Skiin Connected Life Application
User Manual

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Version Information
SCLA for Android: 1.205.18
SCLA for iOS: 1.205.18

Per:
IFU-157487-02 (Rev 1.8) Skiin Connected Life Application Instructions for Use

Table of Contents

1   Introduction

The Myant Health Platform is a Remote Patient Monitoring (RPM)-like system that encompasses parts of a medical device (interactions with Patients, primary caregivers, and clinicians) and other aspects of a clinic. It is a system of products that act as subcomponents of the platform. These include:

- ● Myant Virtual Clinic Portal (MVCP): a web front end for clinical operations
- ● Skiin Connected Life App (SCLA): a mobile app front end for Patients
- ● Myant Back End (MBE): a cloud infrastructure to store, transform and process collected data

The Myant Health Platform is intended to be used by Patients who can use the SCLA to collect ECG and contextual wellness data captured via Skiin Underwear Garments. Medical professionals and administrators can login via the MVCP to manage clinical and Patient users, and cardiac tech/cardiologists can review the captured ECG data from the Patient retrospectively at the desired time or based on the time of Patient-reported symptoms.

All wellness data is for informational purposes and not intended for medical diagnosis.

2   Product Performance

The Skiin Connected Life App is a smartphone application compatible with iOS and Android Smart devices, designed to be used in conjunction with a Skiin Garment to allow you to collect and track your health and wellness metrics, and view them on the application. The Skiin Garment is a smart garment, consisting of an electronic module (Pod), and a multi-electrode garment for capturing and transmitting biological and behavioral metrics via Bluetooth to the SCLA. The signals captured and transmitted by the Skiin garment include ECG data, heart rate, activity, and an estimate of body temperature.

Additionally, a key feature of the SCLA is to provide you with the ability to log and track your symptoms through the diary feature. If you are associated with a participating clinical program, you will be connected with the clinic's Health Care Providers (HCP) who will review any symptoms you may log, along with associated ECG and data captured by your garment. HCPs will access this data through the MVCP.

3   Indication for Use as Software as a Medical Device

3.1   Indication for Use Statement for Canada

The Myant Health Platform is used by HCPs for cardiology clinic Patients being followed to view and track changes in ECG, and *provide data to 3rd party Holter analysis* software as an adjunct to Patient treatment plans. Patients can enter manual symptom events and view their biometric data for wellness purposes via the Skiin Connected Life App.

3.2   Contraindication

The Myant Health Platform is not used for diagnostic ECG analysis. The Myant Health Platform should not be used with pediatric Patients. The system is not intended to replace real-time telemetry monitoring for Patients suspected of having life-threatening arrhythmias.

3.3   Product Labels

The Myant Health Platform product labels for the SCLA are in the form of E-Labels (electronic labels) located under the "About" section within the SCLA. This E-label meets the regulatory label requirements and provides the identification of the product model, revision, GTIN identifier and manufacturer contact address. Please be aware of this information location in case of communication about product updates, revisions and reporting.

4   Intended Use as Software as a Medical Device (SaMD)

The Myant Health Platform is a Software as a Medical Device (SaMD) comprising a cloud-based portal (Myant Virtual Clinic Portal) and a mobile app (Skiin Connected Life App) to receive and process ECG recordings from the Myant Skiin© Garment, provide a display of ECG waveforms suitable for manual interpretation, and provide ECG data suitable for Holter analysis.

5   Data Security

The Myant Health Platform is built to adhere to the strictest security and privacy best practices as aligned with PHIPA (CA) and HIPAA (US). Myant's privacy policy outlines how we collect and use data. A copy of Myant's privacy policy is found on our website and can be requested from Myant at any time.

6   Safety Information for the MVCP

The SCLA 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 to report symptoms that may require immediate medical intervention; instead, contact emergency services.

The Myant Health Platform does not include the ability to detect long physiological gaps in ECG activity for HR < 30bpm. The Myant Health Platform is not indicated to detect patients with life threatening arrhythmias e.g. where Asystole or the true absence of ECG activity or rates < 30 bpm could be an outcome.

For users who wish to be a part of a clinical program, please use the code provided to you by your clinic to register via the SCLA. Please do not share the code with others. Once you submit the registration form, you will be notified, either through a push notification or your clinic directly contacting you, that you have been successfully registered to the clinical program. All symptoms that you log during your time with the clinical program will be reviewed by your clinic.

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.

Please read sections 8 to 22 for instructions on the proper use of the SCLA. Once you are ready to access the SCLA, please do so through a secure and encrypted internet connection dedicated to you to minimize cybersecurity risks.

7   Concept of Operation

SCLA functions using a mobile app compatible with iOS and Android Smart Devices. The mobile application communicates with a Skiin garment via an encrypted Bluetooth Low Energy protocol. The ECG data collected is transmitted to the user's device through Bluetooth. The Pod can store your health and wellness data for a limited time while being disconnected from your phone (for ECG data, the Pod can store up to 45 minutes). It will automatically sync data to your device when there is an internet and Bluetooth connection. It is recommended to keep your device close to you whenever possible so that the Pod can continuously sync your data to your device. The device then transfers data to the backend using an internet connection (through Wifi only by default, or phone plan data if chosen by the user).

The SCLA is a menu-driven interface that is designed in a simple and self-explanatory way to guide the user through choosing options that lead them to onboard and set up their profile; log and track their symptoms; view and check up on their loved ones; and more. The screens presented to the users are designed to be intuitive, human-centered, and clearly communicate actions to the user.

8   SCLA: Getting Started

8.1   Device Compatibility

The SCLA for Android and iPhone supports the following operating systems:
- iPhone: iOS 13 or greater
- Android: 9 or greater

8.2   Downloading The Application

Download the SCLA from Google Play or the App Store by searching for "Skiin Connected Life". If you were invited to download the application, tap on the link provided to you to be directed to download the application automatically.

Google Play: https://play.google.com/store/apps/details?id=com.myantskiin

Apple Store: https://apps.apple.com/app/skiin-connected-life/id1485314558

Google Play   **Apple Store**

8.3   Opening The Application

Once the application is installed, tap   icon to open it.

9   Creating An Account

Tap on the "Get Started" button, enter your name and email address (which will be used to send you a confirmation code), and tap "Next"**.** To continue setting up your profile, the application will ask you to answer some additional questions about yourself including your date of birth, height, weight, and assigned sex at birth. Once you're done creating your profile, you will have the option to either continue to set up goals, connect your Garment, and/or add a contact to your Skiin community. You can choose to go through all these steps now or skip them for a later time. If you choose to continue with any of these steps, simply follow the instructions on your device's screen.

Please note that you cannot change the email address that is associated with your profile.

9.1   Pairing a Pod

Please follow these steps to pair your Pod to your profile.

