Hexoskin
Wearable Body Metrics

**Getting Started Guide
for iPhone and OS X Users**

1. Unbox your kit

The Hexoskin kit is shipped in two boxes, one white and one black. Start by unpacking them!

THE WHITE BOX

THE BLACK BOX

The black box contains your hardware. Inside, you will find:

- 1 Hexoskin device
- 1 USB cable

The white box contains your clothing. Inside you will find:

- 1 Hexoskin shirt
- 1 Elastic strap

THE HEXOSKIN SHIRT

There are several things you need to know about the shirt.

SENSORS

Your Hexoskin shirt is a very precise portable lab. It has three sensors to record your cardiac signal and two sensors to record your respiration.

CONNECTOR AND POCKET

The shirt has a pocket and a connector on the right side. When in use, your device is plugged into this connector and stored in the pocket.

ELASTIC STRAP

The elastic strap can be worn around the chest or the waist. We recommend to wear it when performing activities with lots of movements.

MAINTENANCE

You can machine wash the shirt on gentle cycle in cold water. Use a mesh wash bag if you have one. Do not use bleach products or fabric softener. Do not wring. Line dry.

THE HEXOSKIN DEVICE

Now let's explore the device.

① Connector slot

The connector slot has two purposes:

- **Charging**: to charge the device, plug one end of the USB cable into the connector slot and the other end into your computer.

- **Recording**: to record your biometrics data, plug the shirt's connector to your device's connector slot.

(2) Button

The button has two purposes:

- **Enter pairing mode**: if you use Hexoskin with your smart phone, it is required that your pair your device with your iPhone. Holding the button for 3 seconds will put the device in pairing mode for 1 minute.

- **Wake up the device**: after one minute of inactivity, the device goes to sleep mode. To wake up the device, press the button once.

(3) Battery LED

The battery LED is solid orange when the battery level is above 70%. When the battery level is lower than 70%, the LED will blink. The LED is off when the battery is depleted.

(4) Recording LED

The recording LED is off when the device is not recording. The LED is solid orange when the device is plugged into your shirt and is recording your biometrics data.

(5) Bluetooth LED

The Bluetooth blue LED is usually off. The LED is solid blue when the device is in pairing mode (which lasts 1 minute). You might also see the LED blink quickly when your device is transferring data to your iPhone.

BATTERY

When the battery is fully charged (100%), the device can last up to 14 hours when recording biometrics data, or 30 hours in sleep mode. It takes about 90 minutes to get a full charge.

SENSOR

The device has an accelerometer that records your movement signals.

SLEEP MODE

The device goes into sleep mode when there is no activity for 1 minute. This will allow the device to save battery. In this state, all three LEDs are turned off. To wake up the device, press the button once.

STORAGE SPACE

The device can record up to 150 hours of biometrics data.

WATER RESISTANT

The device will survive moderate amounts of water, but should not be fully submerged as it is not waterproof.

2. Charge your device

Your device should have shipped partially charged. We recommend that you charge it fully before using it.

To do this, use the enclosed USB cable and plug one end of the cable into your device's connector slot and the other end into your computer.

When charging, the Battery LED (top orange LED) will blink. Once the battery is fully charged, the LED will turn solid orange.

A full charge takes 90 minutes to complete.

While you wait, you can set up your account, see step 3.

3. Create your Hexoskin account

An account is necessary to use Hexoskin. Having an account will allow you to store and access your biometrics data online, anywhere and anytime.

You can use the Hexoskin app to register for a new account.

Minimum requirements for the app:

- iPhone 4 and later
- iOS 7 and above

THE HEXOSKIN APP

Download the Hexoskin app from the App Store here: https://itunes.apple.com/ca/app/hexoskin/id593087144?mt=8

Or search for the keyword "Hexoskin".

REGISTER AN ACCOUNT

Once installed, launch the app. You will be greeted with the option to register for a new account.

Proceed with the registration. If you already have an account, you can just log in.

CONFIGURE YOUR PROFILE

After registering, make sure to fill up your user profile with your date of birth, gender, height, and weight. This information is needed to calculate your calorie consumption.

4. Configure your device

Before you can use your device to record biometrics data, there are two things you need to do:

1. **Pair your device with your iPhone**: this will allow communication between your device and your iPhone.

2. **Link your device to your account**: this will identify your device as yours and will prevent other people from getting access to your data.

Both of these steps are done with your iPhone, and only once.

