

Quick Start Guide

LB00184 (Rev1.1)

6 Simple Steps

1 Included in this Kit

4 Wearing SKIIN Chest Band

2 Before You Begin

5 Download & Install the App

3 Charging the Pod

6 Care for Your SKIIN Chest Band

Included in this Kit

1 of 6



1 SKIIN Pod

Heart monitoring device that captures your ECG data and seamlessly syncs with the SKIIN Connected Life Heartbeat App.

Moisturizer

Apply a quarter-size amount on each sensor area, up to 3 times daily for optimal readings.

2 SKIIN Chest Bands (Pre-Washed)

Two comfortable, sensor-embedded bands. They're already washed and ready to wear—no need to launder upon arrival.



Washbag

Protects the band in the washing machine. Always remove the Pod first!

Charging System

Powers your Pod (1.5 hours for a full charge). We recommend a 20-minute daily top-up for continuous use.

Before You Begin

2 of 6



Important information to ensure safe and effective use

Skin Irritation

If you notice redness or discomfort, stop use and speak to a healthcare professional.

Two Pre-Washed Bands

Your kit includes 2 Chest Bands, already laundered. You can wear one while washing the other if needed.

Medical Disclaimer

This device provides ECG data but is not a substitute for professional diagnosis or treatment.

Pod Care

Never wash or submerge the Pod. Keep it dry and clean. Washing the pod may damage the circuitry preventing it from working in the future.

Environment

Avoid exposing your Pod or Chest Band to extreme heat.



Warning

Always remove the Pod before washing the band. Do not attempt to charge or pair the Pod in wet conditions.

For Best Results

- Wear the band consistently during your monitoring period
- Charge your Pod for about 20 minutes daily to maintain continuous monitoring
- Record any symptoms using the Connected Life HeartBeat app when they occur

Charging the Pod

3 of 6



1 Remove the Pod from the Chest Band

The Pod is not water-resistant and must never be washed.

2 Insert the Pod into the charging cradle, ensuring it's fully seated

Pod will show colour purple if charging from dead, or yellow otherwise.

3 Full charge takes about 1.5 hours

The LED will turn green when fully charged. If the pod was charging from dead and the purple colour showed, the LED will not turn green but will be fully charged after 1.5 hours.

4 Daily maintenance: Charge for 20 minutes

To prevent the battery from running down, we recommend 20-minutes of charging daily.

🕒 Charging Best Practices

A 20-minute daily charge helps maintain your Pod's battery and ensures continuous monitoring. A full charge lasts up to 3 days, but a daily 20 minute charge is recommended for optimal performance.

Pod Light Indicators



Front



If charging from a dead state, the LED colour will stay purple and will not change to green when it is fully charged. If after 5 minutes of charging the pod is removed from its charging cradle and replaced back into the cradle, the LED will change to yellow. When it is fully charged it will change to green.

If you see no lights at all and the Pod is not responding, try placing it on the charger to ensure the battery isn't dead.

Light Color	Meaning
 Purple (Solid)	Charging in progress from a dead battery (will not turn Green when fully charged) / firmware update initiated by Skiin Connected Life Heartbeat App
 Green (Solid)	Fully charged in charging dock
 Red (Solid)	Pod is in error state. Contact customer support.
 Red (Blinking)	Pod battery is very low and needs to be charged for 1.5 hours.
 Blue (Blinking)	Pod is connected to Skiin Connected Life Heartbeat app
 Yellow (Blinking)	Pod is not connected and ready to be paired/connected

Wearing the SKIIN Chest Band

(For optimal signal quality)

4 of 6

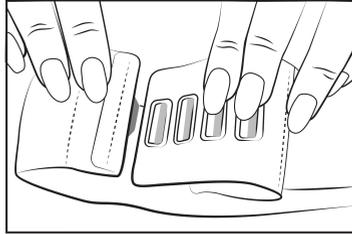
1 Orient the Band

Clip the band and position it so that the white vertical line is centered on the front of your chest and the pod pocket is located on the left of your chest.



2 Wrap & Fasten

Place the band around your upper torso, just below the chest. Fasten the snap closure until it clicks. Ensure a snug fit but not uncomfortably tight.