1. If you're pairing your Pod during the onboarding process, tap on "Add Garment"
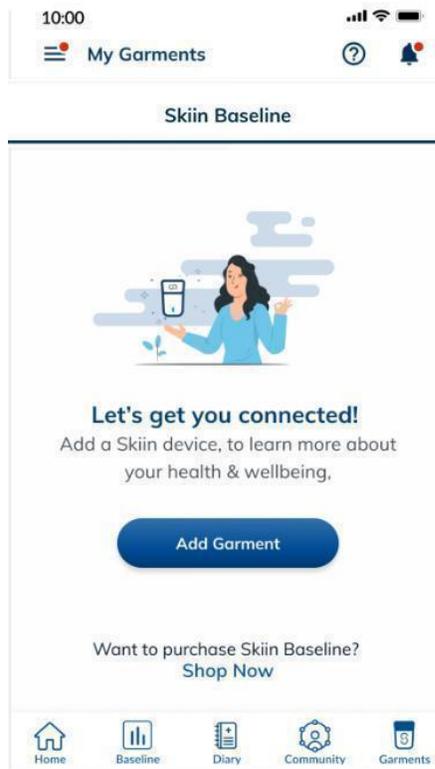
Garments Page – Add Garment

2. If you're pairing your Pod from within the app, tap on the "Garments" icon at the bottom of your screen, it will be next to the "Community" icon then tap on "Add Garment"
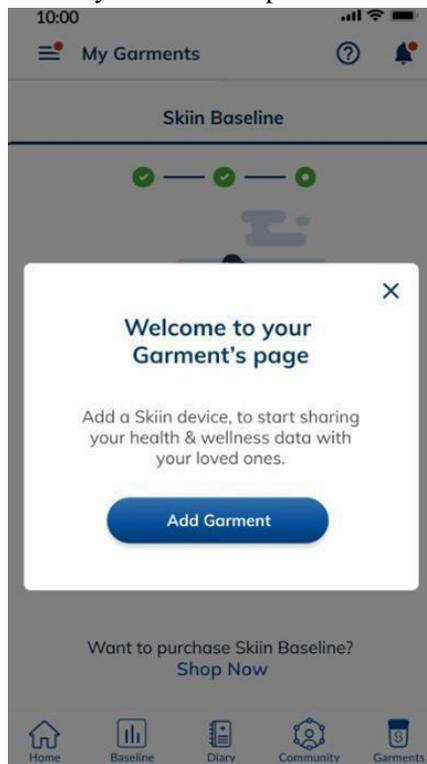
Onboarding Process – Add Garment

3. Choose the type of Garment you are currently wearing

Please note that you can change your garment type at any time on your Garments page.

4. Tap on "Got It"
5. Please allow location permissions by tapping on "Allow" (this is to help your phone keep the app and Bluetooth on, your location will never be shared with your community unless you choose to)

Please note that for users with an Android device, location permissions are mandatory to allow the pairing of the Pod. Without location permissions, Skiin will not be able to pair your Pod to your account.

6. Tap on "Pair Pod", and place your Pod on your phone screen so that your phone can start detecting your Pod and pair.
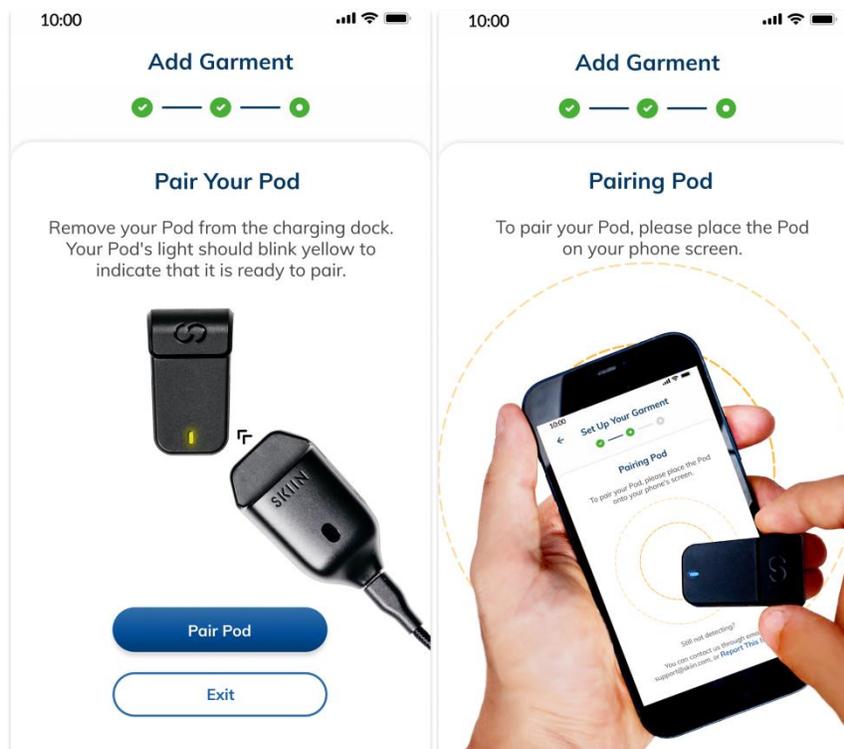
Onboarding Process – Pair Pod

If multiple Pods are detected, tap on the Pod serial number that matches with the serial number on the back of your Pod.
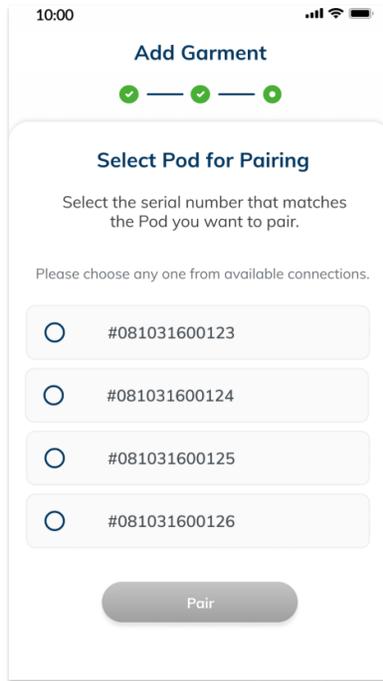
Onboarding Process - Multiple Pods detected

7. Once the phone pairs with your Pod, tap on "Test Pod"
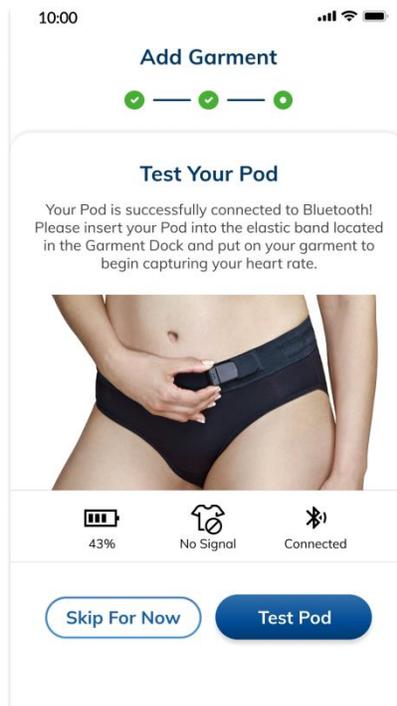
Onboarding Process - Test Pod

8. Then tap "Continue"
9. Then tap "Done"

9.2 Updating the Pod Firmware

To update the Skiin Pod via firmware update, follow these steps. It's recommended that you always update to the latest version of the application, even if the update is not mandatory.

1. Tap on the "Garments" icon at the bottom of your screen. It will be next to the "Community" icon.
2. Tap on "More Details"
3. Tap on "Update"

Please note that if the update is a mandatory update, you will be prompted to update by a pop-up message on your home screen. You will not be able to dismiss this message or continue using the application without updating first.

9.3 Permissions

For the app to function properly, you will be asked to enable your Bluetooth and location permissions. You will be prompted by a pop-up message to allow access during onboarding when pairing your Pod. Take the time to do this by selecting "Allow Access" to ensure the complete functionality of the application. If you do not allow access during onboarding and later choose to allow access, you will have to allow access through your device's settings.

Android users will also be prompted and guided to disable battery optimization for SCLA. This is to ensure that device-specific features do not shut down SCLA while in the background.