1. PAIR YOUR DEVICE TO YOUR iPHONE

Follow these steps:

- **Turn on Bluetooth**: exit the Hexoskin app (if it's running) and open the Settings app. Navigate to Bluetooth, and turn Bluetooth On.

- **Put your device in pairing mode**: press and hold the button on the device for 3 seconds until the blue LED turns solid.

- **Pair and connect your device**: when your device appears in the Devices list, tap on it and wait about 20 seconds until the message "Connected" is displayed.
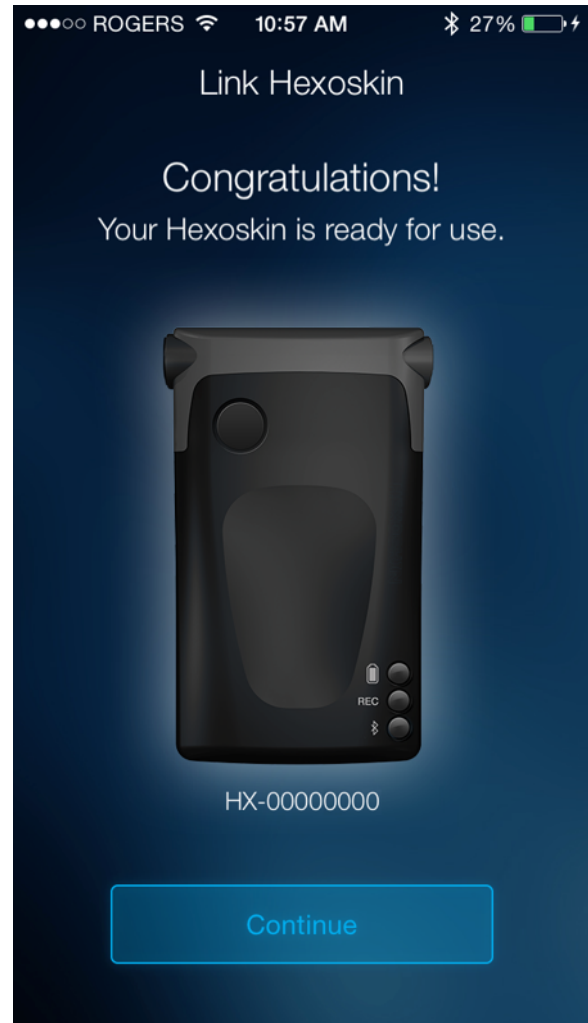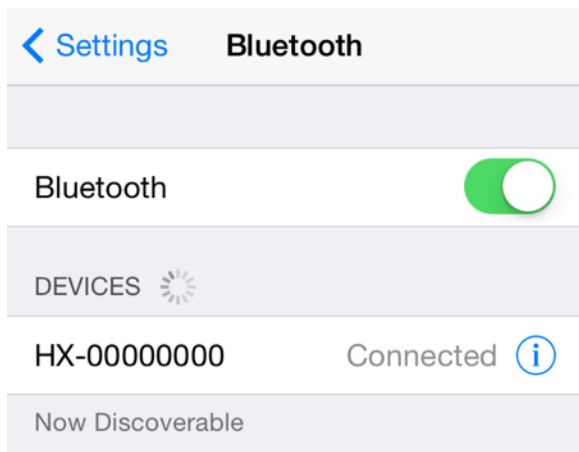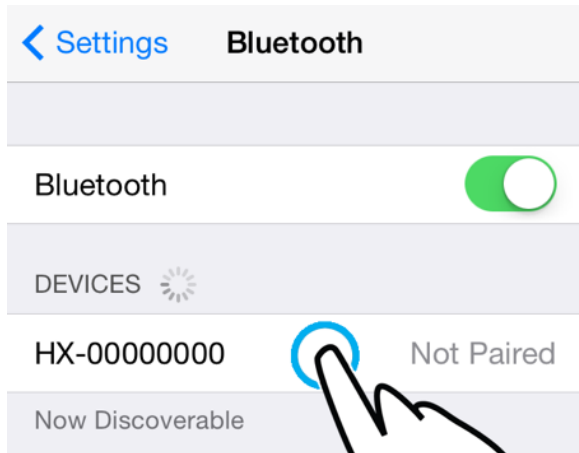
2. LINK YOUR DEVICE TO YOUR ACCOUNT

Once your device is connected to your iPhone, you can return to the Hexoskin app. At this time, you should see a congratulations message saying that your Hexoskin is ready for use. By continuing, this will complete the linking of your device to your account.

