



QUICK USER GUIDE

(FOR PRACTITIONERS)

Connected insoles

User guide



Version 2019

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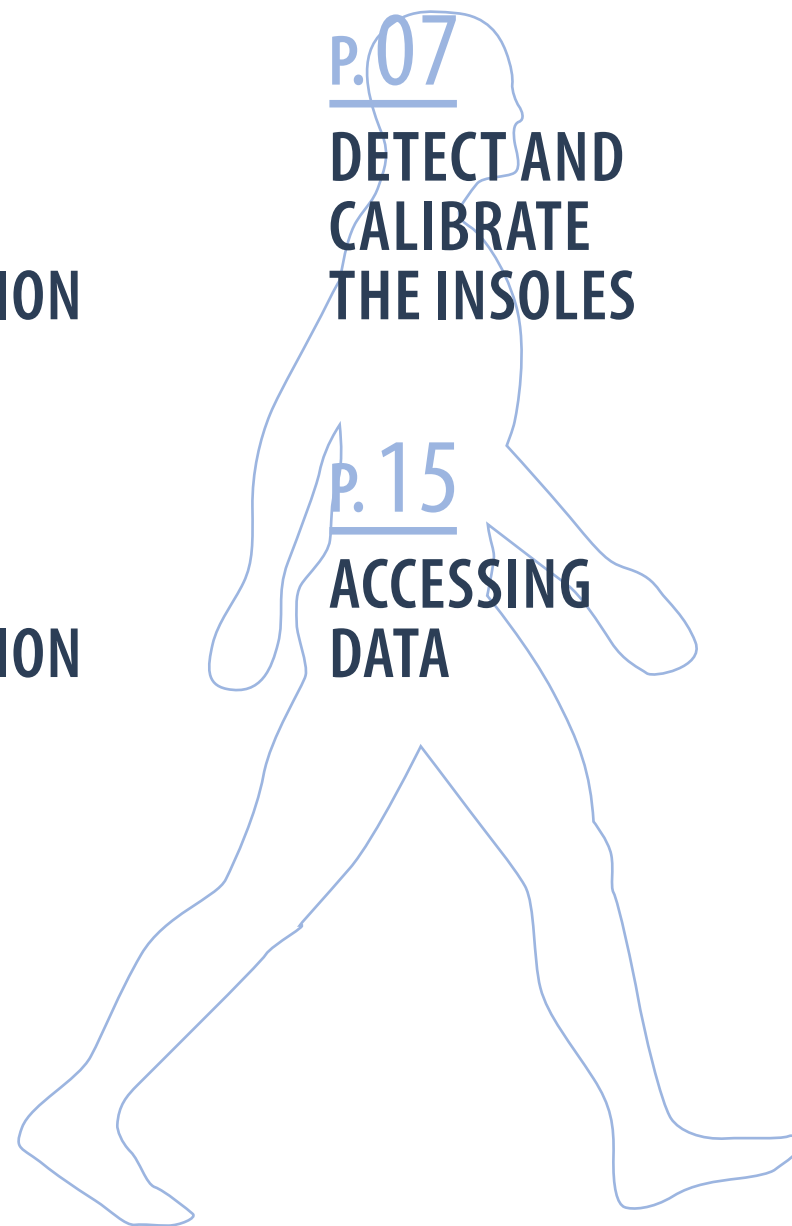
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Introduction & product components

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;
- FeetMe® Mobility web platform.