10   User Settings

After you complete creating your account and arrive at your profile, tap on the ☰ (hamburger menu) in the top left-hand corner.
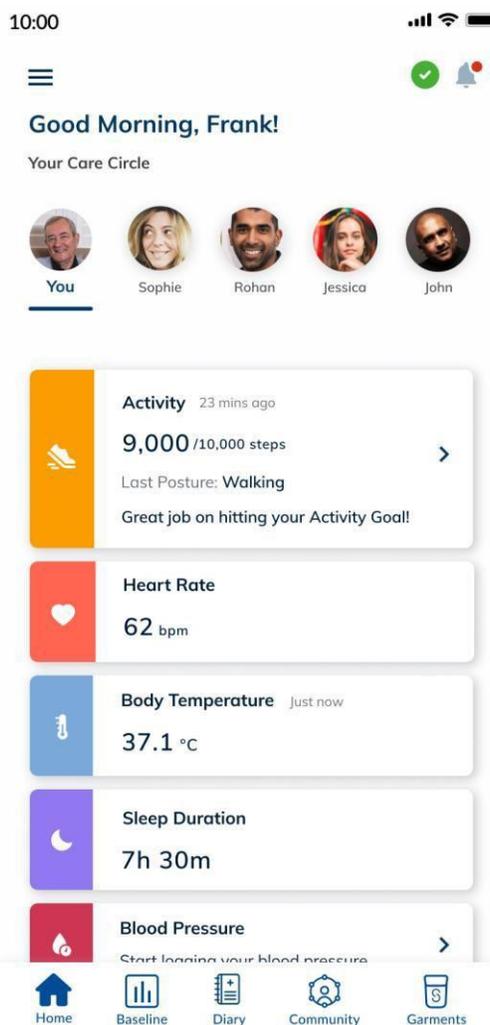
This will lead you to your "User Settings" page. There, you will be able to make edits to your settings which include but are not limited to these categories: Profile Settings, Preferences, Clinical Programs, Help, and About.

10.1   Profile Settings

You can choose to edit your profile information such as your name, password, personal information, and more under your profile settings. You can edit this information at any time and as frequently as you would like.

Please note that you cannot change the email address that is associated with your profile.

- To make any changes, please tap on the information you wish to change
- Type the updated information
- Then tap on "Change" or "Update"

10.2 Default Sharing Control

SCLA allows you to control the type of Health & Wellness data you share with your Skiin Community. You can do so by creating a default setting for all of your contacts on the SCLA account. By default, once you add your first contact, all your health & wellness data including location will automatically be shared with them.

If you would like to make changes to your "Default Sharing Settings", follow these steps.

1. Tap the hamburger menu on the top left-hand corner of your home page
2. Tap on "Preferences"
3. Tap on "Default Sharing Control"
4. You can choose to turn "All Data Sets" ON or customize the metrics you want to share/hide from your contacts
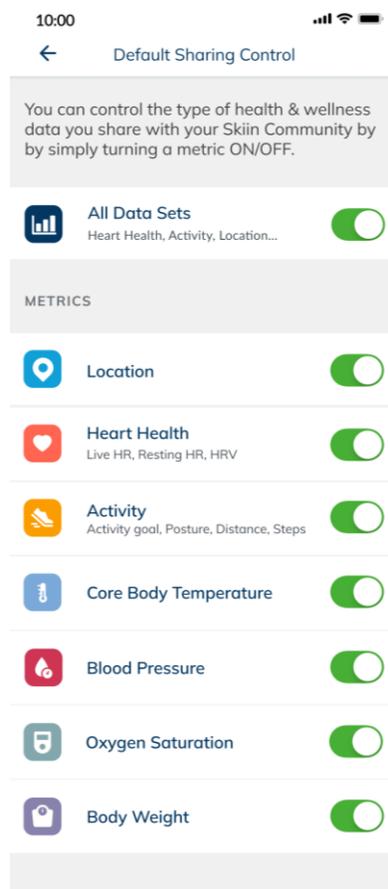
SCLA Sharing Preferences - Default Sharing

Please note that the icons on this page look slightly different than the icons on your home page.

10.3   Notifications

You can stop receiving notifications from SCLA or customize the type of notification you receive by adjusting your notifications settings.

1. Tap the hamburger menu on the top left-hand corner of your home page

2. Tap on "Preferences"
3. Tap on "Notifications"
4. Toggle OFF any of the notification categories that you would not like to receive from SCLA.

You may also choose to temporarily/indefinitely mute your notifications by toggling the "Mute Mode" ON.

10.4   Unit Of Measurement

You have the ability to switch between your preferred unit of measurement for certain metrics that are captured by Skiin. You may choose to capture your body temperature in Fahrenheit or Celsius. And for distance, length, and weight, you can choose between metric and imperial.

To change your preferences, please follow these steps.

1. Tap the hamburger menu on the top left-hand corner of your home page
2. Tap on "Preferences"
3. Tap on "Unit of Measurement"
4. Select your preferred unit

10.5   Help

Read the frequently asked questions (through the Myant website) to learn how to use SCLA, fix a problem and get answers to your questions. You may also choose to contact Myant for additional support.

10.6   Alerts

You may set alerts to notify when your, or a connection's, metrics are above or below your specified value.
● Activity: Set an alert for when you do not meet a certain number of steps for the day. Note, setting this alert for your connections is currently unavailable.
● Sleep duration: Set an alert for when sleep duration falls below a specified threshold.

To set alerts:
1. Tap the hamburger menu on the top left-hand corner of your home page
2. Tap on "Preferences"
3. Tap on "Alerts"
4. Tap on yourself, or a connection for whom you wish to receive an alert from
5. To edit the threshold value of a metric, tap on the pencil icon
6. Use the scroller, then tap on the desired value
7. Tap on "Save" to save changes
8. You may turn alerts on and off using the toggle associated with the metric
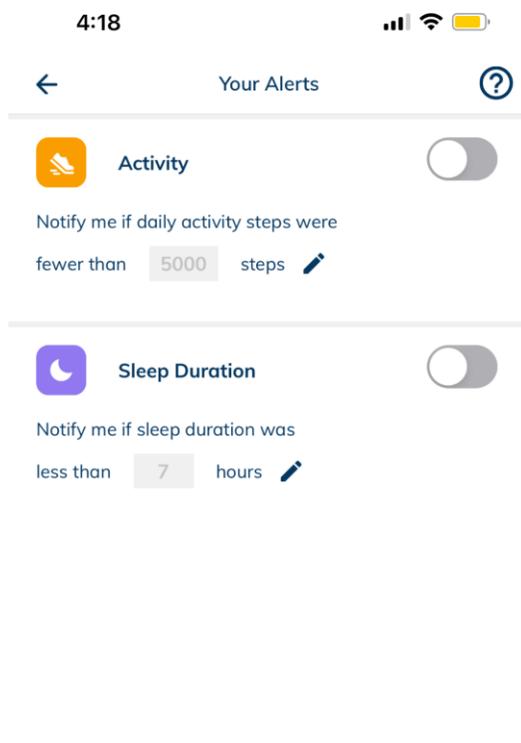
SCLA Alerts Preferences – Default settings (no alerts)

10.7   About

Learn more about the application's terms and conditions and privacy policy. Additionally, if the application version you are using is not up to date, you will find a button to update it in this section. To update, please tap on the "Update" button. If the "Update" button is disabled, that means you have the latest version of the application.

10.8   Health & Wellness Data Backup

You may choose whether you would like to back up your health and wellness data using only wifi or both wifi and cellular data. By default, your account will be set up to only back up data using wifi, but if you wish to change to both wifi and cellular data, please follow these steps.