5. Go play!

Everything is set up! You can now get ready and go play!

GETTING READY

Before wearing the shirt, we recommend you wet the three cardiac sensors inside the shirt (the three silvery patches) with a little bit of water. This will ensure better data quality.

You can also wear the elastic strap if you plan on doing an activity with lots of movements.

START RECORDING YOUR BIOMETRICS

Plug the device into the shirt to start recording your biometrics. You should see the Recording LED turned on (the middle orange LED).

Now you're good to go!

MONITOR YOUR PERFORMANCE

With the Hexoskin app, you can monitor your performance in real time. From the Home screen, tap on + when you're ready to start.
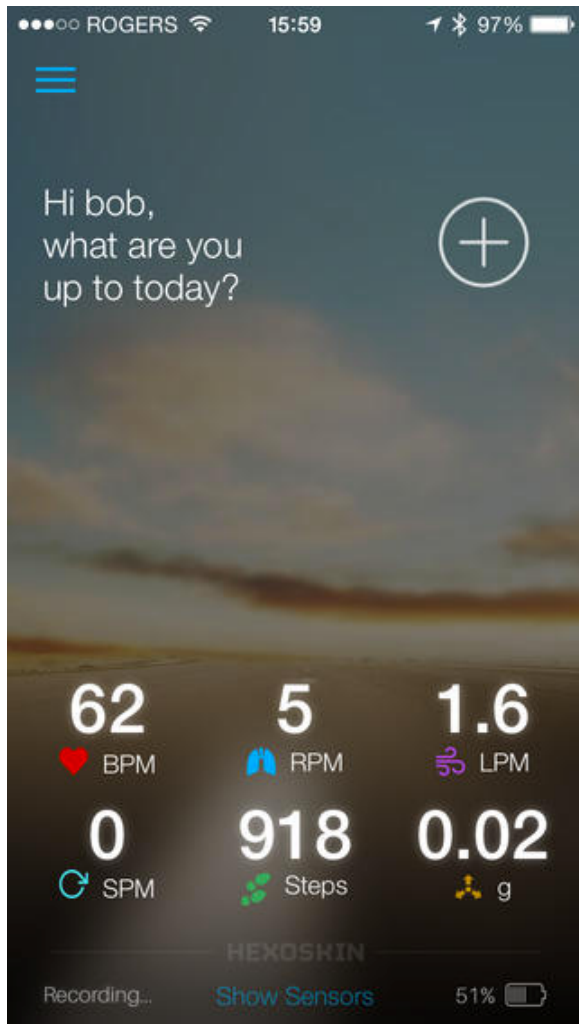
Select the activity you will be performing.
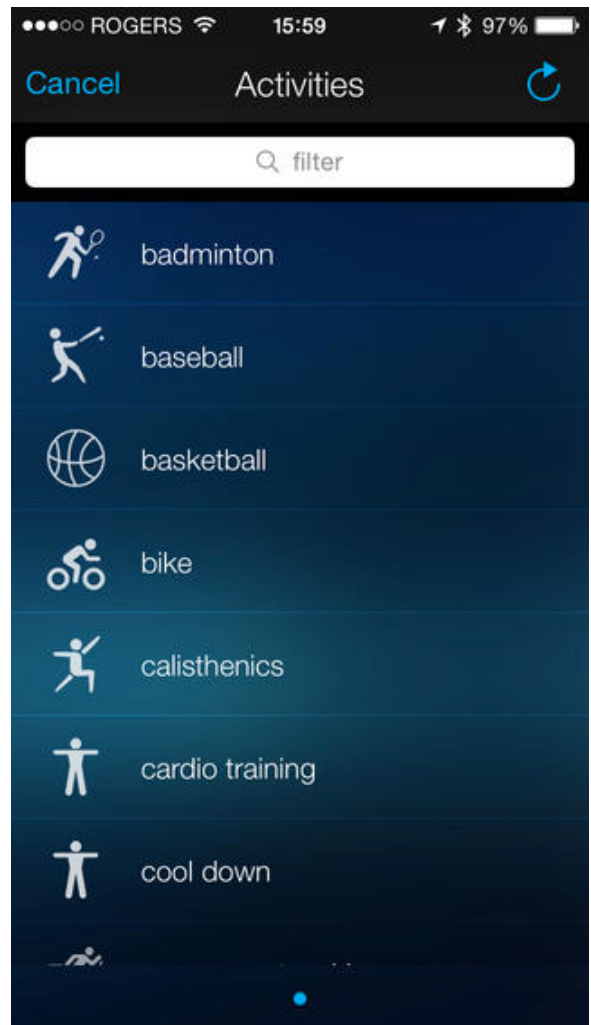
You can monitor your performance with the activity assistant.
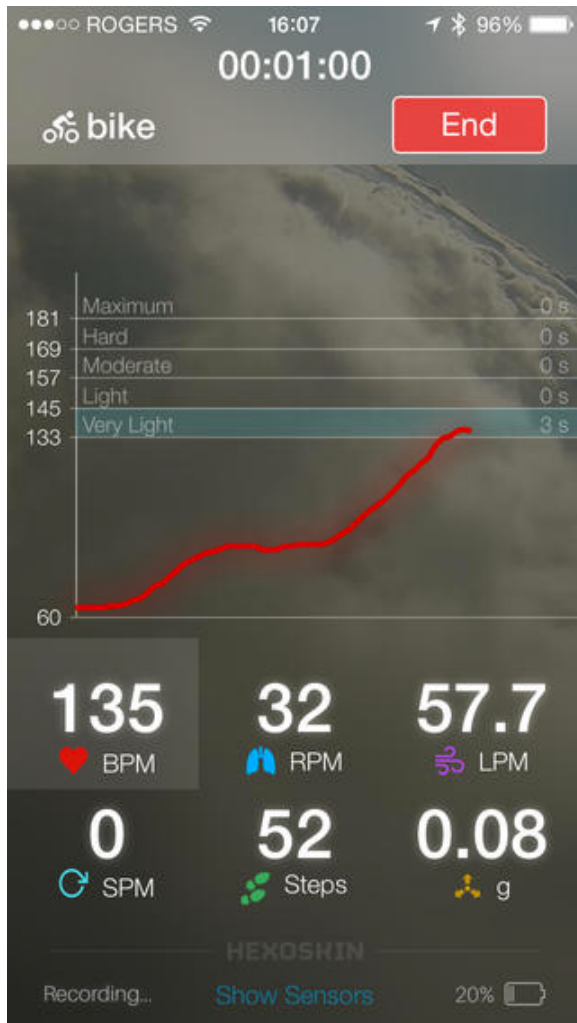
STOP RECORDING YOUR BIOMETRICS