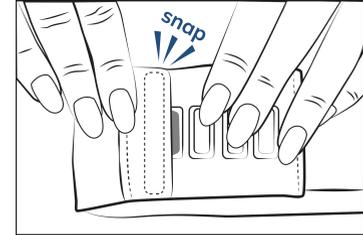
3 Center & Adjust

Line up the center marking with your sternum. Make sure the band isn't twisted or folded. Light compression is normal; it helps the sensors maintain optimal contact.



4 Comfort Check

Expect light compression to ensure a good sensor signal. It should still be comfortable enough for day and night wear, without restricting breathing or causing discomfort.



For Best Signal Quality

Apply a **quarter-sized** amount of moisturizer on each sensor area, up to 3 times daily. This significantly improves the quality of your ECG readings.

Important Note

Remove the Pod and Chest Band before showering or bathing. Never wash or submerge the Pod in water. If you experience any discomfort, remove the band and contact support.

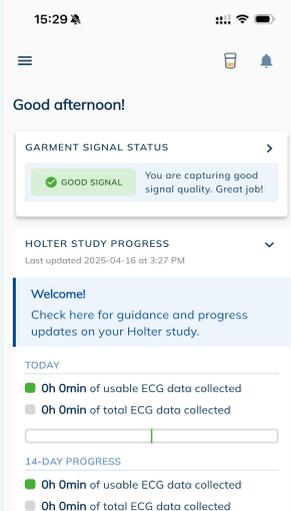
Tips for Optimal Signal

Clear, stable ECG readings ensure accurate health data. If you have dry skin or the band is loose, the signal quality can be compromised. Maintaining optimal signal quality ensures accurate ECG data. Follow these guidelines to get the best.

- 1 Apply a quarter-sized amount of moisturizer on each sensor if dryness is present (up to 3 times daily).**
- 2 Ensure the band has light compression against your skin - you should feel gentle, even pressure.**
- 3 Tighten or reapply moisturizer to the band if you see that poor signal persists**
- 4 While you're awake, check your signal every 2-4 hours to ensure you are transmitting good quality data.**
- 5 Do not close your app on your phone during the study. The app can run in the background of your phone, but do not close it from your background running apps.**

Signal Quality in App

The app displays your signal quality in real-time



The screenshot shows a mobile app interface. At the top, the time is 15:29. Below the status bar, there's a greeting 'Good afternoon!'. The main content is divided into two sections: 'GARMENT SIGNAL STATUS' and 'HOLTER STUDY PROGRESS'. The 'GARMENT SIGNAL STATUS' section shows a green checkmark and the text 'GOOD SIGNAL' with a sub-message: 'You are capturing good signal quality. Great job!'. The 'HOLTER STUDY PROGRESS' section shows 'Last updated 2025-04-16 at 3:27 PM' and a 'Welcome!' message. Below this, there are two progress bars: 'TODAY' and '14-DAY PROGRESS', both showing '0h 0min of usable ECG data collected' and '0h 0min of total ECG data collected'.

Where to Apply Moisturizer

Apply moisturizer to the sensor areas shown here



Download & Install the App

5 of 6

1 On your smartphone, open the App Store (iPhone) or Google Play (Android).

Look for the store icon on your home screen.

2 Search for "SKIIN Connected Life Heartbeat".

Type the name exactly as shown to find our app.

3 Tap Install and wait for the download to complete.

The app is approximately 50MB in size.

4 Open the app and grant permissions for Bluetooth and notifications.

These permissions are required for connecting to your Pod and receiving important alerts.

Or scan QR code

- Requires Android 13 and iOS 15+
- Bluetooth 4.2 or higher recommended



Pairing the Pod with Your Phone

Should only be done in the presence of a Healthcare Provider, or while connected to a SKIIN Customer Support team member.

1 Charge the Pod fully and remove it from the charger

The Pod cannot be paired while charging

2 Enable Bluetooth on your phone

Check your phone's settings menu to ensure Bluetooth is turned on

3 Open the SKIIN app and navigate to Pod Management

Tap the menu icon  then select

Advanced Settings → Pod Management → Add Garment

4 Hold the Pod close to your phone and select it when it appears

You'll see a blue blinking LED when the Pod is in pairing mode.

5 After successful pairing, insert the Pod into your Chest Band

- Position with metal contacts facing inward and LED facing outward
- Slide Pod in until you feel a gentle click, confirming proper placement

Troubleshooting

- If pairing fails, ensure the Pod is fully charged and try again
- Keep the Pod within a few inches of your phone during pairing
- Check that the Pod is properly oriented when inserting into the band
- Moving your phone away from the pod can cause a signal disconnection.
- If your app says "No Signal" than try taking your pod out of the chest band cradle and placing it back in

Everyday Use & App Features

Viewing Your Data

The home screen shows your Garment Signal Viewer status and allows you to view the live signal.

