



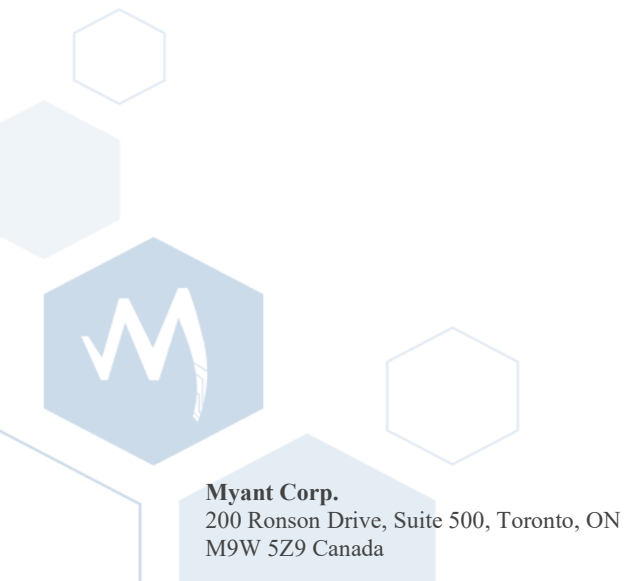
# Skiin Connected Life Portal

User Manual



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## 1 Intended Use And Contraindication

The Skiin Connected Life Portal is a companion platform for those wearing the Skiin UW (garments) and using the Skiin Connected Life Application (SCLA). On the Skiin Connected Life Portal, users may retrospectively view their wellness symptoms logged via the SCLA mobile app, along with associated ECG data and contextual wellness metrics. Users may also download ECG reports to share with those involved in their care such as healthcare professionals.

The Skiin Connected Life Portal is:

- Not to be used for diagnostic ECG analysis
- Not to be used with pediatric patients
- Not intended to replace real-time telemetry monitoring for patients suspected of having life-threatening arrhythmias

## 2 Device And Browser Compatibility

Skiin Connected Life Portal is designed to be accessed using a computer or tablet (smartphones are currently unsupported) via modern web browsers including Chrome 101, 102, and Safari 14, 15.

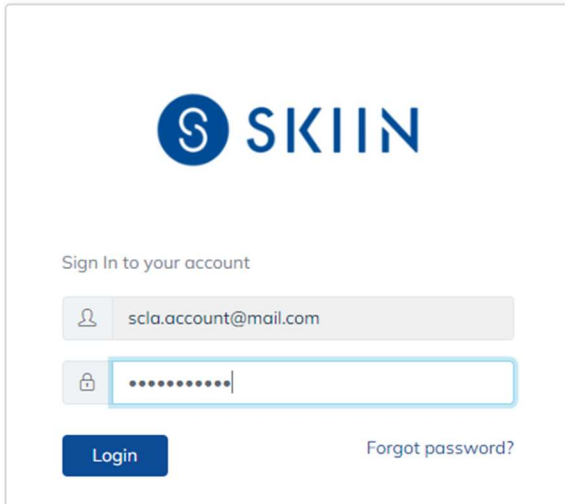


**Chrome 101, 102**



**Safari 14, 15**

### 3 Signing Onto Skiin Connected Life Portal

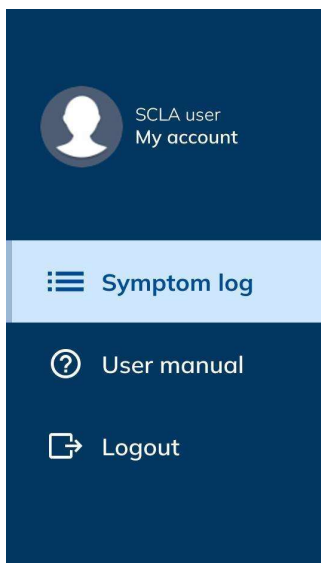


The screenshot shows the Skiin login interface. At the top is the Skiin logo, which consists of a blue circle with a white 'S' inside, followed by the word 'SKIIN' in blue capital letters. Below the logo is the text 'Sign In to your account'. There are two input fields: the first is for an email address, containing 'scla.account@mail.com', and the second is for a password, represented by a series of dots. Below the password field is a blue 'Login' button and a link that says 'Forgot password?'.