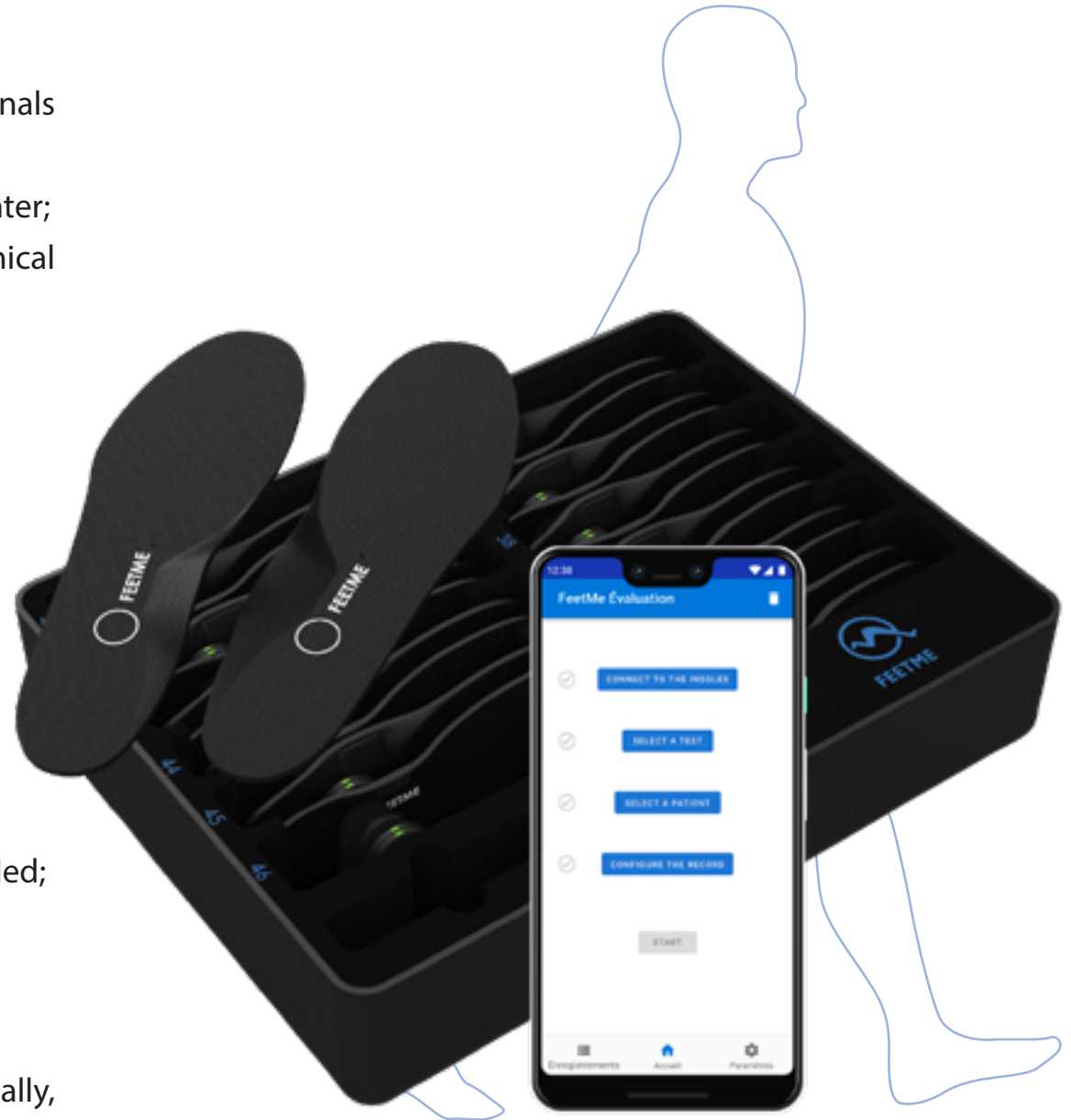
Kit's content

In this kit you will find:

- 12 sizes of FeetMe® Monitor connected insoles from size 35 to 46 (left and right);
- A mobile phone with FeetMe® Evaluation mobile app installed;


To charge the insoles, two different systems can be used :

- A storage and charging case;
- A dual-head induction charger (FTM-MIN-CHRG and, optionally, a plug adapter.



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 on the area identified by a round mark.

Charging the insoles with the charging case

Open the case and remove the lid. The insoles won't charge if the lid is closed. Take out the power cable from the case and connect it to the case, close to the On/Off switch. Plug the other end to a power outlet. Switch it on (position I). If the charging slots are empty, the LED will flash white for a few seconds then go off.

The charging case should be at a temperature below 35° Celsius.

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



Use of the insoles





Charging the insoles

To position a pair of insoles in a charging slot, identify the insole size and locate the corresponding slot. Position each insole on the edge, top side facing outwards.

Charge light indicator

When the insoles are charging, the light indicators of the chargers are solid white. Once the insoles are charged, the light indicators turn green.

- 1 The charge indicator is located on each induction 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
Case not powered	Insole poorly positioned	Charging	Charged



Install FeetMe® Evaluation

Installation (or reinstallation)

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

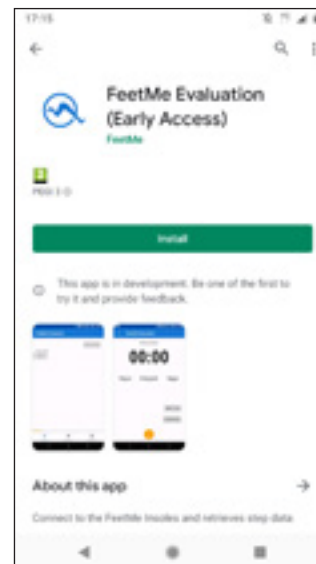
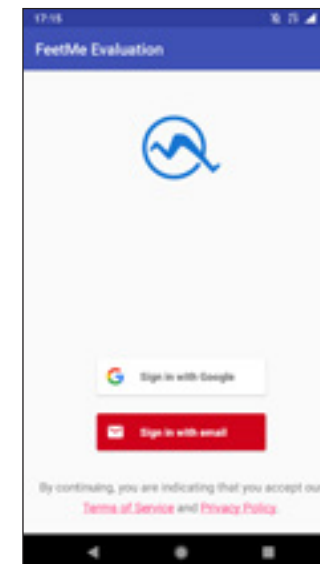
To install it on another smartphone, here are the steps to follow: FeetMe® Evaluation application is available to download for free from the Play Store. Its installation is similar to other applications. It is necessary to :

