



MYANT

User Guide

Skin Connected Life Heartbeat (SCLA-A)

UG-157488-M

Revision:	1.0
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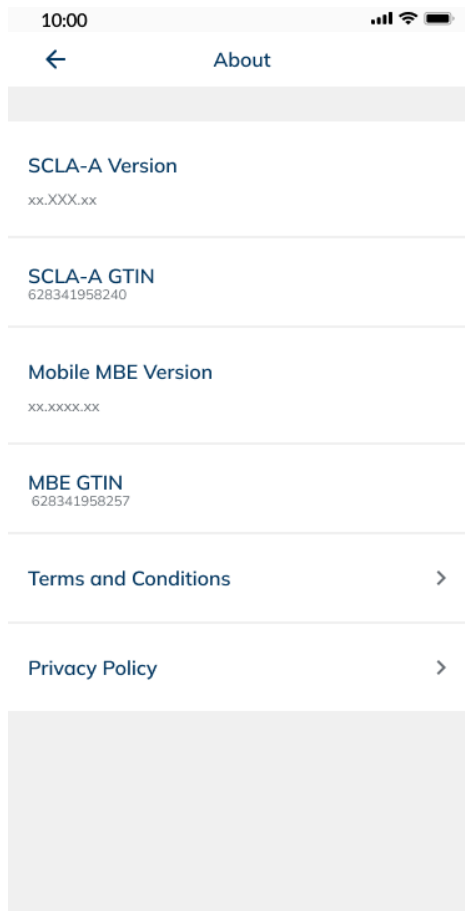


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Intended Use

Please refer to the instructions for use which contain all relevant regulatory and legal information for the Myant Digital Health System (MHDS): <https://myanthealth.com/resource-center/instructions-for-use/>

1. Important Information: Skiin Connected Life Heartbeat App (SCLA-A)

	<p>The SCLA-A is not to be relied upon for active health monitoring purposes; continue to perform check-ins with your clinical team as per schedule. Do not use the SCLA-A to report symptoms that may require immediate medical intervention; instead, contact emergency services.</p>
	<p>During the course of your Holter study, do not log out of the SCLA-A as any ECG will not be recorded for the period you are logged out. If you did log out, please sign back in as soon as possible or contact Myant Support to receive your login code.</p>
	<p>If you accidentally unregister from a clinic on the SCLA-A, it is important you contact Myant support by phone as soon as possible. Myant support will help you register back into your clinic so that your ECG can continue to be reviewed.</p>
	<p>Once you have reached the end of your Holter study, please continue to wear the garment until a Myant representative has reached out to you.</p>
	<p>If you are taking off your garment, it is important that you remove the Pod from the garment. This is to avoid rare cases where the garment continues to capture data because the sensors on the garment happen to be in contact with each other.</p>
	<p>Please read sections 1 to 9 for instructions on the proper use of the SCLA-A.</p>

2. Getting started with SCLA-A

2.1. Overview of SCLA-A

The Skiin Connected Life Heartbeat (SCLA-A) is a smartphone application that is a companion to the Skiin Garment. You will be using the SCLA-A and the Skiin Garment as part of your Holter study to capture ECG data and log any symptoms you may experience during your Holter study period. It is important to ensure you are capturing as much ECG data as possible so that your clinic will have more data available for their review process. Below are instructions on how you can use the SCLA-A during your Holter study.

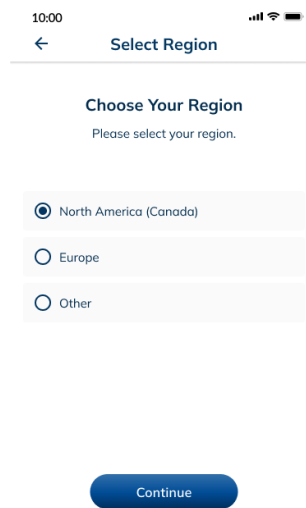
2.2. Accessing SCLA-A

The SCLA-A is available for download on the Apple App Store (iOS devices) or the Google Play store (Android devices).

SCLA-A is compatible with iOS 13+ and Android 9+.

After downloading, you can open the app by tapping on the Skiin Connected Life Heartbeat (SCLA-A) icon on your smartphone's home screen.

If the EU/Canada region cannot be detected, you must confirm your region so that appropriate labeling in the SCLA-A can be displayed.



2.3. Rapid Onboarding using QR Code

You can use this method when logging onto the SCLA-A for the first time, if you are being set up in-clinic.

1. On the sign in screen, tap on the button that reads “Sign In Using QR Code.”
2. If needed, give the app permission to use your device's camera.
3. Place the QR code inside the square viewfinder so the app can scan for the QR code.
4. Wait while the app scans the QR code. When the code is scanned, a success or failure message appears. Please consult the help information on the screen if you are having trouble.
5. Agree to the various permission forms.
6. Pair your Pod by going through the pairing steps. Ensure your device's Bluetooth is turned on prior to pairing the Pod.
7. When your Pod is paired, you will have the opportunity to test your Pod connection.
8. Once the Pod pairing and/or testing is complete, you will land on the home page.

2.4. Rapid Onboarding using 6-digit code

You can use this method when logging onto the SCLA-A for the first time, whether you are getting set up in-clinic or over the phone.

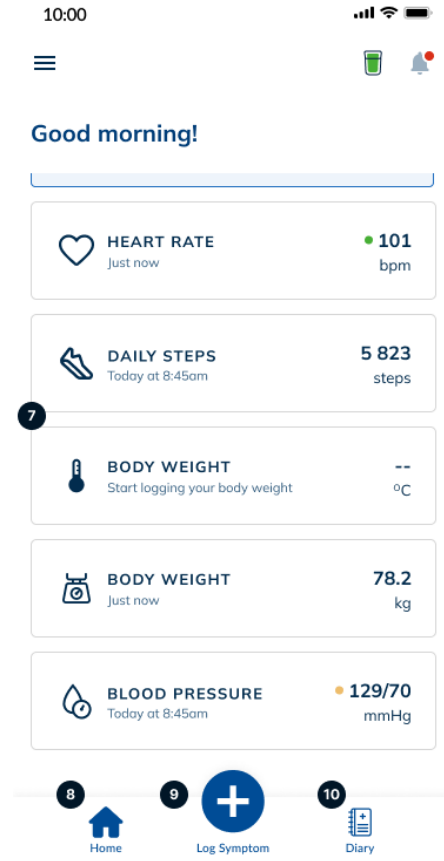
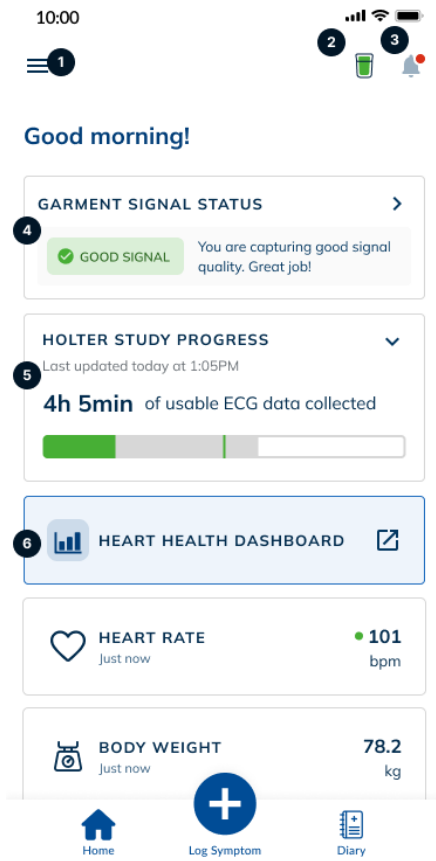
1. On the sign in screen, select the button that reads “Sign In Using 6-Digit Number.”
2. Enter the code as provided by the clinic staff or by Myant Customer Service.
3. When the code has been confirmed to be correct, the Continue button will become tappable. Tap the Continue button to proceed.
4. Agree to the various permission forms.
5. Pair your Pod by going through the pairing steps. Ensure your device’s Bluetooth is turned on prior to pairing the Pod.
6. When your Pod is paired, you will have the opportunity to test your Pod connection.

Once the Pod pairing and/or testing is complete, you will land on the home page.