You may access the Skiin Connected Life Portal by visiting [scwp.skiinserver.com](http://scwp.skiinserver.com) on a computer or tablet with a compatible web browser listed previously. At this time, the Skiin Connected Life Portal is not designed to be viewed on a mobile device.

To log onto the Skiin Connected Life Portal, enter your email address and password associated with your SCLA account.

### 4 Navigation Bar



Once you are logged in, the blue navigation bar on the left-hand side of the screen allows you to navigate to your symptom logs (default landing page), access a digital copy of the Skiin Connected Life Portal user manual, and securely log out when you are done with your session.

# 5 Skin Connected Life Portal At A Glance

**Symptom log**  
Select a symptom log to view its details.

Status (All) Date (All) Reset Page 1 of 4 > > |

SYMPTOM DATE AND TIME	REPORTED SYMPTOMS	STATUS
2022-09-11, 16:02	Palpitations, Fatigue	To be reviewed
2022-09-05, 11:30	Brain fog	Reviewed
2022-08-28, 11:55	Palpitations	Reviewed

View more symptom logs

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**1 Symptom details**

**Palpitations** 8/10

Duration: 10m

Possible triggers: Caffeine

**Patient's note**  
Took a short nap as I was feeling tired after a stressful day at work but woke up with palpitations. I had 2 cups of coffee this morning.

**Fatigue** 5/10

Duration: 32m

Possible triggers: Stress

**Patient's note**  
-

Audit Log >

**2 ECG Viewer**

Date: 2022-09-11 Time: 16:02 Update

16:02:00 16:02:30

16:02:00 - 16:02:05

Garment type: Skin-underwear

5 seconds (10mm/mv) - Channel 1

5 seconds (10mm/mv) - Channel 2

5 seconds (10mm/mv) - Channel 3

**3 Metrics**

**Heart Health**  
Heart Rate: 100 bpm

**Activity**  
Activity Target: 4,567 / 10,000 steps  
Last Posture: Lying down

**Body Temperature**  
37.4 °C

**Blood Pressure**  
Closest to ECG strip: 2022-08-30, 16:30 (1 hr before) 120/81 mmHg  
2022-09-01, 04:43 (2 days after) 119/79 mmHg

**Oxygen Saturation**  
Closest to ECG strip: 2022-08-30, 16:30 (1 hr before) 96 %  
2022-09-01, 04:43 (2 days after) 93 %

Once you are logged in, you will be presented with this screen. At the top of the page, you will see a list of symptom logs you had reported through SCLA. Clicking on a symptom log would load associated data underneath, such as:

## 1. Symptom details

Additional details you included as part of the selected symptom log

## 2. ECG viewer

ECG data from when you reported the symptom to have occurred

## 3. Metrics

Contextual wellness metrics such as heart rate, posture, steps, core body temperature, blood pressure, oxygen saturation, and body weight

## 6 List Of Symptom Logs

You may view the list of symptom logs you had reported through the SCLA. Each symptom log row displays:

1. The date and time for when you had reported the symptom to have occurred.
2. Symptoms you reported to have experienced.
3. Status indicating whether their symptom logs have been reviewed by a clinic staff member (only available for SCLA users who are registered with a Myant-partnered clinic).

You may filter symptom logs by date using the date filter. To clear the date filter, click “Reset”.

The screenshot shows a user interface for viewing symptom logs. At the top, there are two dropdown menus: 'Status (All)' and 'Date (All)', followed by a 'Reset' button. On the right side, it says 'Page 1 of 4' with navigation arrows. Below the filters, there are three columns: '1 SYMPTOM DATE AND TIME', '2 REPORTED SYMPTOMS', and '3 STATUS'. The table contains three rows of data. The first row is highlighted in blue and has a 'To be reviewed' button. The second and third rows have 'Reviewed' buttons. At the bottom of the table, there is a link that says 'View more symptom logs'.