1. Tap the hamburger menu in the top left-hand corner.
2. Tap on "Health & Wellness Data Back up" to expand
3. Tap to choose your preferred option

11 Home Page

Your home page will include the most up-to-date metrics captured by your Pod which includes your heart rate, total daily steps, body temperature, sleep, blood pressure, oxygen saturation, and body weight. You can tap on the cards to view more details about them. Your home page will also include your Pod's status and your favorite contacts.
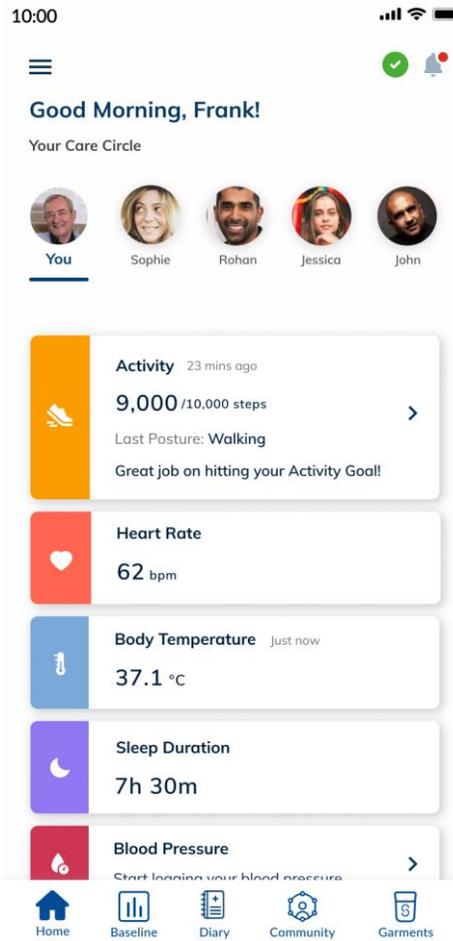
SCLA Home Page

11.1 Activity Details

Your activity page will include more information about your daily total steps, distance traveled, and posture breakdown. Your Pod is able to capture your body posture and shows you the total number of hours spent in each posture.
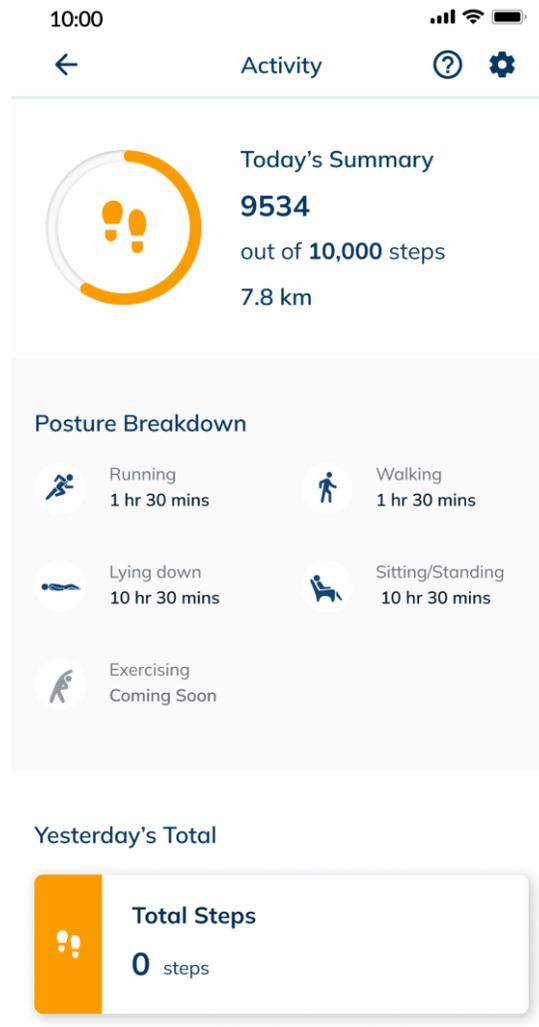
SCLA Metrics - Activity Details

Postures Captured and their meaning:

Icon	Meaning
	Walking
	Sitting/Standing
	Running
	Lying Down
	Exercising (Coming Soon)

11.2   Sleep Details

Your sleep page will include more details as seen on the screens below. Your Pod is also able to capture sleep positions and amount of time spent on each position as well as stages of sleep that you've reached.
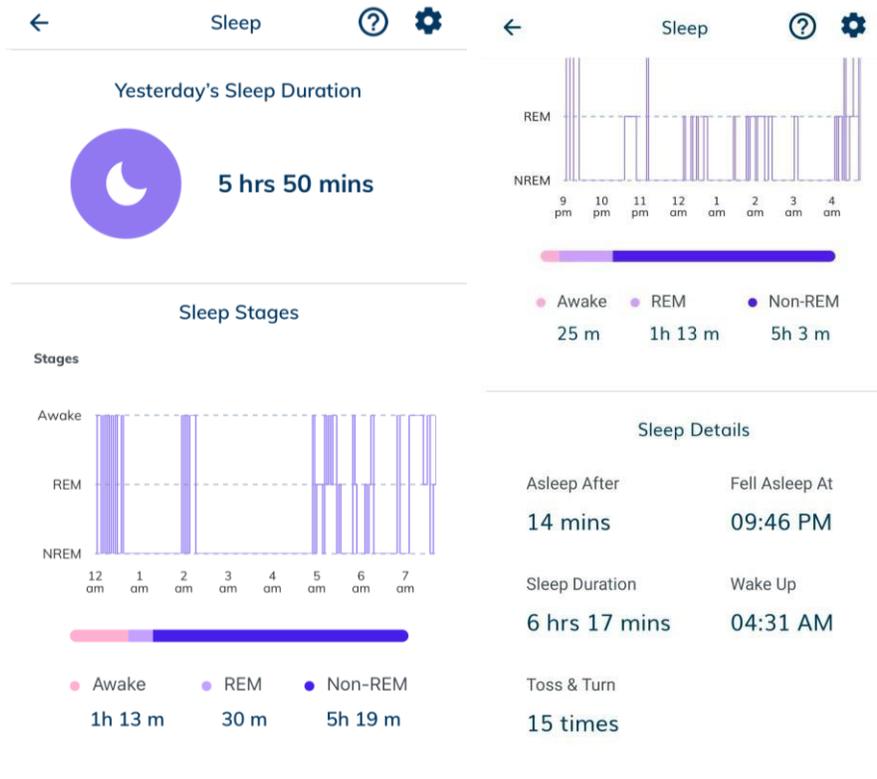
Sleep details page

11.3   Heart Rate Details

Your heart page will include your live or latest captured heart rate and your Garment Signal Viewer.
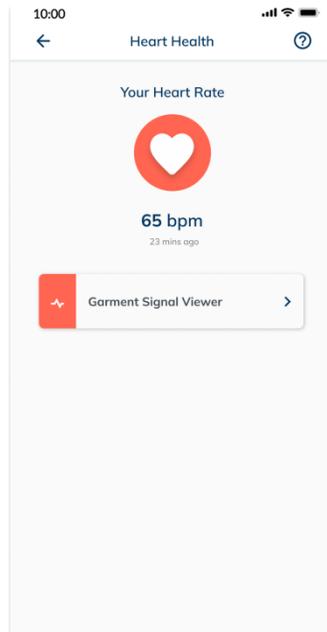
SCLA Metrics - Heart Rate More Details

While there will be a push notification informing you if heart rate is not being captured, please check the app every once in a while during the day to ensure it is being captured with good signal quality. To check signal quality, refer to the Garment Signal Viewer section below.

11.3.1 Garment Signal Viewer

The SCLA offers you the ability to view your garment signal for your personal purposes.

Please note that this garment signal is only for informational purposes and not for diagnostic purposes.

To view your Garment Signal Viewer, please follow these steps.