Symptoms can be logged and Holter study progress can be visualized for your Holter study with Quality and Total ECG data hours.

Daily Maintenance

-  **20-Minute Daily Charge**
Keep your Pod functioning optimally with a quick daily top-up charge.
-  **Band Rotation**
Switch between your two bands approximately every 3-4 days.

Data Sync

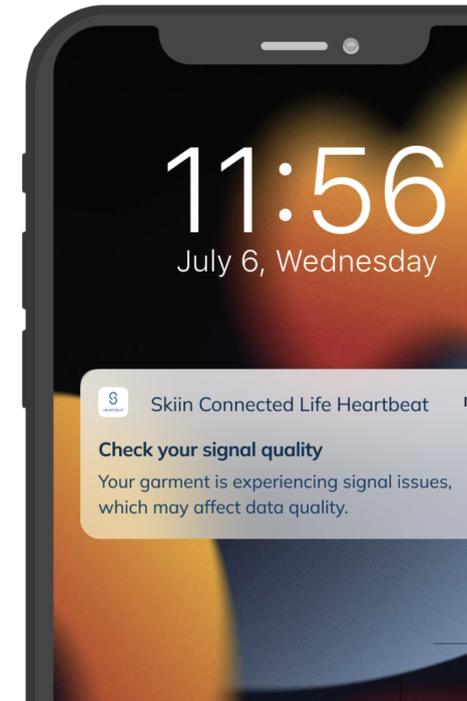
Keep your phone close-by for the duration of your Holter study to make sure there are no disconnections. Keep Bluetooth on for real-time updates.

Record Symptoms

Tap the + button on the dashboard to record any symptoms you experience in real-time.

Check Battery Status

The battery level is always visible in the top right corner of the app dashboard.



Care for Your SKIIN Chest Band

6 of 6

Washing & Drying Guide

Your two pre-washed SKIIN Chest Bands allow you to wear one while washing the other. After 3- 4 days of wear (or if soiled), wash the band using the provided washbag.



Machine Wash Cold



No Bleach, No Softener



Tumble Dry on Medium



Do Not Wring



Do Not Iron



Do Not Dry Clean

- 1 Remove the Pod from the SKIIN Chest Band**
The Pod is not water-resistant and must never be washed.
- 2 Place the SKIIN Chest Band in the provided washbag**
This ensures the band maintains its shape and tight fit.
- 3 Machine wash on cold cycle**
Do not use bleach or fabric softener as these chemicals can damage the sensors.
- 4 Tumble dry on medium heat**
Heat helps restore elasticity. Do not air dry as this can reduce the elastic properties and sensor effectiveness.

Warning

NEVER wash the Pod.
Always remove it before laundering the SKIIN Chest Band.

Using the Washbag

Always use the provided wash bag to protect the sensitive components of your SKIIN Chest Band during washing.

Care & Maintenance Best Practices

Wash Every 3-4 Days

Rotate between your two SKIIN Chest Bands, washing one after approximately 4 days of use.

No Hand Washing

Machine washing and drying are essential for maintaining band elasticity.

Inspect after each wash and dry cycle

Check for wear and replace if sensors are peeling or elasticity is diminished. If you see evidence of wear and tear please contact the SKIIN Customer Support team.

Troubleshooting - Pod Reset

You may be asked by the SKIIN Customer Support team to reset your pod. In order to do this please follow these steps.

Step 1: Pod Unpair

1. Select the Hamburger Menu in the top left of the app
2. Select Advanced Settings
3. Select Pod Management
4. Select Forget Pod

Step 2: Pod Reset

1. Place the Pod in the charging dock
2. Plug the charger into a power outlet
3. Insert a small pin into the small hole on the back of the charging dock and apply medium pressure.
4. Hold this position until the Pod LED turns purple.
5. Remove the Pod from the charging dock. The LED should change colour back to flashing yellow or red (if low battery).

Step 3: Re-pair Pod

1. Select ☰ in the top left
2. Select Advanced Settings
3. Select Pod Management
4. Select Add Garment
5. Select Pair Pod
6. Select Connect Pod
7. Select Test Pod
8. Select Skip Test





MYANT