1 SYMPTOM DATE AND TIME	2 REPORTED SYMPTOMS	3 STATUS
2022-09-11, 16:02	Palpitations, Fatigue	To be reviewed
2022-09-05, 11:30	Brain fog	Reviewed
2022-08-28, 11:55	Palpitations	Reviewed

[View more symptom logs](#)

## 7 Viewing Additional Symptom Details

### Symptom details

**Palpitations** ● 8/10

**Duration**  
10m

**Possible triggers**

Caffeine

**Patient's note**  
Took a short nap as I was feeling tired after a stressful day at work but woke up with palpitations. I had 2 cups of coffee this morning.

---

**Fatigue** ● 5/10

**Duration**  
32m

**Possible triggers**

Stress

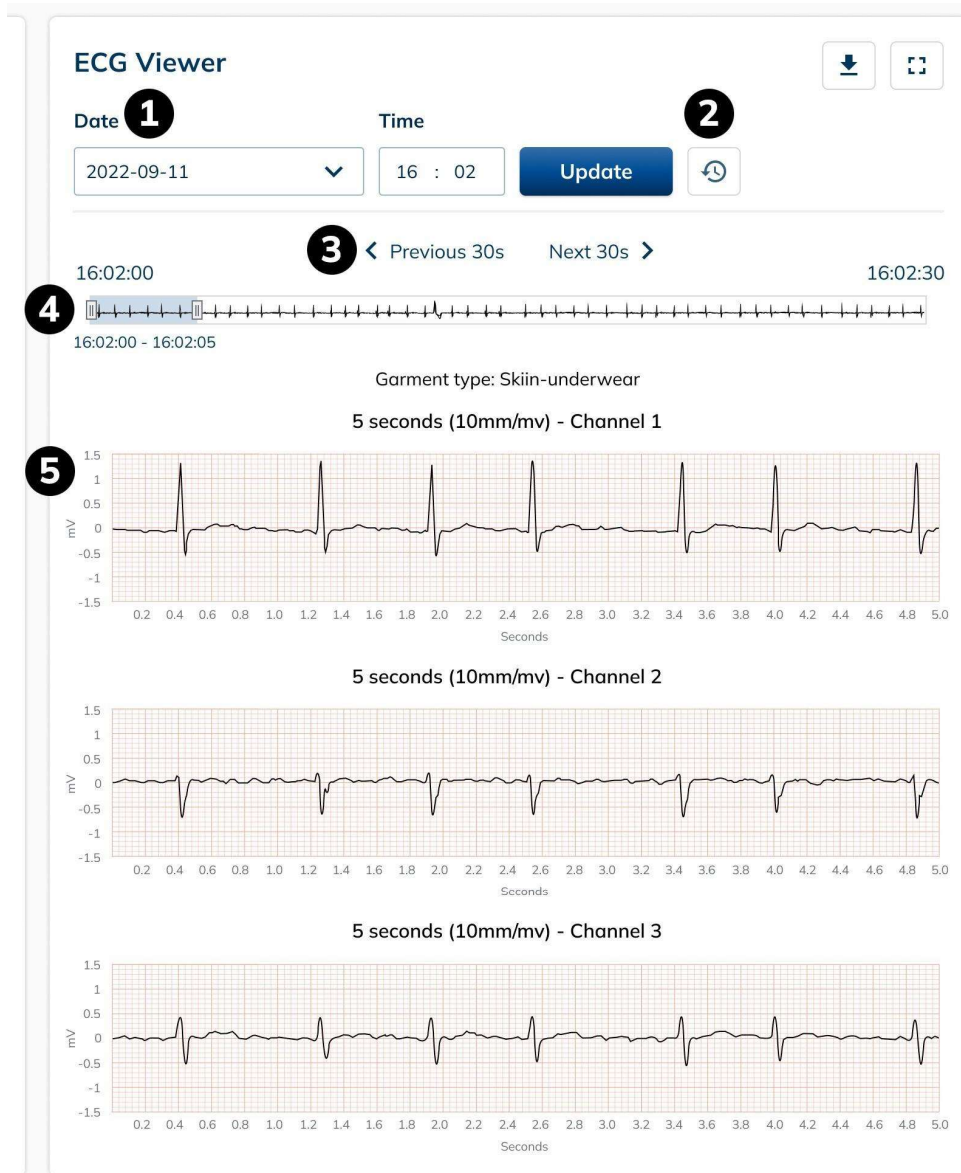
**Patient's note**  
-

[Audit Log >](#)