2.5. Home page of SCLA-A

Upon opening the SCLA-A, you will see the Home page where you will be able to see or access:

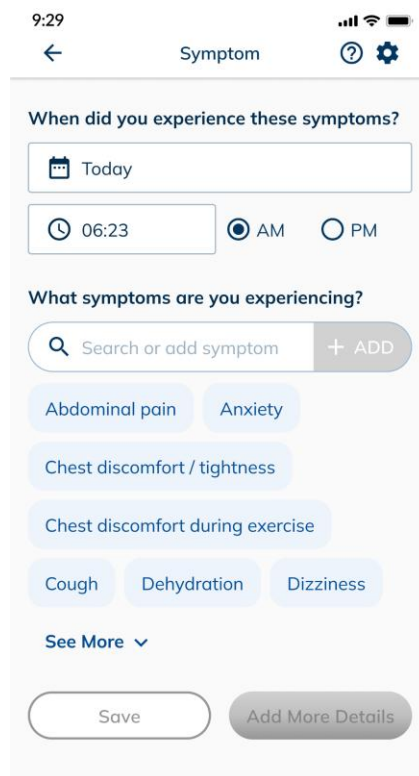
1. The Settings page.
2. The battery status of the Pod.
3. The bell icon for notifications relating to Bluetooth and Internet disconnections of the Pod or smartphone respectively.
4. Garment Signal Status card showing signal quality, with arrow linking to full ECG viewer (for non-diagnostic purposes).
5. Holter study progress card showing the amount of quality data.
6. External Web Dashboard external link to direct users to the HTD Homepage.
7. Latest reading of all metrics, including: Heart Rate, Daily Steps, Body Temperature, Body Weight and Blood Pressure.
8. Link to Home page.
9. Log button where you can log your symptoms, blood pressure, body weight or moment manually or with a Bluetooth device.
10. Link to Diary page to view logged symptoms and moments.



3. Logging symptoms

If you experience a symptom during your Holter period, make sure to log it by:

1. Opening the SCLA-A.
2. On the Home page or Diary page, tap on the large blue plus button in the middle of the bottom bar labeled “ Log Symptom”.
3. By default, the date and time will be current. If you are logging a symptom retrospectively, please edit the date and time to when you recall having experienced the symptom. This will help the clinic review ECG data from that time.
4. Tap on the symptoms you experienced. If you cannot find a symptom, you may type it in the “Search or add symptom” text field, then tapping on the “+ Add” button.
5. Optionally, you may add more details for the symptom(s) you experienced by tapping on the “Add More Details” button, where you may specify symptom severity, possible triggers, duration, and add any notes that may help the clinic’s review process.
6. Tap on “Save” to complete the symptom log.
7. Once the symptom log is successfully saved, tap on the “Close” button.

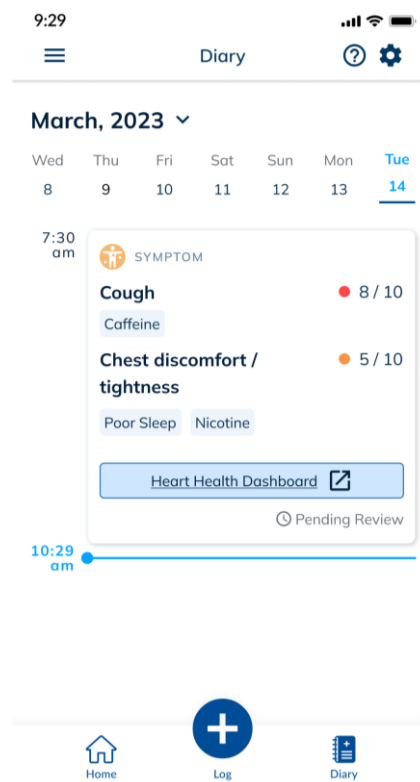


3.1. Viewing symptom logs

To view your previously logged symptoms, tap on the Diary page on the bottom navigation bar.

1. By default, you will see any logs you may have logged on the current day.
2. Each card is a symptom log, which may sometimes contain multiple symptoms if you reported to have experienced multiple symptoms at once. The card also displays your reported severity of the symptom, and possible triggers.

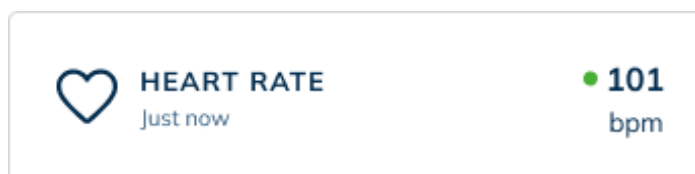
To view logs from previous days, use the date scroller (tap and horizontally slide the dates at the top of the screen) or use the month picker to navigate to a date from when you wish to view symptom logs.



3.2. Viewing your heart rate

If you are wearing your Skiin Garment, you will be able to view your current heart rate on the SCLA-A Home page. If you do not see your heart rate displayed, please ensure you are wearing your garment properly, the Pod has charge and is inserted into its dock on the garment, and that your smartphone's Bluetooth is turned on. The status indicator on the top right of the Home page will inform you if these issues exist and you can tap on the indicator to access troubleshooting.

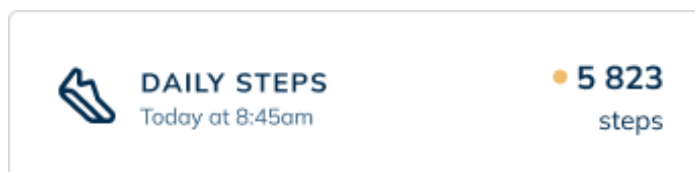
Note: The heart rate display is for informational purposes only, not diagnostic.



3.3. Viewing your daily step

If you are wearing your Skiin Garment, you will be able to view your current daily steps, such as your steps and posture, on the SCLA-A Home page. You can also tap to the card to view more details such as Today's summary, posture breakdown and yesterday's total.

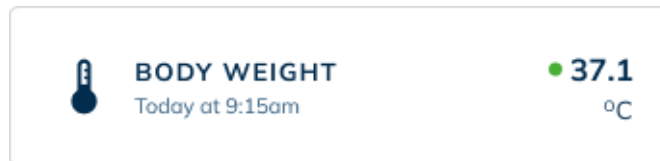
If you do not see your daily steps, please ensure you are wearing your garment properly, the Pod has charge and is inserted into its dock on the garment, and that your smartphone's Bluetooth is turned on. The status indicator on the top right of the Home page will inform you if these issues exist, and you can tap on the indicator to access troubleshooting.



3.4. Viewing your temperature

If you are wearing your Skiin Garment, you will be able to view your current temperature on the SCLA-A Home page.

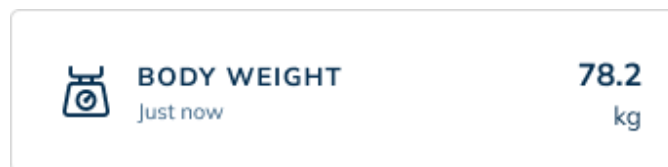
If you do not see your temperature displayed, please ensure you are wearing your garment properly, the Pod has charge and is inserted into its dock on the garment, and that your smartphone's Bluetooth is turned on. The status indicator on the top right of the Home page will inform you if these issues exist and you can tap on the indicator to access troubleshooting.



3.5. Viewing your body weight

If you log your body weight manually or with a paired Bluetooth weight scale, you will be able to view your latest recorded body weight on the SCLA-A Home page.

If you do not see your weight displayed, please ensure your log has been saved manually or the Bluetooth device is paired successfully.



3.6. Viewing your blood pressure

If you log your blood pressure manually or with a paired Bluetooth blood pressure monitor, you will be able to view your latest recorded measurements on the SCLA-A Home page.

If you do not see your blood pressure measurements displayed, please ensure your log has been saved manually or the Bluetooth device is paired successfully.