1. Tap on the "Home" icon at the bottom of your screen.
2. Tap on the "Heart Rate" card
3. Tap on the "Garment Signal Viewer" card
4. Please rotate your phone for a better view of your garment signal

Your signal viewer will at all times include the current date and time, your live heart rate, and your connectivity status. Your connection could be:

- Good, which is optimal when viewing your garment signal;
- Poor signal, which means your garment isn't capturing accurate signal; and
- No signal which means there is no signal being captured at all

If your Garment Signal Viewer is showing no signal status, please refer to section 19 (Troubleshooting) to understand the reason why and troubleshoot.
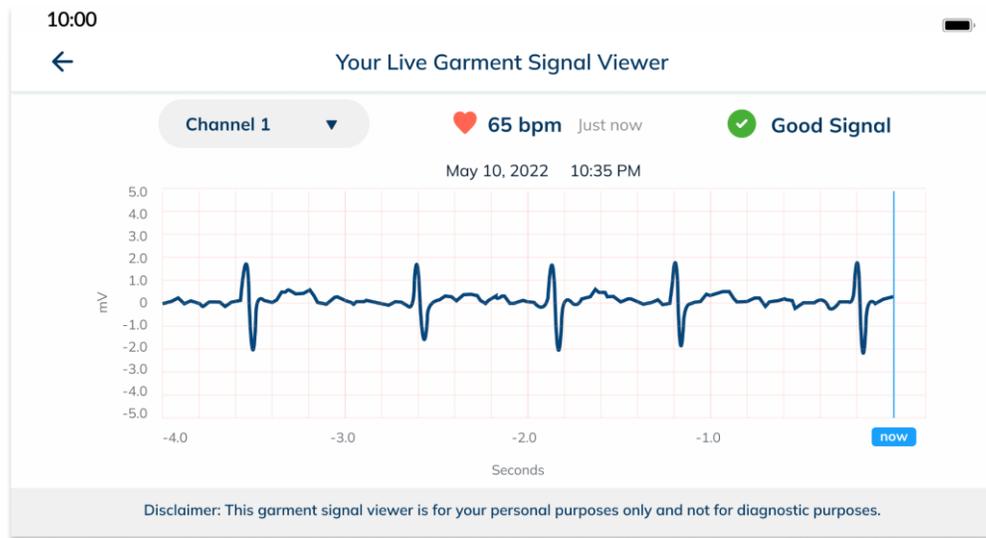
SCLA Heart Rate – SIgnal Garment Viewer – Example of a good signal
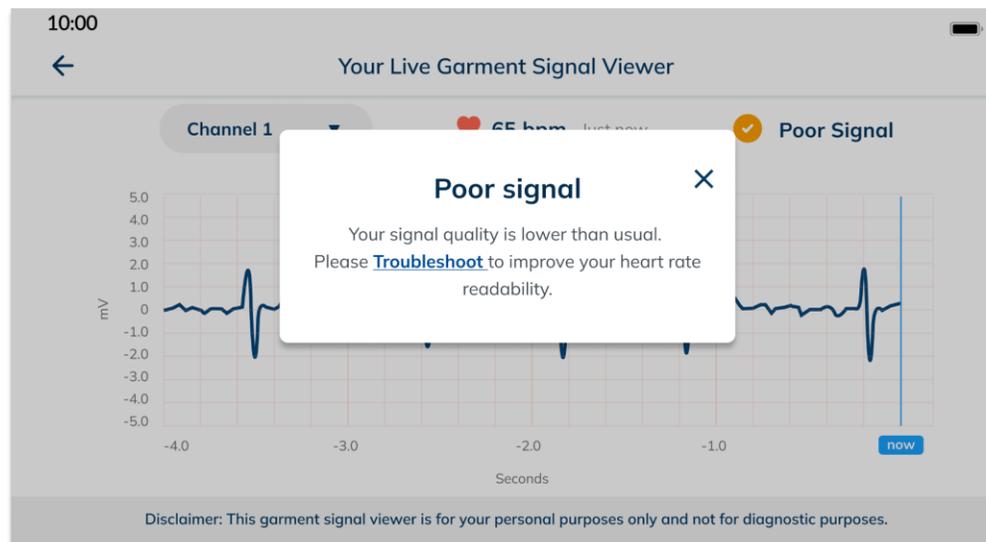
SCLA Heart Rate – SIgnal Garment Viewer – Example of a poor signal

SCLA Heart Rate – Garment Signal Viewer – Example of a no signal

5. You also have the ability to switch between three **ECG** channels within your garment signal viewer by tapping on the dropdown and selecting the channel you would like to view.
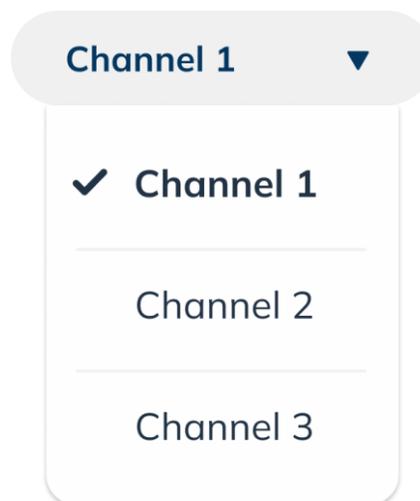
SCLA Garment Signal Viewer – Channels dropdown

12 Skiin Community

Adding a contact to your Skiin Community will allow you to share with them your health and wellness data, check up on them and chat with them. Please note, the SCLA is not to be relied upon for active health and wellbeing monitoring purposes, so check in on the health and wellbeing of your loved ones regardless of their metrics displayed on the SCLA.

12.1 Adding A Connection

To add a contact, follow these four easy steps.

1. Tap on the "Community" icon at the bottom of your screen. It will be next to the "Diary" icon.

2. Tap ➕👤 and choose "Add Contact"
3. Share the code provided to you with the person you would like to add to your Skiin Community.

Please note that each invite code is unique, expires after a certain period, and can only be used once.

4. Once the invitee accepts your invitation, they will automatically be added to your profile and they will be able to view the health and wellness data you choose to share with them.

Please refer to section 10.2 (Default Sharing Control) to learn more about your sharing preferences.

12.2   Connecting Using Invite Code

If you were sent an invite code by someone else and would like to accept their invitation, follow these steps. If you were invited to connect before downloading the application, tap on the link provided to you to be directed to download the application automatically.

1. Tap on the "Community" icon at the bottom of your screen. It will be next to the "Diary" icon.
2. Tap ➕👤 and choose "Connect Using Invite Code"
3. Enter the invite code that you were sent and tap on the "Add Connection" button.

Please note that invite codes expire after 48 hours. In case the code you were sent expires. Please refer to section 12.1 (Adding a connection) to send your invitee a new code to accept.

12.3   Chatting With Contacts and Aura Overlay

You can send and receive messages to/from your contacts. Messages are privately shared between you and the contact you are sharing them with. They will not be shared with anyone else or appear on your profile.

To send a message in a chat, follow these steps.

1. Tap on the "Community" icon at the bottom of your screen. It will be next to the "Diary" icon.
2. Tap on the contact you would like to chat with
3. Tap 💬 on the top right corner
4. Type a message.
5. Tap "Send"

Please note that an internet connection is required for this action.

In the chat window, you also have the option to view your contact's live metrics - known as the Aura Overlay. To see more metrics, tap on the arrow button on the top right corner.
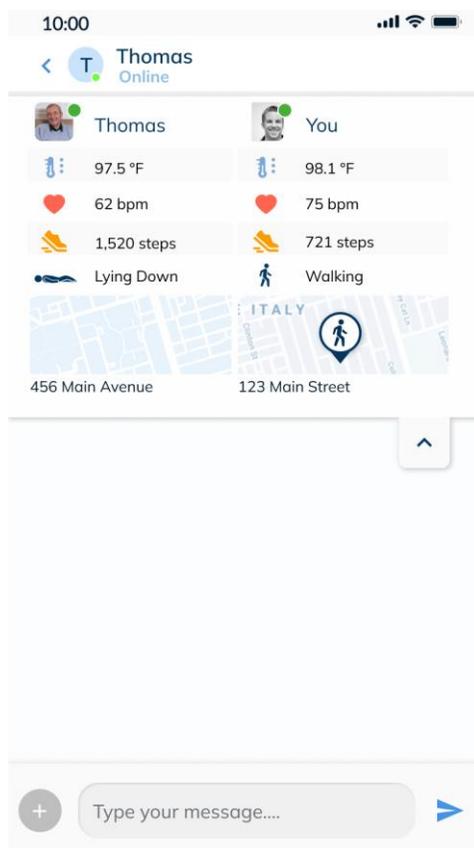
Chat window with Aura Overlay expanded to show all metrics

12.4   Viewing A Contact's Metrics

Once you accept or your contact accepts your invitation to connect, both of you will have access to view each other's health and wellness metrics.