When you click on a symptom log, you may be able to view additional details you had included about your experience such as symptom type, severity, duration, possible triggers, and notes.

If you updated your symptom details after initial logging, you may click on “Audit Log” to view previous details of that symptom log. To exit the “Audit Log” and return to seeing the most up to date symptom details, click the “Back” button.

## 8 Using The ECG Viewer



When you click on a symptom log, you may be able to view associated ECG data if you were wearing your Skin UW during the time of your symptom. Depending on the type of Skin UW, you may be able to view 2 or 3 channels of ECG.

### ECG viewer labels:

1. Date and time inputs
2. Time reset button
3. Previous and next 30 seconds
4. Scrubber
5. ECG strips/channels

By default, 30 seconds of ECG data from the time of your symptom will be loaded on the scrubber, from which the first 5 seconds will be displayed on the ECG strip across available channels. You may click on and drag the highlighted portion of the scrubber to view ECG data in 5 second intervals on the strips below. If you wish to see the previous or next 30 seconds of ECG data, use the “Previous 30s” or “Next 30s” arrows respectively. You may also jump larger time frames by inputting a desired date or time directly. To return to the time of symptom, click on the time reset button.



## 9 Downloading ECG Report

You will be able to download an ECG report associated with a symptom log, which you may print or email to your family physician and those involved in your care. The report will include:

1. All 30 seconds of ECG data loaded on the scrubber, across available channels.
2. Additional symptom details you had provided as part of your log.
3. Contextual wellness metrics associated with the 30 seconds of ECG data.

To download the ECG report, first select your symptom log of interest. By default, 30 seconds of ECG from the time you reported to have experienced the symptom will be displayed. You may download the ECG report as is, or if you would like, you may also navigate to a different segment of ECG before downloading. To download the report, click on the icon shown below.

### ECG Viewer

Date:  Time:

## 10 Getting Help

For support, please contact us at:  
Telephone: +1 (844) 501-0252  
Email: [support@skiin.com](mailto:support@skiin.com)

# You're all set!

For Technical Support or to request a physical copy of this user manual, contact us at:

Telephone: +1 (844) 501-0252

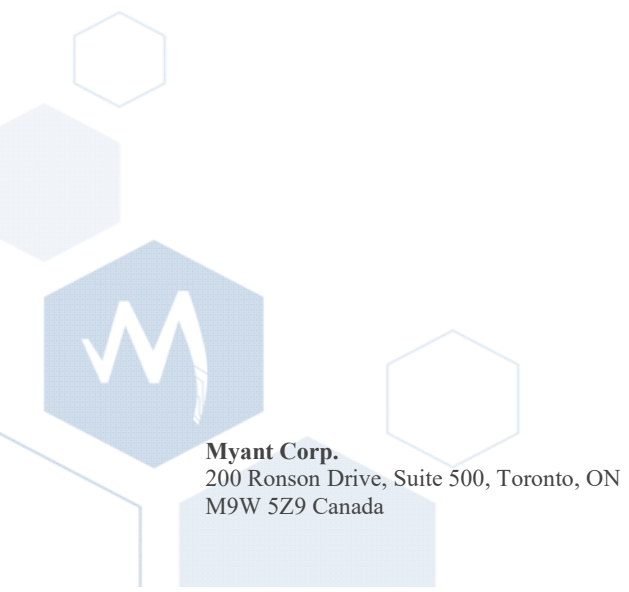
Email: [support@myant.ca](mailto:support@myant.ca)



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