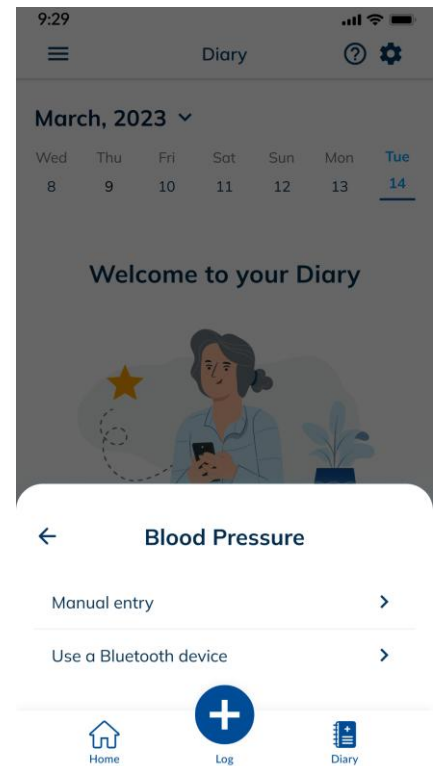
4. Blood Pressure

5.1. Pairing BLE Blood Pressure Device

As part of the setup process for the Blood pressure measurement, you will need to pair a Blood pressure monitor to an SCLA-A account.

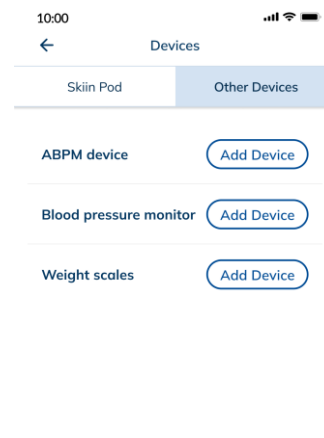
If you want to log the blood pressure but have not paired a monitor, make sure to do it by:

1. Open SCLA-A and log in to your account
2. On the Home page or Diary page, tap on the large blue plus button in the middle of the bottom bar labeled “Log” and choose “Blood Pressure”.
3. Tap ‘Use a Bluetooth device’ to log your blood pressure with the monitor. A modal will appear prompting you to pair a new device. Tap ‘Pair a device’ to begin the pairing process.
4. Select the desired blood pressure brand and A&D modal you would like to connect.
5. Follow the given instructions to place the monitor in the pairing mode and start the scanning process.
6. Confirm your device when the scanning process is complete. Once the device is paired, you will be led to the blood pressure logging screen to start your measurements.



You can also pair a device in Settings by:

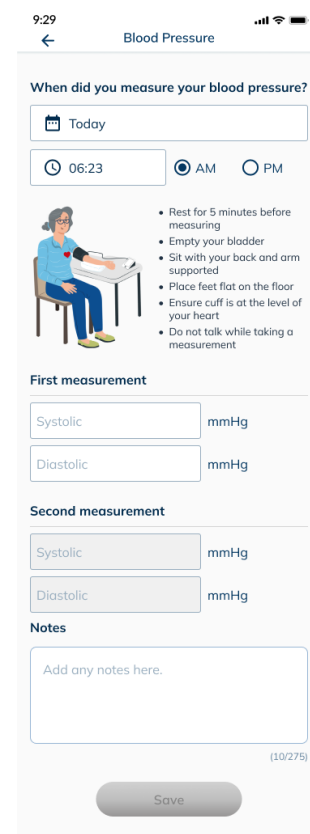
1. Open SCLA-A on the smartphone and log in to your SCLA-A Account.
2. Tap the Settings icon on the Homepage to open the Settings page and access the Advanced Settings tab.
3. On the Device Management page under Advanced Settings, tap on “Other Devices”.
4. Tap on the “Add Device” button located next to the Blood Pressure Monitor section.
5. Select the desired blood pressure brand and A&D modal you would like to connect.
6. Follow the given instructions to place the monitor in the pairing mode and start the scanning process.
7. Confirm your device when the scanning process is complete. You will be directed to the logging screen after this.



5.2. Logging your blood pressure

If you want to log your blood pressure, make sure to do it by:

1. Open the SCLA-A.
2. On the Home page or Diary page, tap on the large blue plus button in the middle of the bottom bar labeled “Log” and choose “Blood Pressure”.
3. Select “Manual Entry” if you want to log your blood pressure manually or “Use a Bluetooth device” if you have a blood pressure monitor.
4. By default, the date and time will be set to the current date and time. If you are logging your blood pressure retrospectively, please edit the date and time to when you recall having experienced the abnormal blood pressure.
5. Follow the recommended instructions and measure your blood pressure.
6. Fill in the recorded Systolic and Diastolic for your first measurement.
7. Fill in the recorded Systolic and Diastolic for your second measurement if needed.
8. Fill in the Notes to provide extra information.
9. Tap on “Save” button to save your blood pressure log.



5.3. Editing/removing your blood pressure

To manage your previously logged blood pressure, tap on the Diary page on the bottom navigation bar. By tapping on the logged blood pressure on the Diary page, you can open the Blood Pressure Log Detail Page.

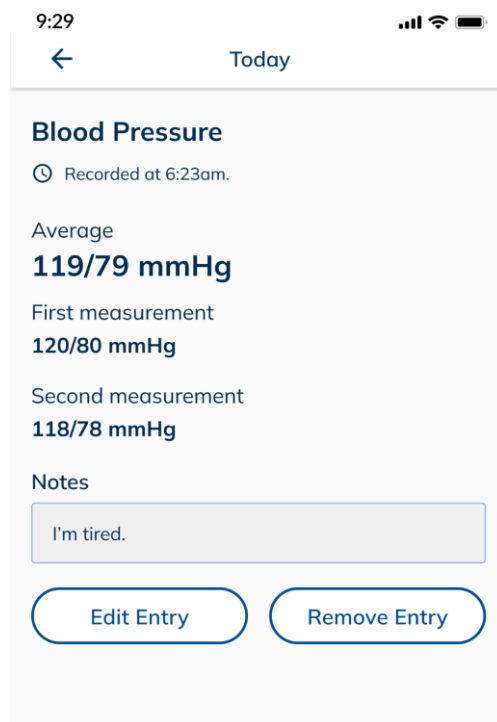
If you want to edit the log:

1. You can tap on “Edit Entry” to update the log.
2. Update the Systolic and Diastolic for each measurement or edit the Note if needed.

3. Tap on “Save” button to save the changes.

If you want to remove the entry:

1. You can tap on “Remove Entry” to update the log.
2. When the confirmation modal pops up, you can either tap on “Remove” to confirm the action, or “Cancel” to cancel the removing action.



5. Body Weight

5.1. Pairing a Bluetooth weight scale

As part of the setup process for the body weight measurement, you might need to pair a Bluetooth weight scale to an SCLA-A account.

If you want to log your body weight but have not paired a device, make sure to do it by:

1. Open SCLA-A and log in to your account
2. On the Home page or Diary page, tap on the large blue plus button in the middle of the bottom bar labeled “Log” and choose “Body Weight”.
3. Tap ‘Use a Bluetooth device’ to log your body weight with the Bluetooth device. A modal will appear prompting you to pair a new device. Tap ‘Pair a device’ to begin the pairing process.
4. Select the desired weight scale brand and A&D modal you would like to connect.
5. Follow the given instructions to place the device in the pairing mode and start the scanning process.
6. Confirm your device when the scanning process is complete. Once the device is paired, you will be led to the body weight logging screen to start your measurement.

You can also pair a device in Settings by:

1. Open SCLA-A on the smartphone and log in to your SCLA-A Account.
2. Tap the Settings icon on the Homepage to open the Settings page and access the Advanced Settings tab.
3. On the Device Management page under Advanced Settings, tap on “Other Devices”.
4. Tap on the “Add Device” button located next to the Weight Scales section.
5. Select the desired brand and A&D modal you would like to connect.
6. Follow the given instructions to place the weight scale in the pairing mode and start the scanning process.
7. Confirm your device when the scanning process is complete. You will be directed to the body weight logging screen after this.

5.2. Logging your body weight

If you want to log your Body Weight, make sure to do it by:

1. Open the SCLA-A.
2. On the Home page or Diary page, tap on the large blue plus button in the middle of the bottom bar labeled “Log” and choose “Body Weight”.
3. Select “Manual Entry” if you want to log your body weight manually or “Use a Bluetooth device” if you have a weight scale connected.
4. By default, the date and time will be set to the current date and time. If you are logging your weight retrospectively, please edit the date and time.
5. If you log your weight manually, please insert your weight. If you log with your Bluetooth weight scale, please wait for the data to be received.
6. Add Note for more information if needed.
7. Tap on “Save” button to save your blood pressure log.

5.3. Editing/removing your weight entry

To manage your previously logged body weight, tap on the Diary page on the bottom navigation bar. By tapping on the body weight entry displayed on the Diary page, you can open the Body Weight Detail Page.