Please note that the metrics shared with your contact will depend on your sharing control preferences. Please refer to section 10.2 (Default Sharing Control) to learn more about your sharing preferences.

To view your contact's metrics, please follow these steps.

1. Tap on the "Community" icon at the bottom of your screen. It will be next to the "Diary" icon.
2. Tap on the contact you want to view their metrics
3. You will be directed to their home page where you can view the metrics they are sharing with you

12.5   Adding A Contact To Your Care Circle

You may choose to include up to four contacts to be part of your care circle. Adding contacts to your care circle allows you to see them on your homepage so that you can quickly check on their health and wellness from your home page. To add a contact to your care circle, please follow these steps.

1. Tap on the "Community" icon at the bottom of your screen. It will be next to the "Diary" icon..
2. Tap on the star icon beside the name of the contact that you want to favourite.
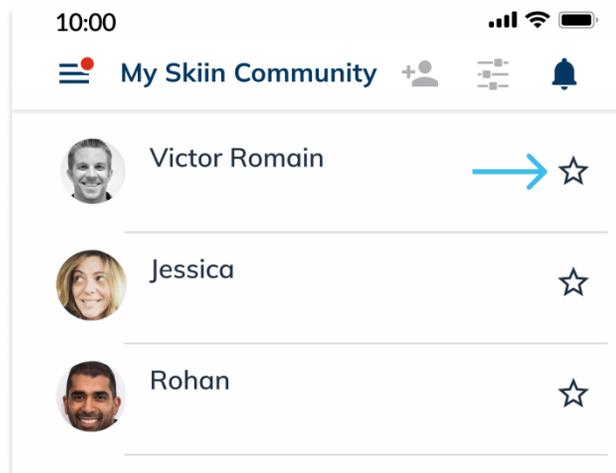
SCLA Community - Favourite Contact

3. This contact will appear on your home screen
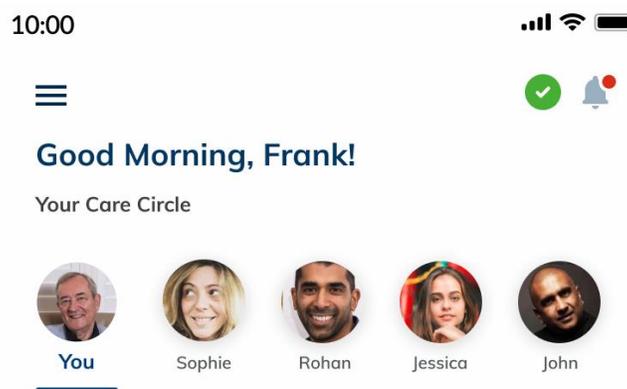
SCLA Home Page - Favorited Contact

12.6   Removing A Connection

When you remove a connection from your contact's list, they won't be able to see any of your health and wellness data, activity, or logs and you won't be able to see theirs. To start sharing again, you will have to send them a new invite and they will need to accept your invitation request. To remove a connection, follow these steps:

1. Tap on the Community icon at the bottom of your screen. It will be next to the "Diary" button.
2. Tap on the contact you'd like to remove
3. Tap on "[contact's name]'s aura at the top of your screen
4. Tap on "Remove Connection"

13   Clinical Programs

SCLA offers you the chance to register with a clinical program so that you can share your health and wellness data with the clinical team, and have your symptom logs logged on the SCLA reviewed.

13.1   Registering With a Clinical Program

If the clinic you are registered with is part of Myant-registered clinics, you can connect and share your data with them. To do so, follow these steps.

1. Tap the hamburger menu on the top left-hand corner
2. Tap on "Clinical Program"
3. You will be asked to enter the verification code provided to you by your clinic. If you haven't received a verification code please contact us at support@skiin.com or contact your clinic directly
4. Ensure the clinic you have entered the code for is correct and tap "Continue"; if not, tap "This is not my clinic" to go back and retype the clinic code
5. Complete the registration form by filling in your personal information
6. Confirmation that you have successfully submitted your registration form
7. Once you submit your registration, verification by your clinic can take up to 72 hours
8. You will receive a notification once you have been verified by your clinic
9. Your clinic will get in touch with you in case any of the information is incorrect and needs updating

Please note that any prior symptom logs logged on the SCLA will not be shared with your clinic. Only logs logged after registration will be shared with your clinic. To learn more about how to log symptoms, please refer to section 14.1 (Logging Symptoms).

13.2   Updating Clinical Program Registration Form

If for any reason you need to update your personal information on your clinical program's registration form, please follow these steps.

1. Tap the hamburger menu on the top left-hand corner.
2. Tap on "Clinical Program"
3. Tap on the "Update Info"
4. Update your personal information
5. Tap "Submit"
6. Once you submit your changes, verification by your clinic can take up to 72 hours.
7. Your clinic will get in touch with you in case any of the information is incorrect and needs updating

13.3   Unregister With A Clinical Program

You may choose to unregister your SCLA profile from the clinical program to stop sharing your health and wellness data and symptom logs with them. Follow these steps to complete unregistering your account.

1. Tap the hamburger menu in the top left-hand corner.

2. Tap on "Clinical Program"
3. Tap on "Unregister"
4. A pop-up will appear asking you to confirm that you have unregistered, tap on "Unregister"
5. Once you unregister, you will not be able to undo this action
6. Your clinic will no longer have access to the data captured after unregistration nor symptoms logged after unregistration

Please note that your clinic will retain your previously shared data and previously logged symptoms and store it for a period of time for compliance and regulatory reasons. Once the retention time period passes, your data will be deleted. Data captured after unregistration will not be shared with or stored by your previous clinic.

14   Diary (Manual logging)

The Diary page is where you may log symptoms, blood pressure (BP), body weight, and oxygen saturation (SpO2). To access the Diary page, tap on "Diary" on the bottom navigation bar. To log, tap "+ Add Log" and tap on what you wish to log.
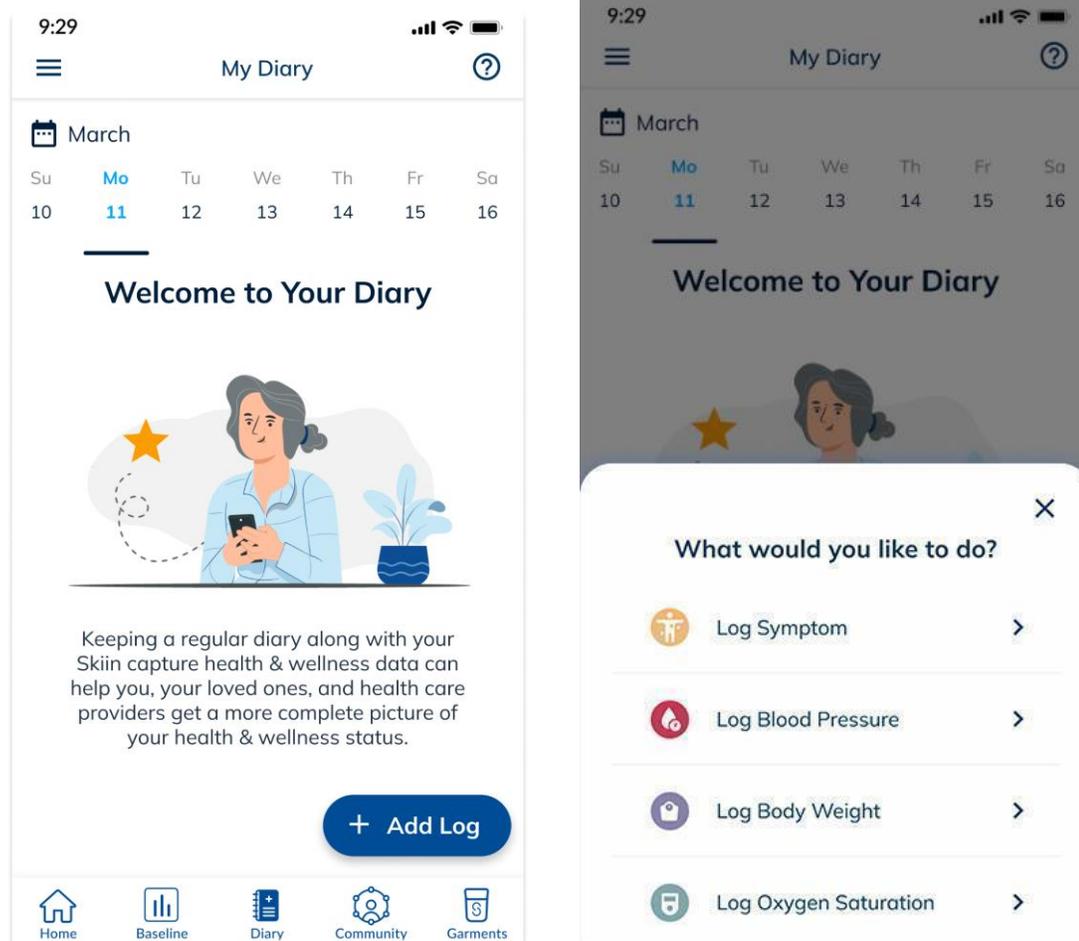
Diary page – Adding a log (symptom, blood pressure, body weight, oxygen saturation) slide out