Once you're done, tap on End and unplug your device from the shirt to stop recording your biometrics.

This means a new Recording Session has been created in your device.

6. Upload your data

Once you are done with your activity, it is required that you upload your Recording Sessions (that are stored in your device) to your online account in order to view them.

To do so, you need the HxServices software.

HXSERVICES
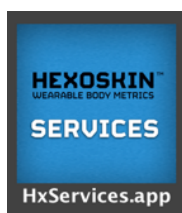
Minimum requirements:

- OS X Mountain Lion (10.8)

Download HxServices for OS X here: http://www.hexoskin.com/pages/downloads

INSTALLATION INSTRUCTIONS

Once the file has been downloaded, locate the file in your Finder. The filename is `HxServices.pkg`.

Right click on the file and select Open
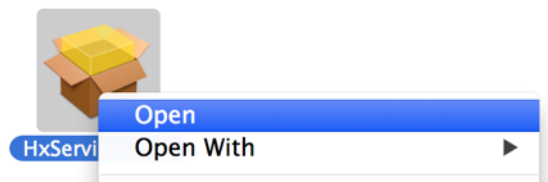
You will be prompted with a warning saying *"HxServices.pkg" is from an unidentified developer. Are you sure you want to open it?*
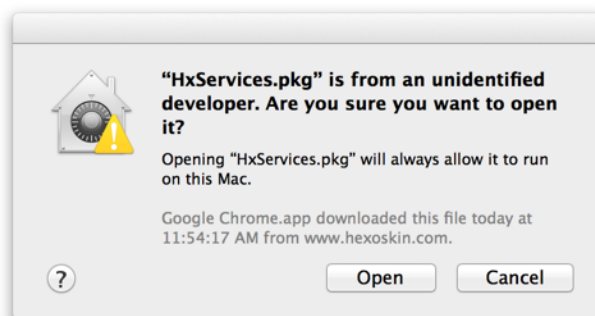
Click Open and proceed with the installation process.

USING HXSERVICES

Once the installation is done, open HxServices (it is located in your Applications folder).

HxServices will stay in your task bar at the top.