If you want to edit the entry:

1. You can tap on “Edit Entry” to update the log.
2. Update your date, time, body weight and notes.
3. Tap on “Save” button to save the changes.

If you want to remove the entry:

1. You can tap on “Remove Entry”.
2. When the confirmation modal pops up, you can either tap on “Remove” to confirm the action, or “Cancel” to cancel the removal action.

6. Moment

The Moment feature allows you to log specific activities. This information can help your healthcare provider interpret your blood pressure data in the context of your daily life.

6.1. Logging your moment

If you want to log a moment, make sure to log it by:

1. Opening the SCLA-A.
2. On the Home page or Diary page, tap on the large blue plus button in the middle of the bottom bar labeled “Moment”.
3. By default, the date and time will be current. If you are logging an activity retrospectively, please edit the date and time to when you recall having performed the activity.
4. Tap on the activity you performed. If you cannot find an activity, you may type it in the “Search or add task” text field, then tapping on the “+ Add” button.
5. Duration input is required. Tap the ‘hr’ and ‘min’ fields to enter the duration of the logged moment.
6. Optionally, you may add more details about the moment by typing in the “Notes” section.
7. Tap on “Save” to complete the Moment log.

6.2. Editing/removing your moment

To manage your previously logged Moment, tap on the Diary page on the bottom navigation bar. By tapping on the logged Moment on the Diary page, you can open the Moment Detail Page.

If you want to edit the log:

1. You can tap on “Edit Moment” to update the log.
2. Make the necessary changes, such as the Time and Date, the task you performed, or edit the Note if needed.
3. Tap on “Save” button to save the changes.

If you want to remove the entry:

1. You can tap on “Remove Moment” to remove the log.
2. When the confirmation modal pops up, you can either tap on “Remove” to confirm the action, or “Cancel” to cancel the removal action.

9:29 Moment

Moments let you capture the things happening in your day, like meals, stress, sleep, or travel, so you can see how life connects with your health.

When did this happen?

Today

09:29 AM PM

What was the Moment?

Search or add task + ADD

Ate Meal Exercise Nap

Rest Work Travel

Took Medication Stressful Moment

See More

How long did it last?

-- hr -- min

Notes

Add any details you want to capture about this Moment.

Add a note

(0/275)

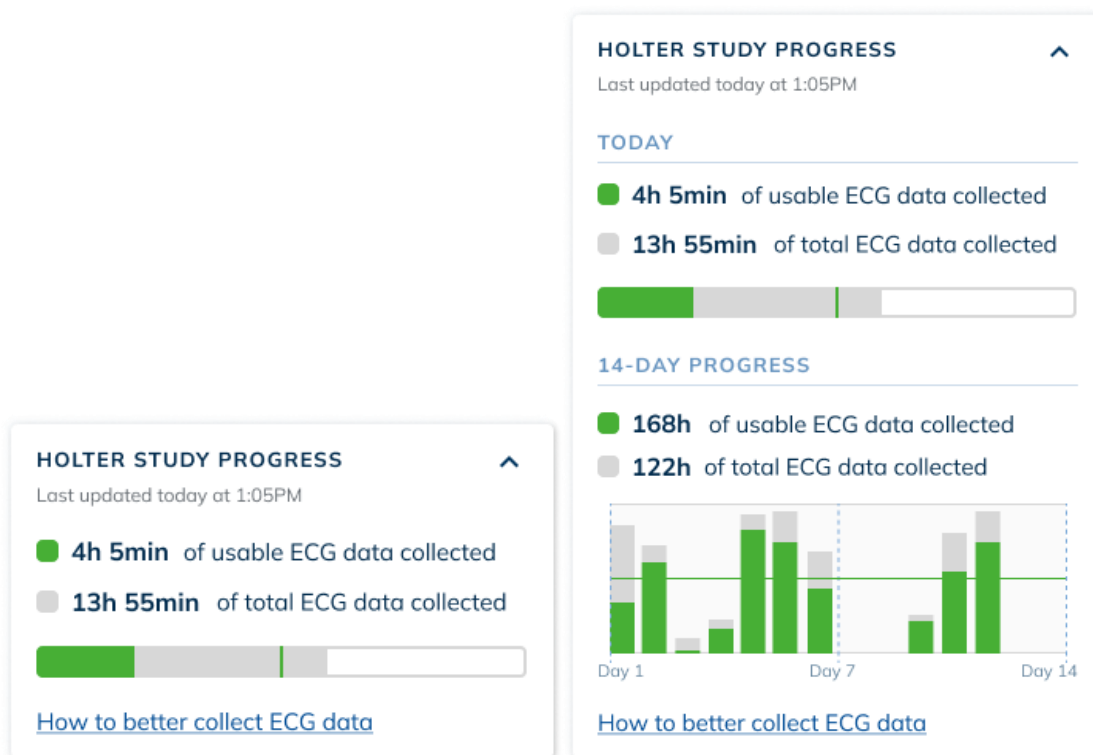
Save

7. Holter Study Progress Card

Over the course of your Holter period, you will be able to check how many hours of usable ECG data you have collected. This can be found on the Holter Study Progress card, which is by default collapsed but can be expanded using the arrow on the top right of the card. The expanded view of the card provides further details on your ECG data collection progress. This card will be updated every hour with your progress.

Your total ECG data collected is represented using the grey bar. The usable portion is represented using the green bar. The card will display messages to ensure you are kept up to date with your progress. Once you have reached the end of your Holter study, please continue to wear the garment until a Myant representative has reached out to you.

Note: The Holter Study progress bar is an estimation and may not be accurate in all cases. Always ensure you have worn the garment as instructed with moisturizer applied to record ECG properly.



To view tips on how to maximize the hours and quality of ECG data collected, tap on the “How to better collect health data” text link. The clinic will let you know how many hours of ECG data you should aim to collect per day.

Messages related to your study progress may show on the Study Progress card. These may include text about missing your data collection targets set by the clinic, or your study being completed.

7.1. Study Progress In-app Messages & Notifications

You may receive in-app Messages related to how your study is progressing; these appear inside the Study Progress card. If needed, the app may send you push notifications related to how your study is progressing.

8. Garment Signal Status

The Garment Signal Status card on the home page provides you with the ability to view the ECG data as it is captured. You will see:

1. A coloured signal quality indicator
2. An explanation of why signal issues are important
3. An arrow in the top right of the card which leads to the Garment Signal Viewer page

The signal status indicates the quality of ECG data being collected by the app and your device.

- Good signal: Green indicator, ECG data is adequate for clinic's review
- Poor signal: Yellow indicator, ECG data is not suitable for clinic's review
- No signal: Red indicator, no ECG data is being captured

Tapping the arrow at the top right of the card will take you to the Garment Signal Viewer page, where you will have access to:

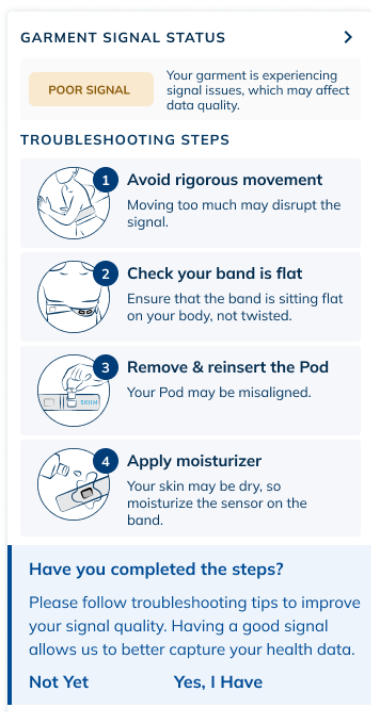
1. Channels: All 3 channels will be shown individually, along with their individual status indicators.
2. Heart rate: View your current heart rate.
3. Signal quality: View the quality of your ECG being captured.
4. Filter: Dropdown option to view the ECG channels as 2.5 mm/mV, 5 mm/mV, or 10 mm/mV.
5. Now Indicator: The green line indicates the current time on the graph across all 3 channels.

It is important to ensure that you maximize the hours and quality of your ECG data capture.

Note: The Garment Signal Viewer is meant to be used for non-diagnostic purposes.

8.1. Signal Quality Troubleshooting

If there is Poor Signal, the Garment Signal Status card will expand to show a list of illustrated troubleshooting steps to help you obtain improved signal quality.