14.1   Logging Symptoms

You may keep a regular diary of your symptoms on the SCLA as a way to help you, your loved ones, and health care providers get a more complete picture of your health & wellness status. To log a symptom, follow these steps.

1. Tap on the "Diary" icon at the bottom of your screen.
2. Tap on "Add Log" at the bottom-right corner of the screen.
3. From the slide out, tap on "Log Symptom"
4. Select the date and time of the symptom you were experiencing. As a default, the current date and time will be displayed and you can only log symptoms in the current or past time, not in the future.
5. Tap to select the symptoms you were/are experiencing, or type it in the search box
6. You can also tap on "See More" to see the complete list of your symptoms
7. If the symptom you experience is not on the list, type it in the search box and tap on the plus icon to select and add it to your list.
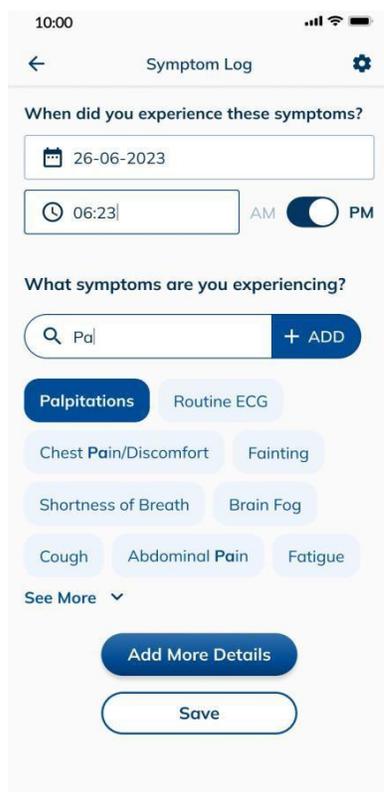
Diary – Adding a symptom log page

8. You can choose to save your symptom as is by tapping on "Save", or include additional information by tapping on "Add More Details"
9. Tap on the symptom for which you would like to add additional details
10. Additional information includes Symptom Intensity, Possible triggers, Symptom Duration, and Additional Notes. All of these are optional and you can choose to include one or all of them.
11. Once you finish adding more details to the symptom, you may choose to add details for another symptom or tap on "Save"
12. Then tap on "Close"

Please note that by default, the 'Routine ECG' symptom chip will be selected. If you are part of a clinical program, this is helpful to capture ECG data without including any symptoms in the Symptom Log. This would occur if your cardiologist requests for your ECG data when you are not feeling a symptom. If you are not part of a clinical program, please ignore the 'Routine ECG' chip. You can either keep it selected or manually deselect it every time you log a symptom.

Please note that if you are registering with a clinical program, any previously logged symptoms will not be shared with the clinic. Only logs logged after registration was completed and your information was verified with your clinic will be shared with your clinic.

Please note that an internet connection is required for this action.

14.2   Viewing Past Symptom Logs

Your diary page will include all your previously logged symptoms, and you can refer to it at any time. To view a logged symptom, follow these steps.

1. Tap on the "Diary" icon at the bottom of your screen. It will be next to the "Community" icon.
2. By default, your diary page will always land on the current day. Cards will appear in chronological order on each day for the symptoms that you logged.
3. To navigate to a previous day, you can simply swipe left to right and tap on the day you wish to view. You can also navigate by tapping on the calendar icon.
4. Tap on "Tap To View More" to view your symptoms and log in for more details.

SCLA Home Page – Diary Page Calendar Picker

On the calendar picker, the date highlighted in blue is the current date, and the date underlined is the date you are currently viewing.

14.3   Editing/Deleting Symptom Logs

You can choose to edit or delete your symptom log at any time. To do so, follow these steps.

1. Tap on the "Diary" icon at the bottom of your screen. It will be next to the "Community" icon.
2. Tap on the symptom card of the log that you would like to edit/delete.

3. Tap on "Settings" on the top-right corner of the screen.
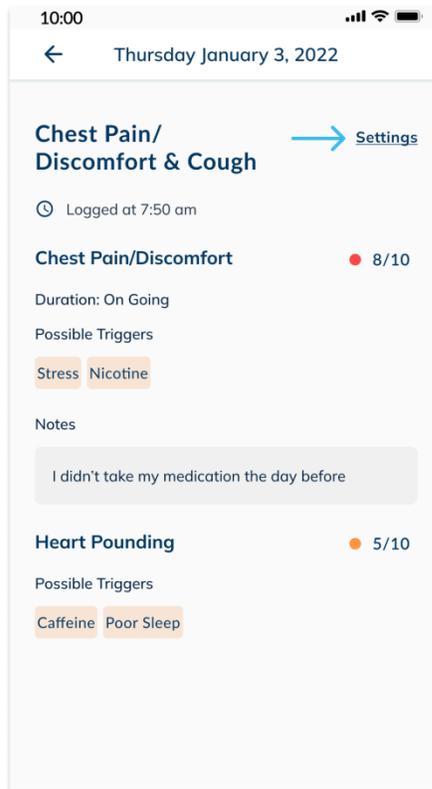
SCLA Diary Page – Symptom Log View More

4. Choose whether you want to edit the log or delete it. Please note that deleting a log is permanent and you cannot undo this action
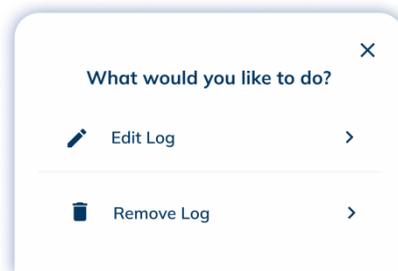
SCLA Diary Page – Setting Options

5. To delete a log, tap on "Remove Log"**.** You will be asked to confirm that you want to delete this log, to confirm, tap on "Remove Log"
6. To edit a log, tap on "Edit Log"**.** You will be taken to the symptom log page where you can update any of your information
7. Once done, tap on "Save". Then tap on "Close"

Please note that if you are registered in a clinical program, symptom logs history (including edits and deletes) will be made available for your clinical team.

