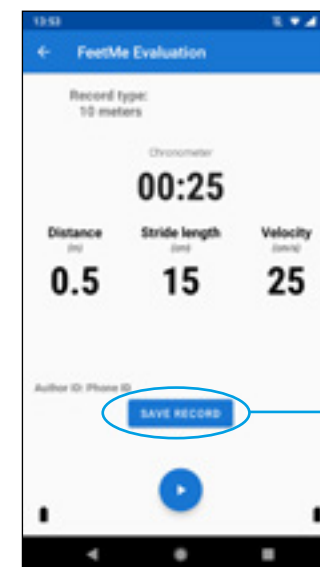
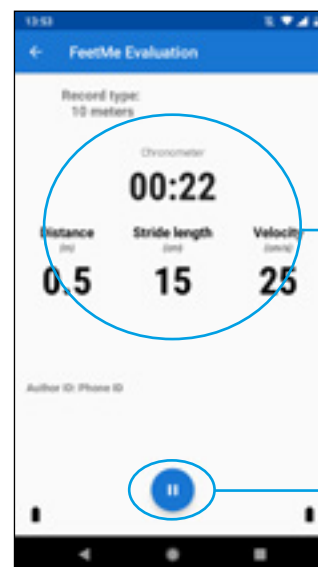
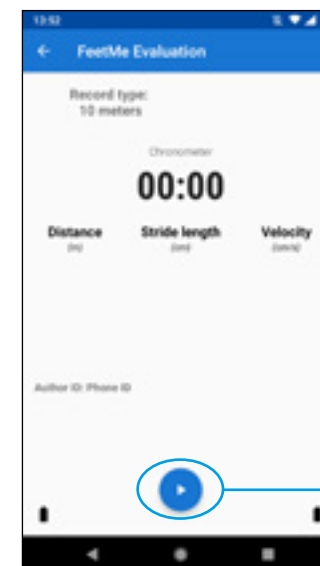
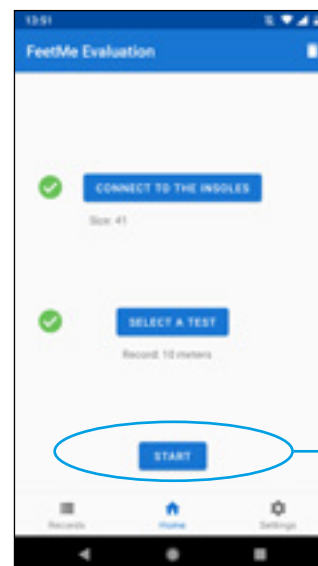
3 The data is displayed on the smartphone for the duration of the test.

4 The recording stops by clicking .



*For tests in automatic and programmed mode : **SIX MINUTES**, **25 STEPS**, **10 METERS** or **400 METERS**, the test stops automatically and the data will be saved without any action being required on your end.*

5 For a manual mode test **STANDARD**, you must save the data at the end of the test by clicking the **SAVE** button (see page 13).



Home evaluation


13


Import a record

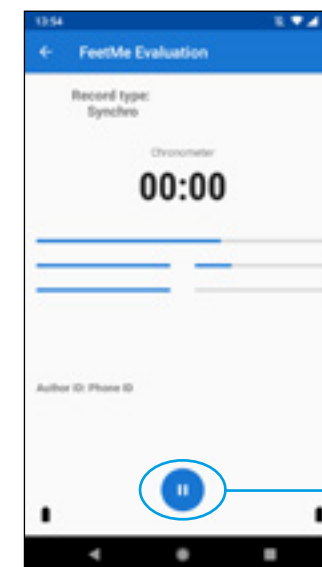
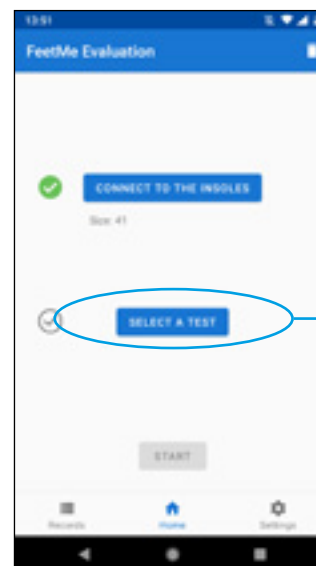
FeetMe® Monitor insoles can record data for continuous use without a permanent connection to your smartphone.

To save your data in this continuous and offline mode, you must :

- 1 Click on **SELECT A TEST**.
- 2 Choose the offline function, by clicking on **IMPORT A RECORD**.
- 3 You can then start synchronizing data by clicking **▶**.
- 4 You can pause data synchronization by clicking **⏸**.