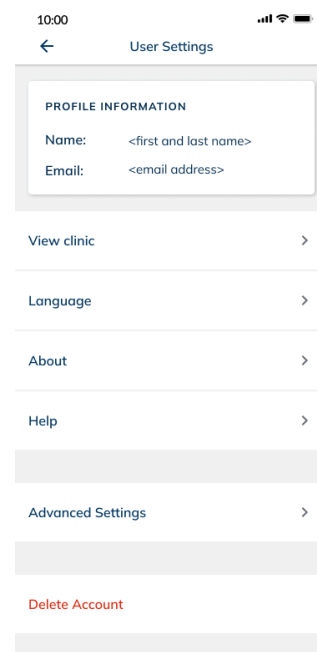
8.2. Signal Quality Notifications & In-app Messages

If your signal status is consistently Poor Signal, in-app messages may appear inside the Garment Signal Status card on the home screen. The app may also send you push notifications related to improving your signal status by suggesting that you follow the Troubleshooting steps or contact Myant Customer Service. It is important to maximize the hours and quality of the ECG data captured by the app.

9. Settings

The Settings page can be accessed by tapping on the hamburger icon, where you will find the following:

- **Devices:** see details about Garment and Pod, update Firmware and noise filter frequency.
- **View clinic:** View a copy of the terms of service you had agreed to as a patient of the clinic that is administering your Holter study.
- **Language:** The user can edit or change their language reference for the app in the User Settings.
- **About:** View SCLA-A version number, Global Trade Item Number (GTIN), Terms and Conditions, and Privacy Policy.
- **Help:** Access Myant’s contact email and Frequently Asked Questions (FAQ).
- **Advanced settings:** Additional features regarding Device management, clinical program, user profile settings and Health & Wellness data back up. If you accidentally log out, you will be able to log back in because your



login credentials are saved to your phone. If you lose your phone, please contact Myant Customer Service by phone (844 722-9977) or email (support@myant.ca).

10. Connecting Hardware to Software

10.1. Activating and charging the Pod

When the Pod arrives from Myant it will be in Ship Mode, which ensures its battery charge is prolonged for as long as possible. To take the Pod out of Ship Mode and activate it, insert it into the charger dock.

10.2. Pairing the Pod to the SCLA-A

As part of the setup process for a Holter study, you will need to pair a Pod to an SCLA-A account. You can do it as part of the onboarding process.

1. Ensure Bluetooth is turned on.
2. Open SCLA-A on the smartphone.
3. Log into your SCLA-A app using login credentials (email and password, one-time code, or QR code).
4. Follow the instructions to pair and test your Pod.

You may also pair the Pod from the Settings menu.

5. On the Settings page, tap on “Advanced Settings”.
6. Tap on “Pod Management”.
7. If the Pod has not been paired, tap on the “Add Garment” button.
8. Tap on the garment you are wearing.
9. Read the contraindication and tap on “Okay”.
10. Tap “Continue”.
11. Tap on “Pair Pod”, and place the Pod on the phone screen; if there are multiple Pods detected, tap on the serial number corresponding to the Pod you wish to pair. The serial number can be found on the back of the Pod.
12. Once the Pod is paired, insert it into its dock on the garment and wear your garment.
13. Tap on “Test Pod” to see if it’s able to capture your heart rate (this step is optional). If it’s unable to capture it, ensure the garment is worn properly, the Pod is inserted correctly into the dock, and that Bluetooth is on, then try again.



10.3. Checking Pod connection and ECG quality

You can check the Pod’s connection status by looking at the coloured indicator on the Garment Signal Status card on the homepage. This will let you know if you have Good Signal, Poor Signal, or No Signal. You can also tap the arrow on the Garment Signal Status card to view the Garment Signal Viewer. For information on how to use the Garment Signal Viewer, refer to section 9. It is important that the signal status is rated as “Good Signal”. If it’s poor, or if there is no signal, please follow troubleshooting steps on the SCLA-A.

10.4. Updating the Pod firmware








It is important to ensure your Pod's firmware is up to date. To check if there is a firmware update available:

1. Tap on the hamburger icon on the top left of the SCLA-A Home page.
2. Under the Settings page, tap on "Advanced Settings".
3. Tap on "Pod Management".
4. Expand the "More Details" section. If there is an update available, a text link called "Update" will appear next to "Firmware version". Tap on "Update" to update your firmware.
5. Once the update is complete, tap "Got it". If the update fails, ensure Bluetooth is turned on and the smartphone is connected to the Internet, then tap "Try again".

11. Pod battery level

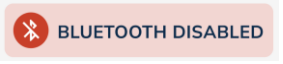

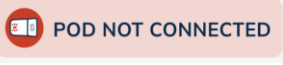
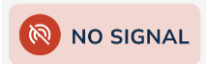
You can check the battery level of the Pod by looking at the home page. The icon representing the battery level is in the upper right corner, next to the bell icon for Notifications.

Use this chart to determine the Pod's battery level and when it needs to be recharged. Ideally the Pod should be charged once a day while you are not wearing the garment (e.g. during shower).

Icon	Description	Actions Needed
	Battery has over 75% charge	No action needed.
	Battery charge is between 25% to 75%	No action needed.
	Battery charge is less than 20%	No urgent action needed but plan to charge your Pod in the next 12 hours.
	Battery charge is under 5%	Charge your Pod as soon as possible.
	Battery is out of charge	Charge your Pod as soon as possible.
	Battery is currently being charged	Continue charging your Pod.
	Battery is on charge and is fully charged	Take the Pod out of the charging dock and insert back into your garment.

12. Connection Issue Indicators

These indicators appear on the top right of the home page, next to the bell Notifications icon.

Icon	Description	Actions Needed
	Bluetooth is disabled on your device.	<ul style="list-style-type: none"> Make sure your Bluetooth is always turned on and that SCLA-A has permission to access your Bluetooth connection.
	Your device is not connected to the internet.	<ul style="list-style-type: none"> Please connect to a wifi network or turn on cellular data to ensure the phone is connected to the internet.
	Your Pod is not connected to the app and the issue is a Pod disconnection.	<ul style="list-style-type: none"> Pod may be out of battery. Please check if the Pod battery needs recharging and charge it when necessary. Pod may be out of range. Keep your phone close to the Pod to ensure good communication between the devices. If your Bluetooth is unable to connect to your Pod, please follow these steps: <ul style="list-style-type: none"> Close the app, turn Bluetooth Off, wait 1 minute, turn Bluetooth On, open the app. Close the app, restart the phone, open the app. Close the app, turn off the phone, wait 1 minute, restart the phone, open the app.
	Your Pod is connected to the app but there is no garment signal. This could be due to: <ul style="list-style-type: none"> The Pod is not inserted in the garment or not properly placed in the garment. The garment is not placed correctly on your body or is very loose. The garment is damaged and cannot record data. 	<ul style="list-style-type: none"> Pod may be misaligned. Please try removing the Pod and reinserting it. The garment band may have flipped. Ensure that the band is sitting flat on your body. Your skin may be dry. Apply moisturizer to the skin that is in contact with the garment band to improve heart rate readability. You may be moving too much. Avoid vigorous movement to optimize garment signals.

13. Getting Help

For support or requesting a physical copy of the user manual, please contact us:

- Telephone: +1 (844) 722-9977
- Email: support@myant.ca

If you suspect your account has been compromised, or if you discover a cybersecurity vulnerability please contact us:

- Email: security@myant.ca
- Vulnerability Disclosure Policy:
<https://myanthealth.com/wp-content/uploads/2024/04/DOC-66-Rev-1.0-Vulnerability-Disclosure-Policy.pdf>

1. Getting started with Health Trends

The Health Trends Dashboard (HTD) allows users to view health data, including heart rate, blood pressure, symptom patterns, and coverage trends. Access is available to both enrolled patients and authorized care circle members.

Follow the instructions below to begin using the Health Trends Dashboard.

1.1. Browser compatibility

To access the Health Trends Dashboard, use one of the supported browsers listed below. The dashboard may not function correctly on unsupported or outdated browsers.

- **Apple Safari:** Version 18 or later
- **Google Chrome:** Version 130 or later
- **Microsoft Edge:** Version 130 or later
- **Mozilla Firefox:** Version 136 or later

1.2. Setting up your account as a patient or a caregiver

For Patients accessing the Health Trends:

To access the Health Trends Dashboard, you must first create an account in the SCLA-A.