- 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.*

Application update

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

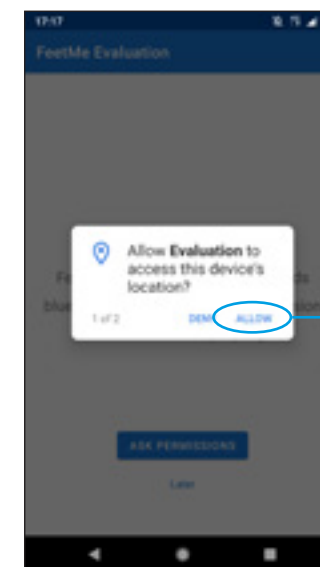
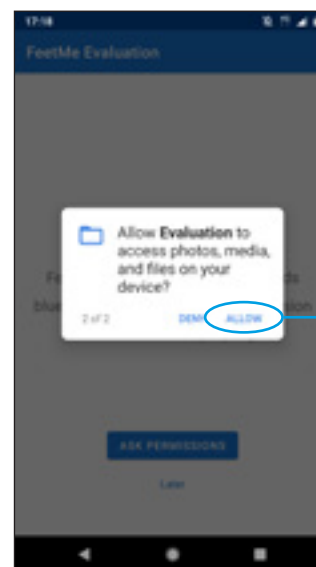
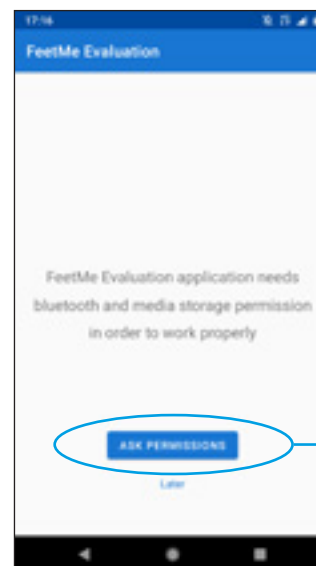
First use

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 this permission.
 - 2** **ALLOW** the application to access the mobile phone's location.
 - 3** **ALLOW** the application to access the files on the mobile phone.
-  *Be careful, if you do not grant all these permissions 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

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Detecting insoles

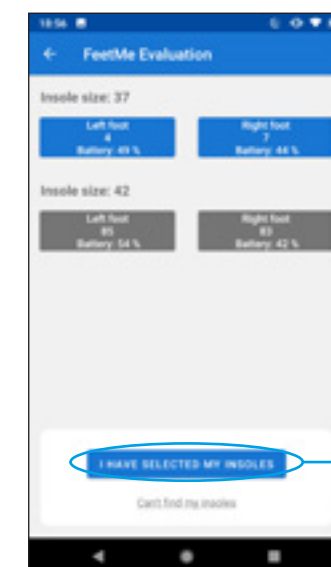
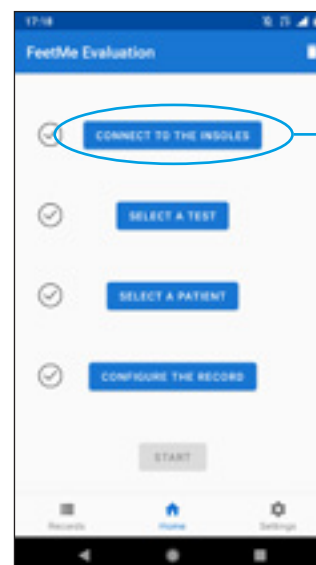
The insoles must be charged, placed in the shoes, put on a flat surface and close to the smartphone (less than 5 m).

 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.