 This operation saves the data recorded by the FeetMe® Monitor insoles. Once this process is complete, you can quit FeetMe® Evaluation application.

 This same operation (1, 2, 3 and 4) must be repeated at the end of the day to save the data recorded by the insoles.

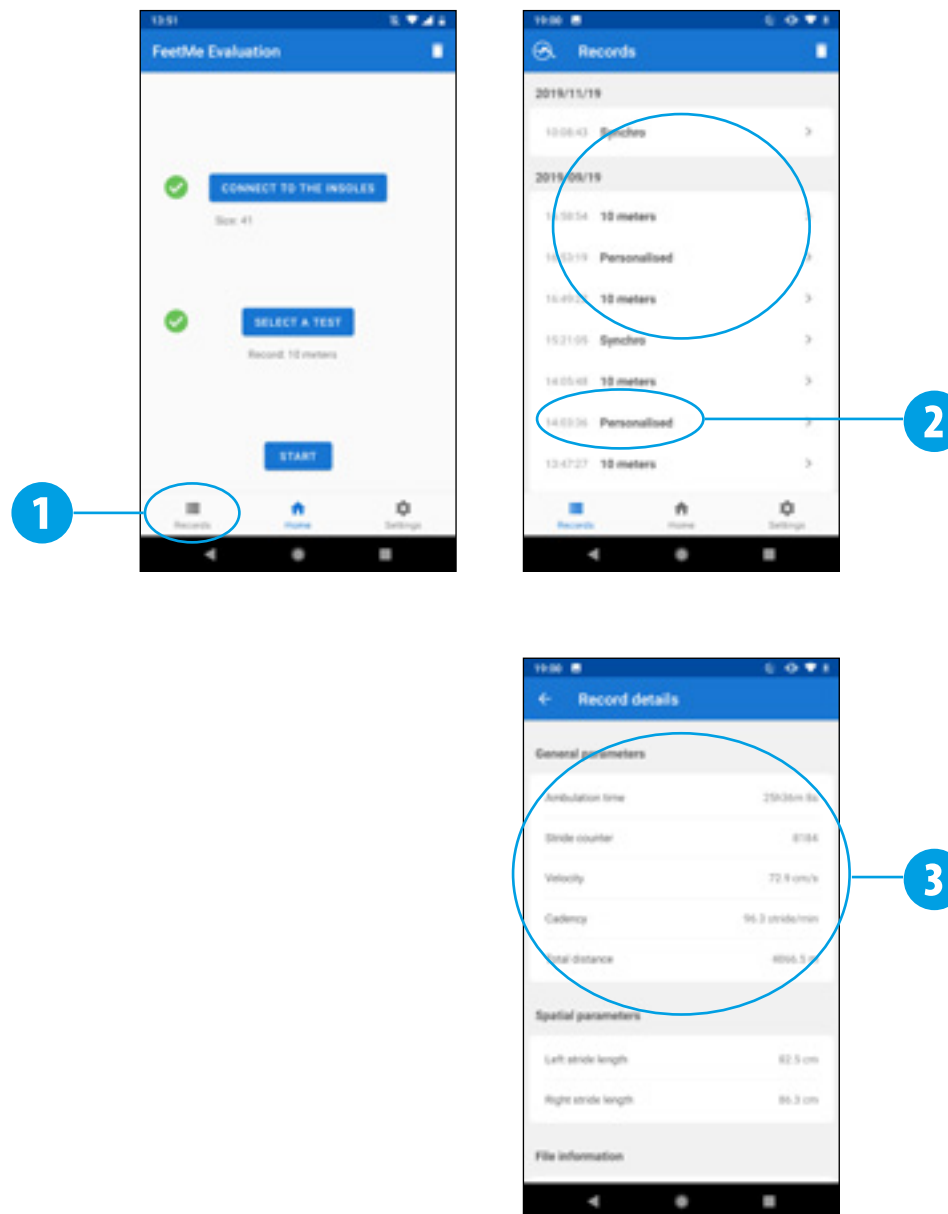


Accessing data

Accessing recordings

All your recordings are accessible in the « Records » section of FeetMe® Evaluation application.

- 1 Click on the « Records » button in the menu.
- 2 In the « Records » section, you will find your tests sorted by date. Click on the line of a test to access the corresponding recorded data.
- 3 For each test, you will find General Parameters characterizing the walk, Spatial Parameters with the data differentiated right foot, left foot and parameters on the test itself.





FEETME

157 bd MacDonald

75019 Paris – France