1. Navigate to the SCLA-A sign-up page.
2. Follow the on-screen instructions to complete your account registration.
3. After signing in, you will find a link to access the Health Trends Dashboard on the SCLA-A homepage.

Note: An active SCLA-A account is required to access and use the Health Trends Dashboard features.

For a Care Circle member accessing the HTD:

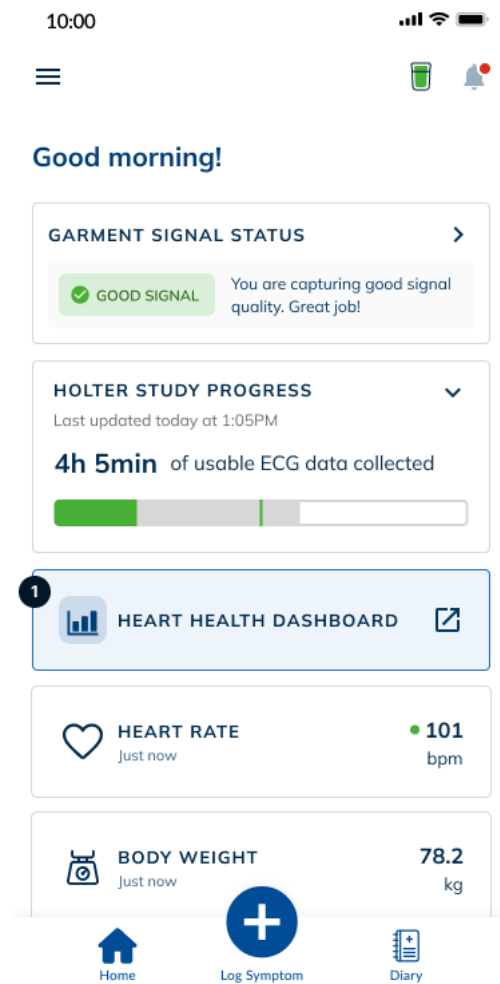
Caregivers can only access the patient's Health Trends Dashboard after being invited by the patient.

1. The patient must send you an invitation using your mobile phone number.
2. The invitation is valid for 24 hours from the time it is sent.
3. Click the link provided to the Health Trends Dashboard to be directed to the invitation page and accept the invitation.
4. You will then be directed to the Health Trends Dashboard Care Circle Member View.

Note: If the 24-hour window expires, the patient must send a new invitation.

1.3. Signing into Health Trends Dashboard

You can access HTD by logging in SCLA-A and tapping on the HTD external link found on the Home page of the app.



2. Home Page of Health Trends Dashboard

Upon opening the HTD, you will see the Home page where you will be able to see or access:

1. Log out

Tap the icon to exit the dashboard.

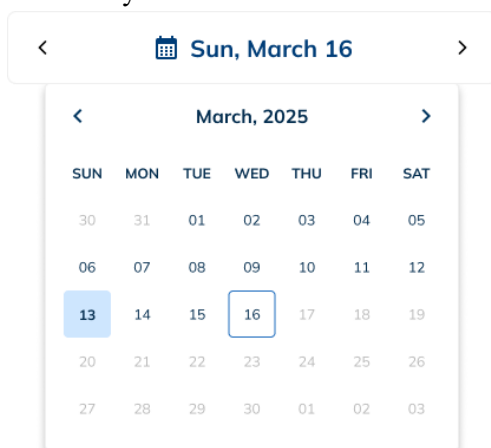
2. Setting

Access the Settings screen to manage:

- Care Circle members
- Program participation
- SMS notifications preferences

3. Date Filter Navigation

Displays the currently selected date. Use the left/right arrows to browse dates. Note: You cannot select dates beyond the current day's date.



4. Symptom Log

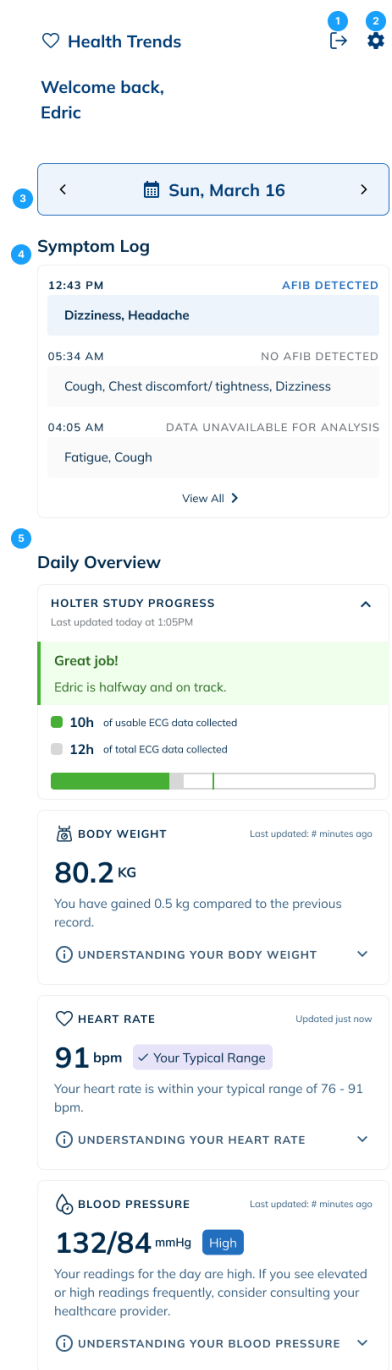
Shows any symptoms recorded on the selected date.

5. Daily Overview

Displays a study card and four data summary cards:

- Holter Study Process card
- Heart Rate
- Blood Pressure
- Body Weight

These cards provide an overview of your data collected so far for the selected day. Tap into any card to view detailed historical trends and summaries of that metric.



2.1. Understanding Health Data in the Dashboard

The Health Trends Dashboard (HTD) is designed to help you monitor your health metrics over time, presenting key health-related data such as heart rate, Blood Pressure, and Symptoms. This data is provided to support health awareness and informed conversations with your healthcare provider. The dashboard is not a diagnostic tool and should not be used as such.

2.2. Intended Use Guidance



CAUTION: The information displayed in the Health Trends Dashboard (HTD) is for informational purposes only and is not intended to be used as a diagnostic tool or replace clinical judgement.



CAUTION: The Health Trends Dashboard data is not intended to diagnose or treat any condition and does not replace clinical evaluation or judgement.



CAUTION: Do not make changes to medications, treatments, or health plans based solely on this data.

Interpreting Data



CAUTION: The Health Trends Dashboard (HTD) readings may vary due to physical activity, stress, etc.



CAUTION: If you are uncertain about your data or experience new or worsening symptoms, contact your health care provider even if the Health Trends Dashboard values appear unchanged or within your typical range.



CAUTION: Do not self-diagnose based on dashboard information.

2.3. Care Circle Access

Care Circle Members who have access to a shared dashboard should:

- Use the data for general support and awareness only.



CAUTION: Do not prompt or suggest any health-related or medical actions or changes without input from the patient's healthcare provider.

3. Symptom Log List

3.1. Managing Symptom Logs

The Symptom Log list displays any symptoms reported for the selected date.

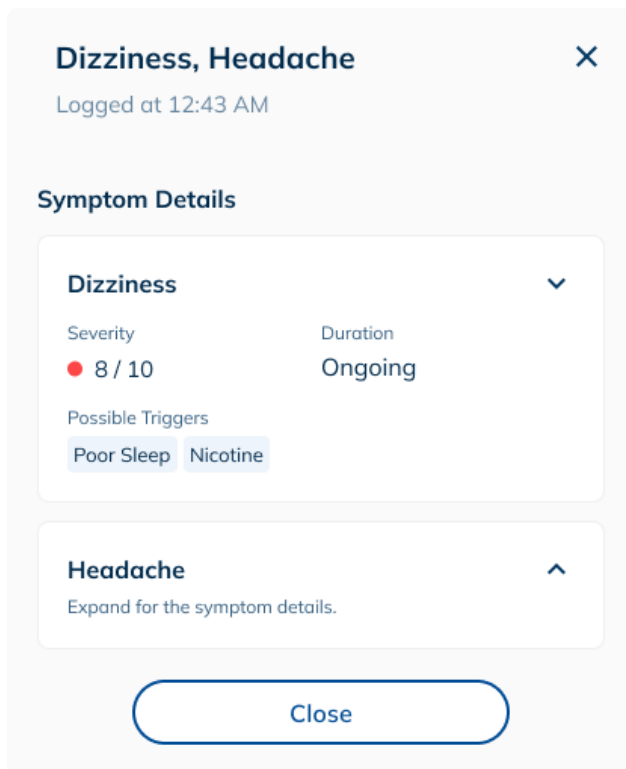
By default, up to three symptom logs are shown in reverse chronological order (most recent first). To view additional logs, tap **“View All”** to access your full symptom history.