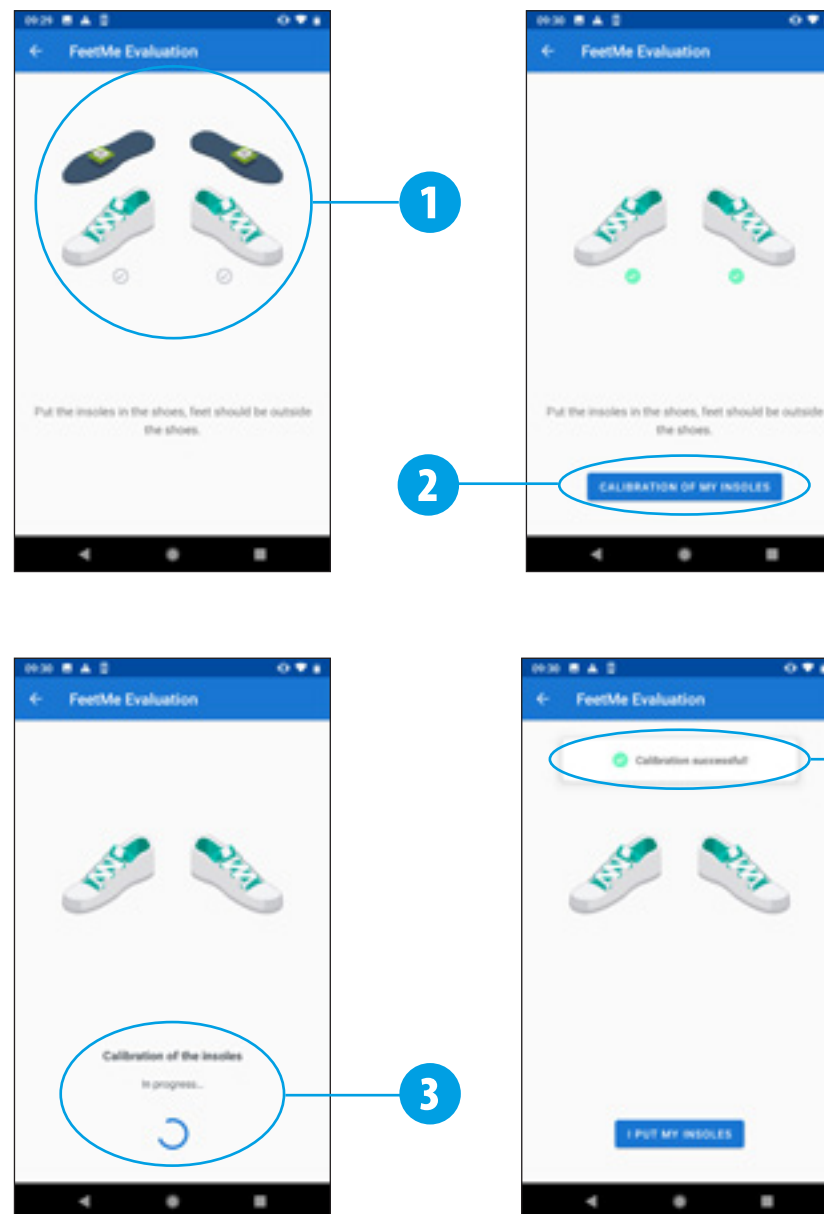


Detect and calibrate the insoles

Calibrating the insoles

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

- 1 Place the insoles in the shoes. Feet are outside the shoes.
- 2 When the calibration is ready, notice the green tick marks ✓ then, tap on the **CALIBRATION OF MY INSOLES** button.
- 3 Wait a few seconds, the calibration is in progress.
- 4 A message is displayed when the calibration is successful. The patient can now put on his shoes. To go to the next step, tap the **I PUT MY INSOLES** button.
- 5 Once the calibration is complete, the insoles are ready for use. Notice the green tick mark on the left ✓ of the **CONNECT INSOLES** button.



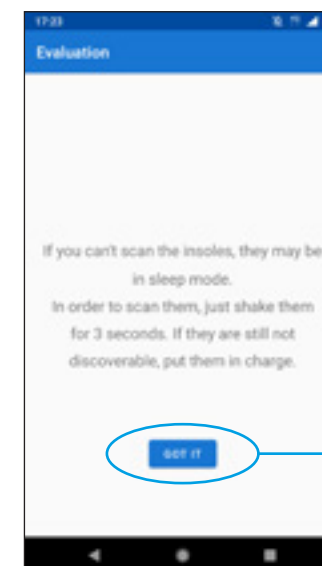
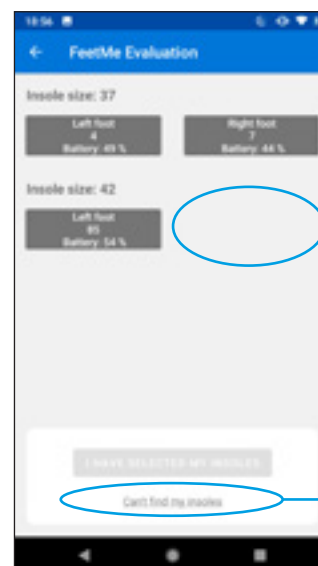
Detect and calibrate the insoles

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 the 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.



Manage a patient file

Select a patient file

In order to associate the gait tests performed with a patient, you can create a patient file or select a previously created patient file. It's not an obligation.


1 Click on **SELECT A PATIENT**.


 Notice the white tick mark  to the left of the button **SELECT A PATIENT** that indicates that no patient is selected.