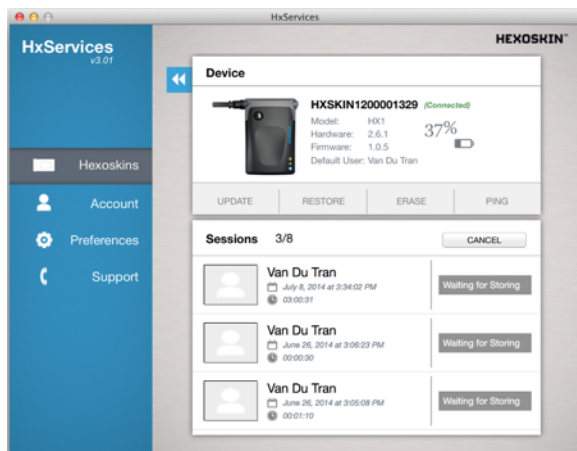The first thing to do is to log into your account (it's the one you created in step 3).
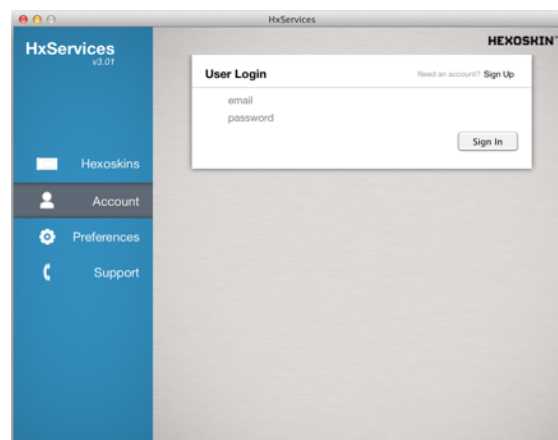
Once logged in, you can now plug your device into you computer with the USB cable.

HxServices will automatically detect your device and start uploading new Recording Sessions stored in the device. The Recording Sessions are sorted by date, from newest to oldest.

While uploading, your Recording Sessions will go through three stages:
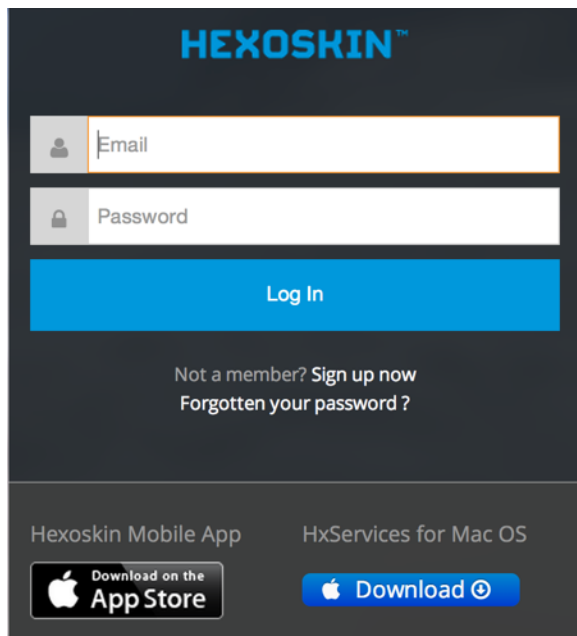
- Waiting for Storing
- Storing Locally
- Synced

When a Recoding Session is synced, it means it's available to view in your online account.

7. View your reports

Now, the most exciting part! It's time to view your biometrics data!

Open your favorite web browser and go to: http://my.hexoskin.com
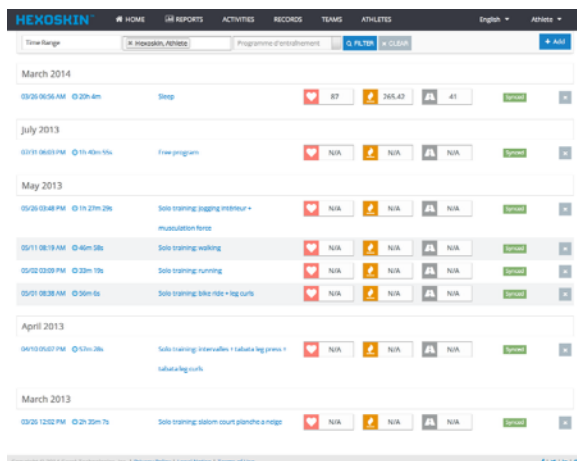
Log in.

Click on an activity to view the details and your biometrics!

Once logged in, navigate to **Activities** (from the top menu). You will see a list of your latest activities.