Symptom Log

12:43 PM	AFIB DETECTED
Dizziness, Headache	
05:34 AM	NO AFIB DETECTED
Cough, Chest discomfort/ tightness, Dizziness	
04:05 AM	DATA UNAVAILABLE FOR ANALYSIS
Fatigue, Cough	
View All >	

3.2. Viewing a symptom log

Tapping on a symptom opens a detailed view, which includes the full symptom entry, including severity, duration, possible triggers, and notes (if provided).



Log View

4. Daily Overview

4.1. Daily Summary Cards

You can find the daily summary cards under the Daily Overview section of the homepage of the dashboard. The Heart Rate and Blood Pressure cards are available to all users.

You will see 3 key metrics updated and 1 Holter study process card:

- Heart Rate (HR): The number of times your heart beats per minute (bpm).
- Blood Pressure (BP): A measure of force of blood against your artery walls.
- Body Weight: Your body weight (lbs or kg)

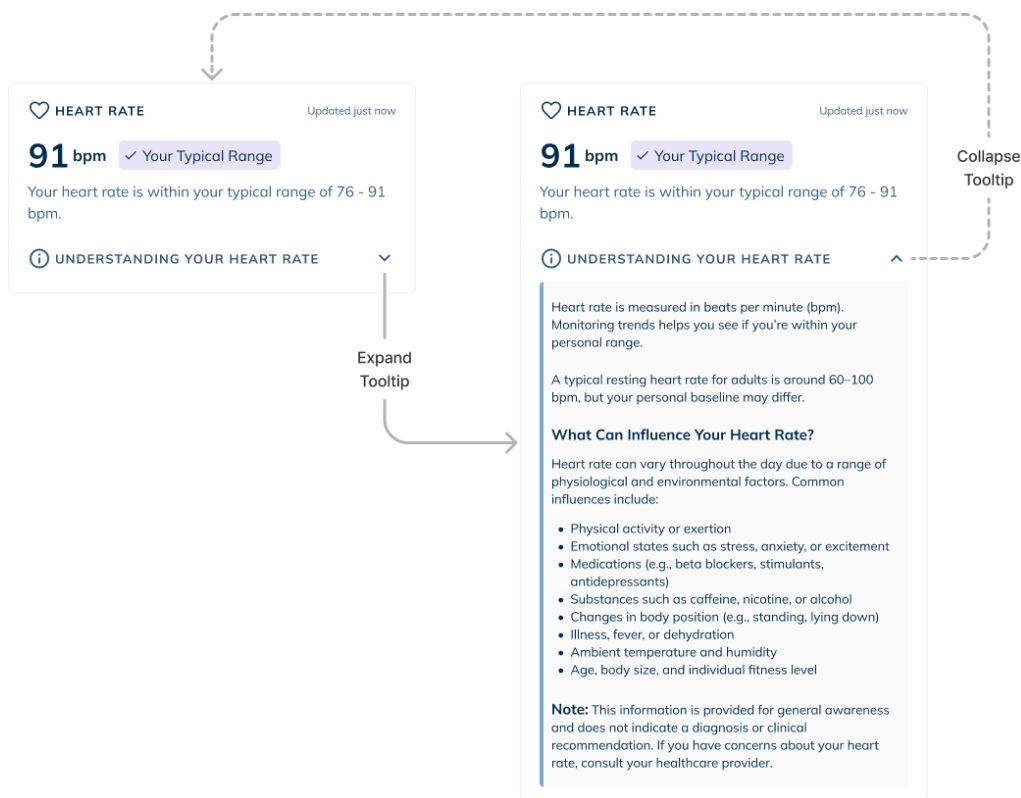
Important: This information is not a diagnosis. Always speak with your doctor before making changes to your medication, activity, or health plan. If you feel unwell or notice unusual readings contact your health care provider.

- This dashboard is not a diagnostic tool, do not use the data shown here to make medical decisions without consulting your healthcare provider.

The screenshot displays four health metric cards stacked vertically. Each card has a title, a subtitle, a main value, a descriptive message, and an educational link.

- HOLTER STUDY PROGRESS**: Last updated today at 1:05PM. Status: Great job! Edric is halfway and on track. Progress: 10h of usable ECG data collected (green bar), 12h of total ECG data collected (grey bar).
- BODY WEIGHT**: Last updated: # minutes ago. Value: 80.2 KG. Message: You have gained 0.5 kg compared to the previous record. Link: UNDERSTANDING YOUR BODY WEIGHT.
- HEART RATE**: Updated just now. Value: 91 bpm. Status: Your Typical Range (checked). Message: Your heart rate is within your typical range of 76 - 91 bpm. Link: UNDERSTANDING YOUR HEART RATE.
- BLOOD PRESSURE**: Last updated: # minutes ago. Value: 132/84 mmHg. Status: High. Message: Your readings for the day are high. If you see elevated or high readings frequently, consider consulting your healthcare provider. Link: UNDERSTANDING YOUR BLOOD PRESSURE.

The cards also provide you with a better understanding of the data you are seeing through the educational information under each metric. By tapping on the arrow next to “Understanding your [metric]”, you can check here for more information.



4.2. The detailed views

Tapping on a summary card opens the detailed view for the selected metric. This view presents historical data in a graphical format, along with summaries and educational information to help users interpret trends over time.

In the detailed view, you can find:

- Corresponding data history in graph view with the daily average of each day displayed accordingly and the typical range to have a better understanding of your progress.
- The summary of each metric with the related informative insights (Month/ Week/ Day Average, Maximum/ Minimum/ Highest Number, etc.)
- Educational information under each metric to offer a better understanding of each metric.

a. Navigation

You can navigate through by Day, Week or Month views:

- **Month view:** You can navigate to previous months to review their data. Information is displayed for the full duration of each month, from the 1st to the 28th, 29th, 30th, or 31st, depending on the month.
- **Week view:** You can navigate to previous weeks to review data. Each week displays information from Sunday of the previous week to Saturday of the current week.
- **Day view:** You can navigate to the previous day to review their data.

Use navigation controls to move between days, weeks, or months to explore past data.

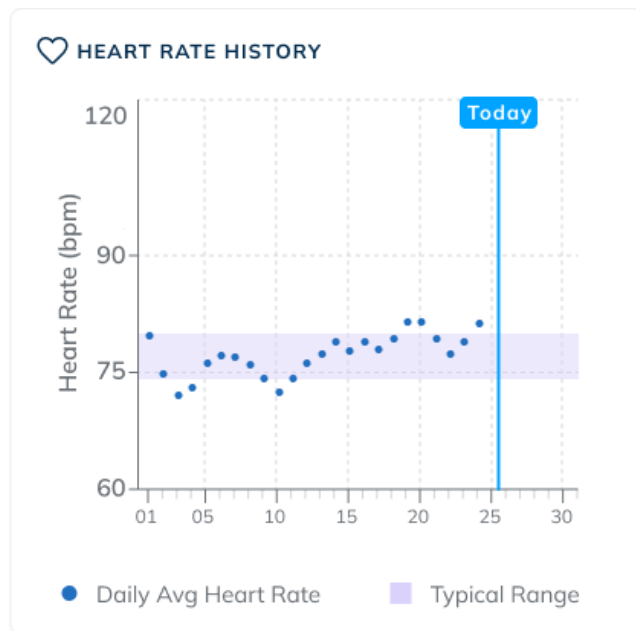


b. Data History (Graph View)

Each view includes a graphical representation of historical data:

- **Day View:** Displays data within a 24-hour period, with recorded data shown hourly throughout the day.
- **Week View:** Displays the daily average for each day within the selected week.
- **Month View:** Displays the daily average for each day within the selected month.