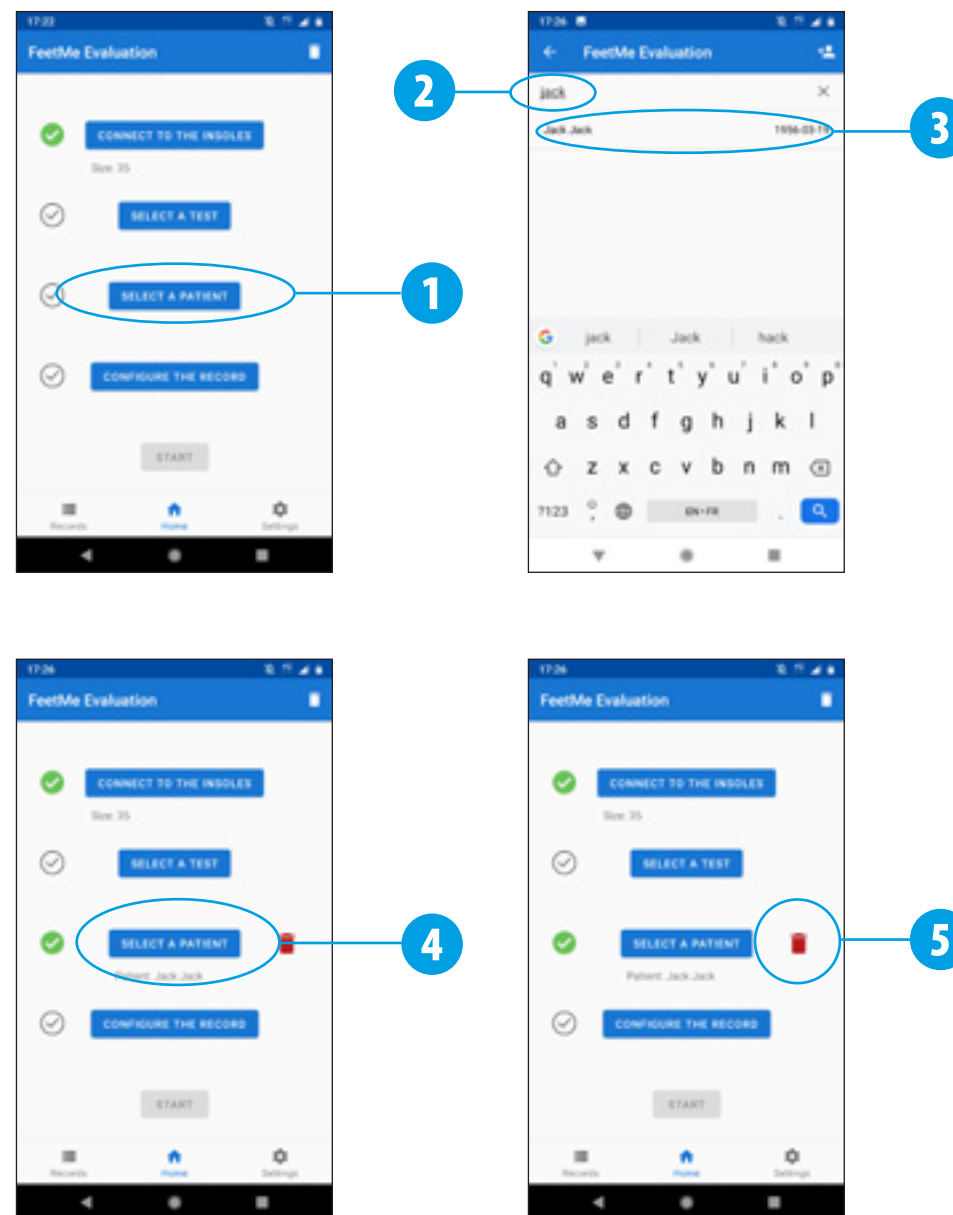
2 If the patient is already registered you will find it by typing the name in the search field.

3 Select the patient in the results of your search by clicking on the corresponding line.

 To create a new patient, see page 11.

4 Note the green tick mark  to the left of the button **SELECT A PATIENT** indicating that a patient has been selected. The patient's name will appear under the button.

5 If you want to change patient, click the button  to the right of the **SELECT A PATIENT** button. You can then repeat the selection from step 1.





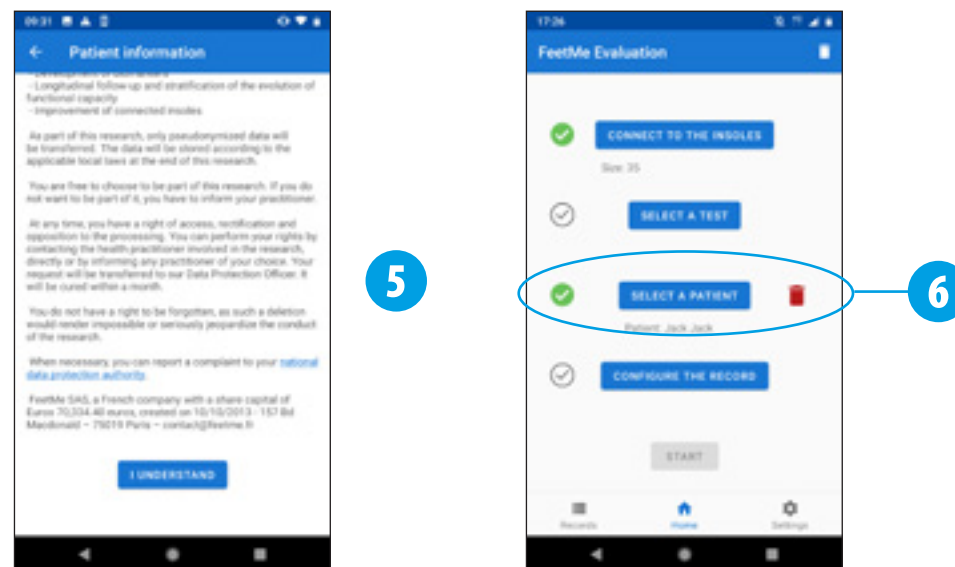
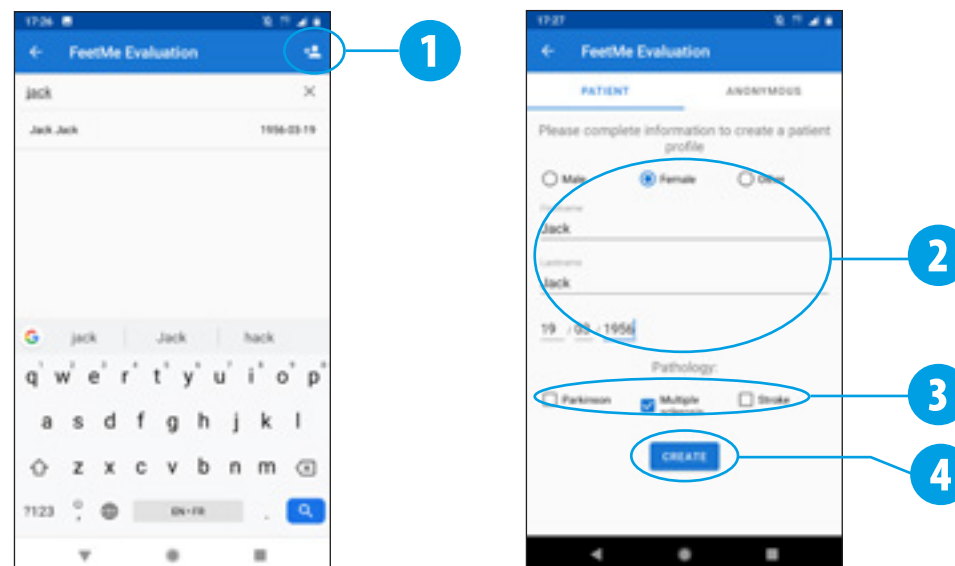
Manage a patient file

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Create a new patient file

From the « Select a patient » screen, you can create a new patient file. To do this :


- 1 Click on the new patient button  at the top right of the screen.
- 2 Record the identity information (last name, first name, gender and date of birth).
- 3 Select a pathology.
- 4 Click on **CREATE** to register the new patient.
- 5 When creating a new patient record, this note « Patient information » is now displayed (on the application FeetMe® Evaluation and on the FeetMe® Mobility web platform). To validate the creation of the patient record and after having informed the patient, tap the **I HAVE UNDERSTOOD** button.
- 6 Note the green tick mark  to the left of the **SELECT A PATIENT** button, indicating that this new patient has been selected, its name will appear under this button.



Evaluation during a consultation

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**.

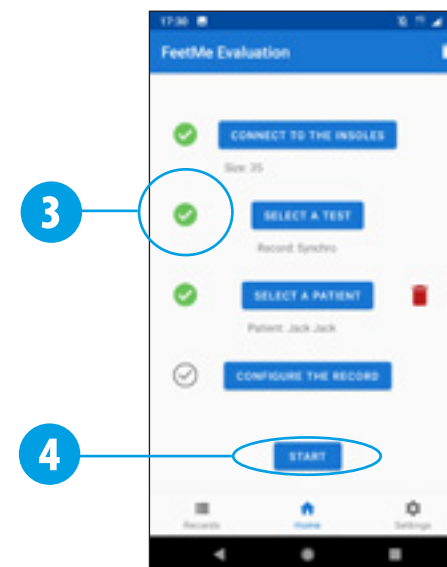
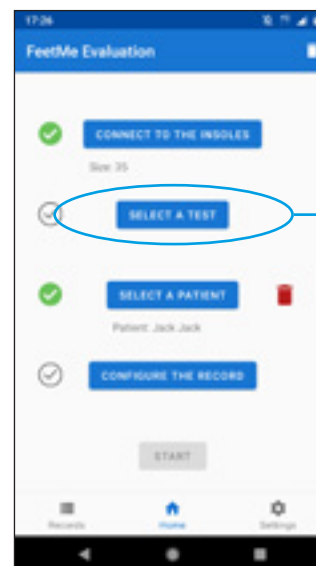
2 Select a test type by clicking the corresponding button. There are different types of tests :

- Tests in automatic and programmed mode (which stop and automatically save the data according to the type of test chosen) : **SIX MINUTES**, **25 FOOT**, **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.