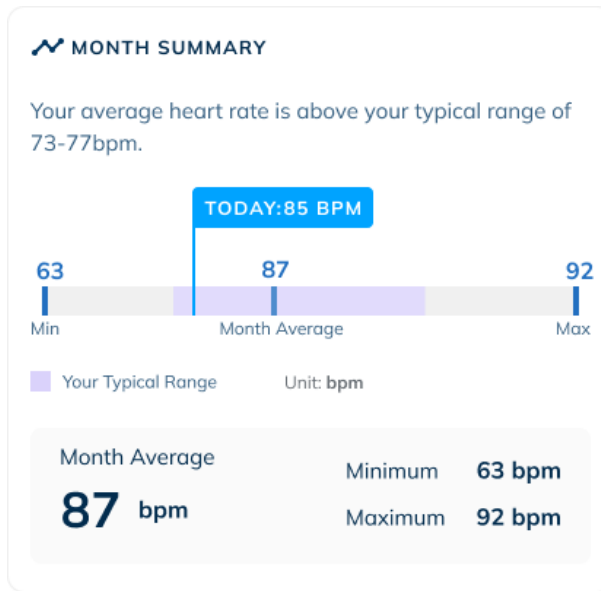
A “typical range” band is shown in the graph to help contextualize your data of your typical range.



Data History in Graph View

c. Summary Card

The summary card gives the numerical summary of the selected time range, providing a quick overview of the data’s trend over time.



Summary Card

The Summary card displays data for the current date, the minimum and maximum recorded values, along with the corresponding average based on the selected view (Day, Week, or Month).

UNDERSTANDING YOUR HEART RATE

What is Heart Rate?

Heart rate is the number of times your heart beats per minute (bpm). Tracking your heart rate helps you see trends and whether you're within your typical range.

Heart Rate Range Considerations

While your personal range is unique, here are some general points:

- **Normal Resting Average:** 60–100 bpm for most adults.
- **Lower Average in Athletes:** Can be as low as 40 bpm for people in top physical condition.
- **Women vs. Men:** Women's daily averages are often slightly higher than men's.
- **Maximum HR:** A commonly used rule of thumb is that maximum heart rate during intense exercise should be around 220 minus your age.

Establishing Your Typical Range

We need about 7 days of data to learn your typical range for heart rate. Then, we'll compare your daily readings to this range to help you track patterns.

What Can Influence Your Heart Rate?

Heart rate can vary throughout the day due to a range of physiological and environmental factors. Common influences include:

- Physical activity *
- Emotions (stress, anxiety, excitement)
- Medications (e.g., beta blockers, stimulants)
- Substances (caffeine, nicotine, alcohol)
- Body position (standing, lying down)
- Illness, fever, dehydration
- Temperature and humidity
- Age, body size, and fitness level

Note: This information is provided for general awareness and does not indicate a diagnosis or clinical recommendation. If you have concerns about your heart rate, consult your healthcare provider.

Informational Content

Each detailed view also includes an educational informational card, which provides:

- Definitions of the selected metric
- Additional guidance and information

- Disclaimer that the information displayed is for general awareness purposes not for diagnosis.

5. Setting Page

5.1. Care Circle

You can view and manage Care Circle Members by tapping on the Settings icon located at the top right corner of the Homepage of the Health Trends Dashboard. This section displays all current, former, and invited members, along with the status of any invitations.

Care Circle Capacity

A maximum number of 3 Care Circle Members is allowed at anytime, this includes:

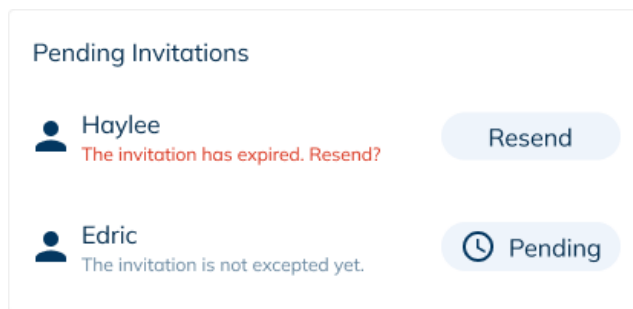
- Active (sharing) members
- Pending invitations sent within the last 24 hours

The “**Add Member**” button will only be available if the total number of members (active + pending) is fewer than three.

a. Pending Invitation

The Pending Invitation section includes both expired and active (within 24 hours) invitations.

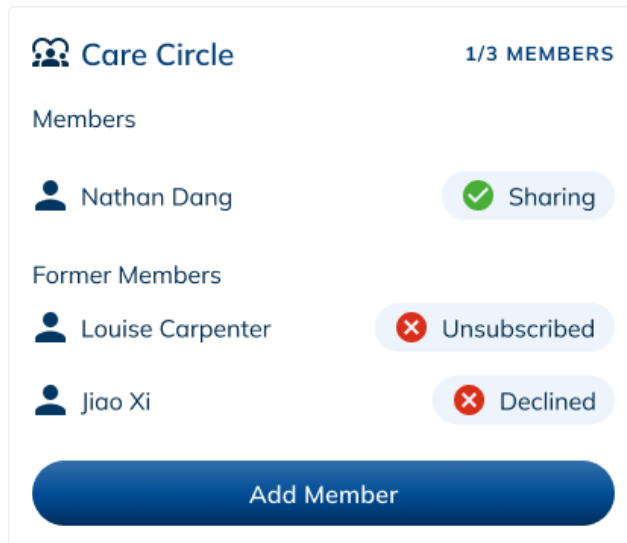
- **Pending:** The invitation has been sent within 24hrs but the caregiver has not accepted yet.
 - You can cancel the invitation at any time.
- **Resend:** The invitation was sent more than 24 hours ago and has expired.
 - You can either resend the invitation if the maximum number of Care Circle Member is less than 3 or cancel the invitation.



b. Adding a member

Care Circle Members may have one of the following statuses:

- **Sharing:** The member accepted the invitation and has access to your data.
- **Unsubscribed:** The member unsubscribed from data sharing.
- **Declined:** The member declined the invitation.



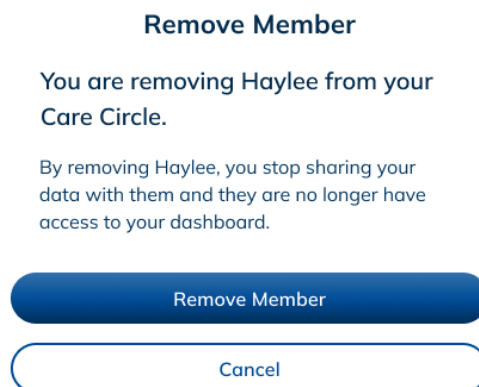
To add a new member (if fewer than 3 members are active or pending):

1. Tap on “Add Member” button
2. Fill in member’s name and a valid phone number
3. Set the sharing control with the new member (e.g. which data they can access)
4. Confirm the action and send the invitation by tapping on “Confirm & Send Invite”

c. Removing a member

To remove a member from your Care Circle:

1. Tap the member’s name on the list
2. Tap on “Remove Member”
3. In the confirmation modal, tap “Remove Member” again to complete the action



6. Sharing Data Controls

To update the sharing controls with your Care Circle Member:

1. Select a Sharing member
2. When the sharing details modal pops up, tap on “Edit” button
3. Update the member’s name and sharing controls as needed
4. Tap “Save” to confirm and apply changes

Edit Sharing Data Controls

Edit your connection's information and what your connection will be able to view by simply turning a metric ON/OFF. You can update this at anytime in your settings.

Name

Edric

Phone Number

##

111 111 1111

HEART HEALTH REPORT SHARING CONTROLS

Heart Health

- **Heart Rate**
Live HR, Heart Rate Trends and History
- **Blood Pressure**
Blood Pressure Logs, Trends and History

Symptoms

Symptom Logs including notes and Symptom based alerts

Save

Cancel

7. Notification Settings

You can manage your SMS notification preferences from the Settings screen.

- To stop receiving any SMS notifications, toggle the SMS Notifications to Off.
- To receive only selected types of notifications (e.g. Daily Dashboard Updates or Program Updates), leave SMS Notifications enabled and only switch off the specific categories you do not wish to receive.

Notifications Settings

SMS Notifications

Receive text messages with updates about your SKIIN Heart Health Dashboard and important updates.

Daily Dashboard Updates

Get a daily text when your SKIIN Dashboard is updated with new data.

Program Updates

Be notified about changes or updates to your SKIIN program.