Evaluation during a consultation

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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. The patient must therefore keep the phone close by for the duration of the test.

2 Recording starts by clicking .

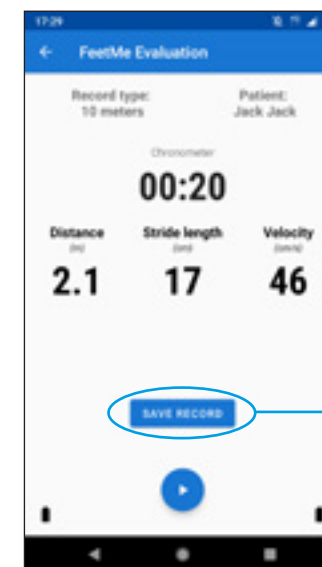
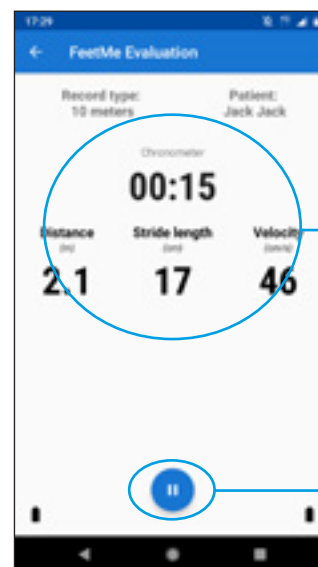
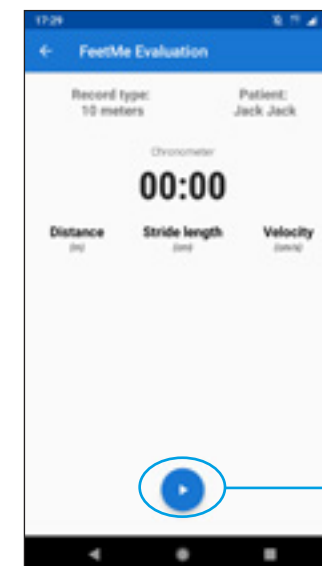
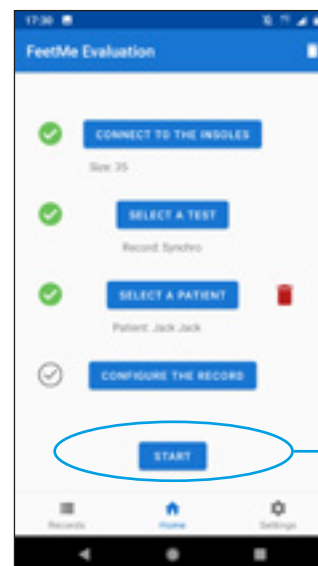
3 The data is displayed on the smartphone for the duration of the test.

4 The recording stops by clicking .



*For tests in automatic and programmed mode : **SIX MINUTES**, **25 FOOT**, **10 METERS** or **400 METERS**, the test stops automatically and the data is 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.




Home evaluation

Import a record

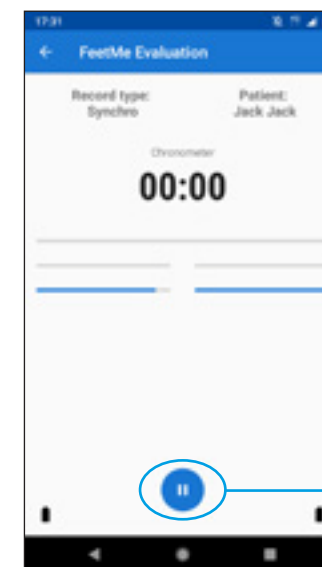
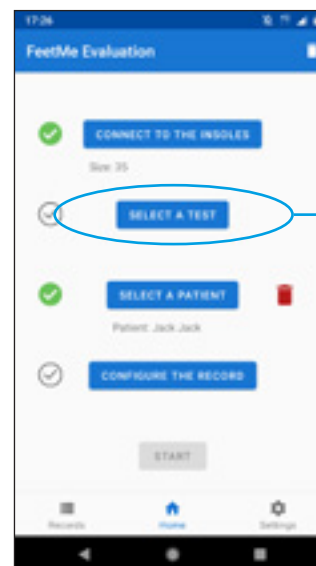
FeetMe® Monitor insoles can record data for continuous use without the need of a permanent connection to a smartphone. This allows you to give a patient a pair of insoles for a home recording.

To save 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 insoles. Once this process is complete, you can quit the FeetMe® Evaluation application.*

With this mode, the insoles can store up to 14 days of data.

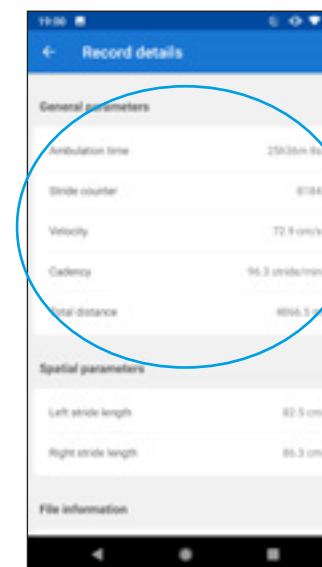
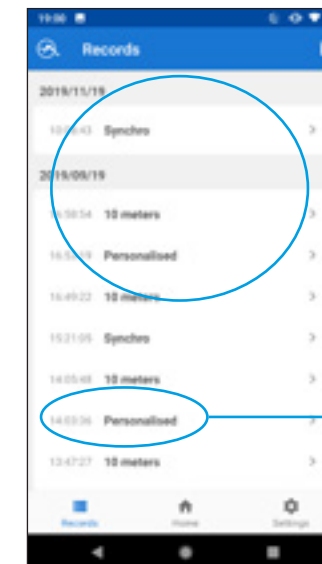
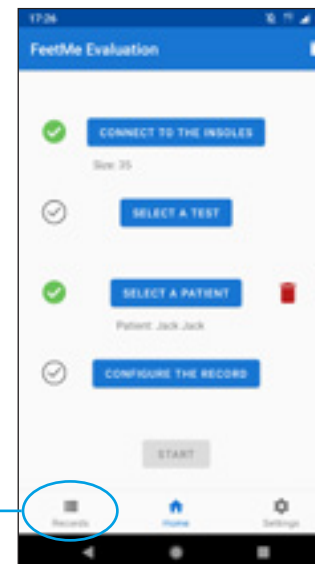


Accessing data

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.



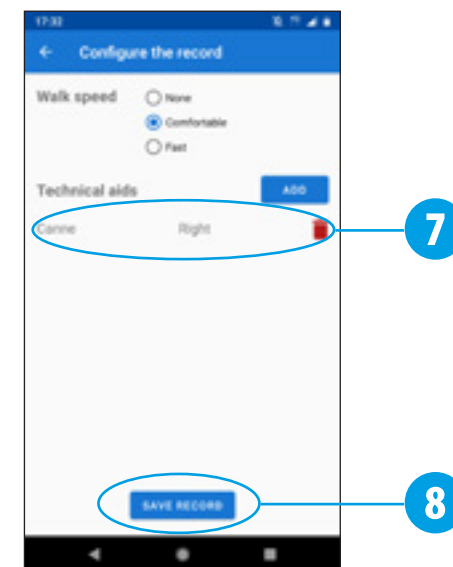
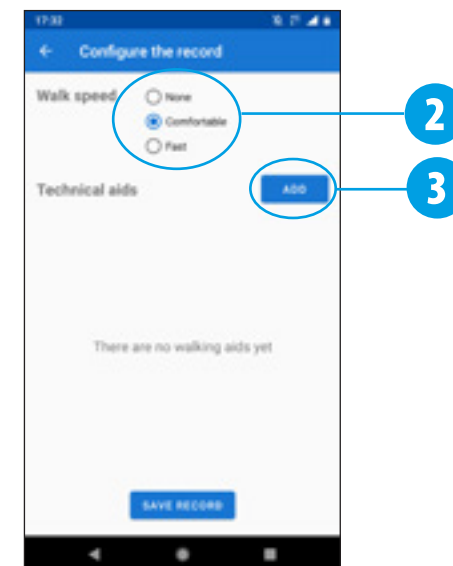
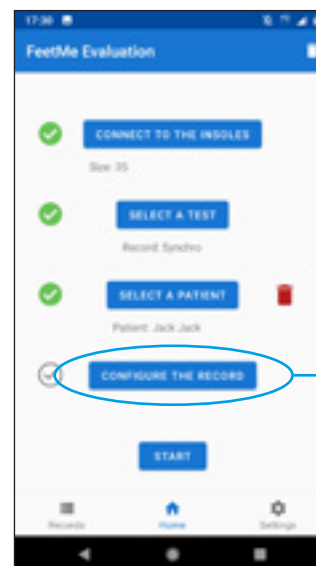
Setting up a walk test

Add additional parameters to a walk test

- 1 Click on **CONFIGURE THE RECORD**.
- 2 You can choose the walking speed for the test (comfortable or fast).
- 3 You can add technical aids by clicking on the **ADD** button located to the right of the heading « Technical assistance for walking ».
- 4 Choose between « Cane », « Prosthesis », « Orthosis » or « Walker » from the drop-down menu.
- 5 If necessary, select the laterality of the technical aid (a cane on the right side, for example).
- 6 Save the selected type of technical help.
- 7 The resulting technical help will appear in the list. You can delete the setting by clicking on the **■** button to the right of the corresponding line.
- 8 You can now save these settings by clicking **SAVE**.



Note the green tick mark  to the left of the **CONFIGURE THE RECORD** button, on the home page, if settings have been selected.





FEETME

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