14.4   Logging Blood Pressure, Body Weight, Oxygen Saturation

1. Tap on "Diary" on the bottom navigation bar
2. Tap on the "+ Add Log" button on the bottom right
3. On the slide out, tap on the metric (blood pressure, body weight, oxygen saturation) you wish to log
4. Fill in the date and appropriate metric values
   a. Blood pressure: Enter systolic and diastolic pressures
   b. Body weight: Enter your weight in kilograms, up to one decimal point
   c. Oxygen saturation: Use the scroller to pick an oxygen saturation percentage
5. Tap "Save" to complete the log

Blood pressure, body weight, and oxygen saturation logging pages

14.5   Editing/Deleting Blood Pressure, Body Weight, Oxygen Saturation Logs

1. Tap on "Diary" on the bottom navigation bar
2. Find and tap on the log you wish to edit or delete
3. On the top right corner, tap "Settings"
4. On the slide out, tap "Edit" or "Delete"
   a. Edit: Change the date or metric values and tap "Save"
   b. Delete: On the modal, tap "Remove Log" to confirm deletion, or "Cancel" to go back

15   Baseline

The Baseline page provides you with insights about your health averages. It is a representation of your current and past health and wellness states and trends. Your baseline summary is calculated during sleep, with insights about your Resting Heart Rate, Heart Rate Variability, Body Temperature and Breathing rate. The number of steps you take per day is also included on the baseline and equips you with a simple way to understand your physical activity levels. By consistently wearing your garment to sleep and during the day, you will be able to view your baseline summary. If there is insufficient data captured, baseline data cannot be calculated.

Please note that the SCLA does not currently provide a baseline summary during the day for your heart rate, heart rate variability, breathing rate or body temperature. This is because your baseline is best calculated during sleep when your body is rested and not affected by external factors such as water intake, stress, activity levels and more.

To access your baseline summary, please tap on the on the navigation bar at the bottom of your screen. Your baseline page consists of two tabs: Report and Graph. Both pages provide you with the same information but presented in different formats.

15.1   Report

The 'reports tab' on your baseline page will contain cards that show you your averages from the previous night, provided you wore the garment during sleep. You can easily tap to expand any of the cards to view your health averages. Each card exhibits your average values from the previous night for all the captured metrics, along with your rolling 7-day and personal long term (30-day) averages.

Furthermore, these cards also include educational content at the bottom to help you understand the general averages of each metric. However, please note that everyone's body is unique, and it's crucial to track your personal range to determine what's normal for you.
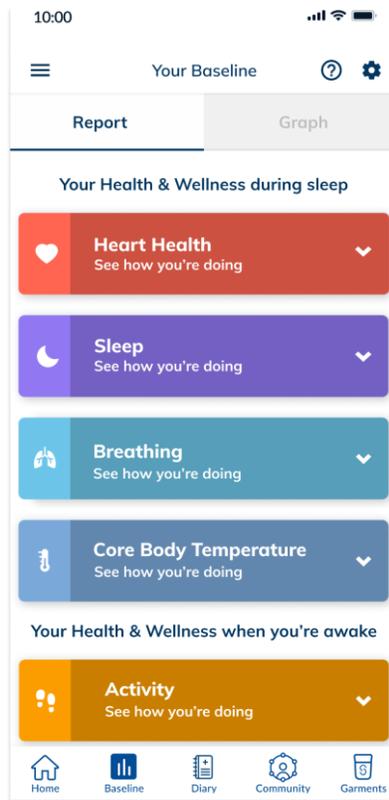
Baseline - Reports tab
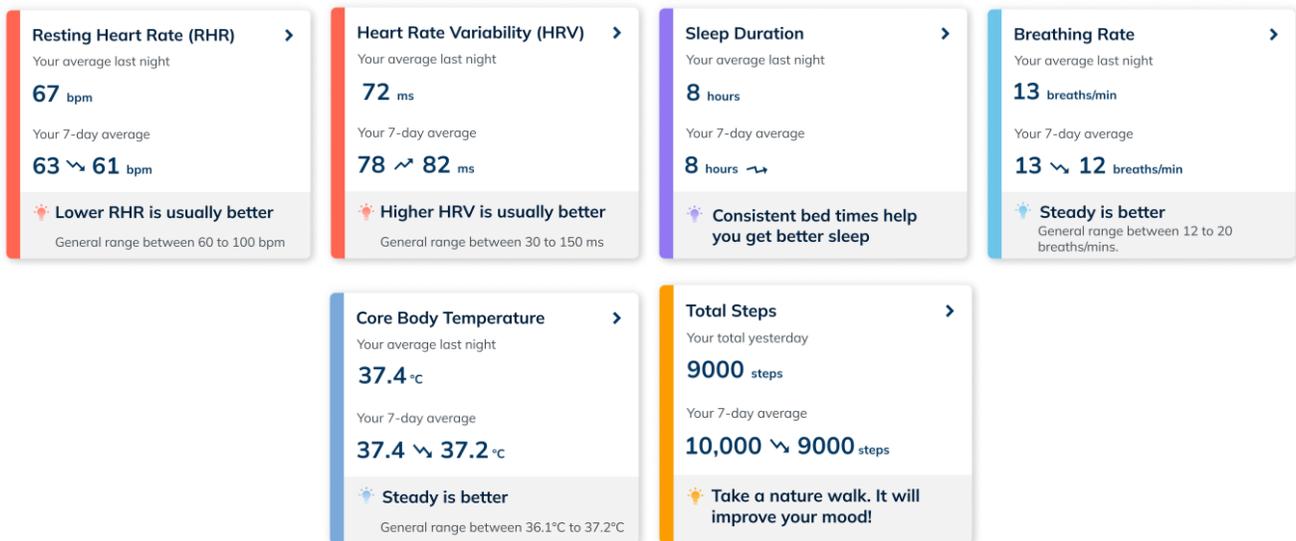
SCLA Baseline Page - Reports tab - Expanded cards

To learn more about each metric, simply tap on the respective card to view its description.
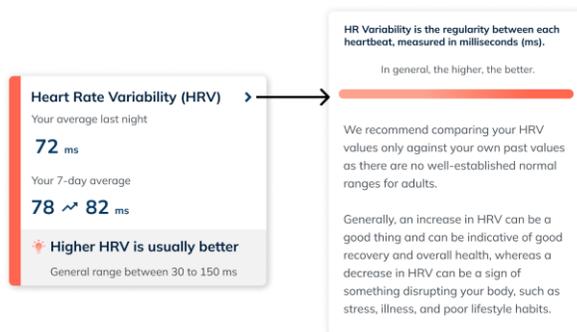
SCLA Baseline Page - Reports tab - Educational content

15.1.1 Baseline Settings

If you want to personalize your baseline reports page, you can do so by tapping on the settings icon located at the top-right corner of the page. This will allow you to rearrange the cards according to your preference, hide any metrics that you're not interested in tracking, and even hide the educational content. Please note that you can change these settings at any time while being connected to the internet. This personalization will only be visible to you; your connections will continue to see the default view.
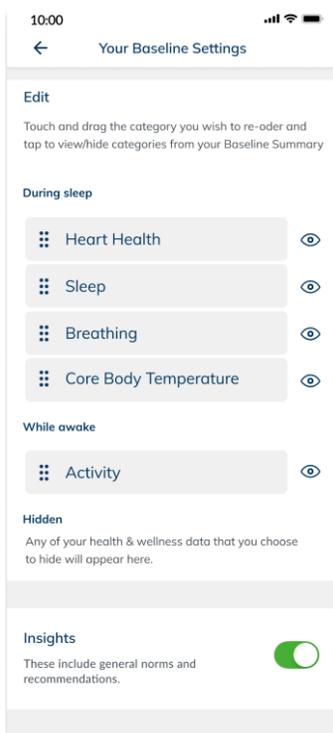
SCLA Baseline Page - Settings

15.2   Graph

The graph page offers a visual depiction of your weekly averages.

Baseline - Graph tab

To view your metrics, you can easily tap on the corresponding button, and your chosen metric will be displayed on the graph page. This page exhibits the same metrics available on the reports page.

Baseline - Metrics buttons

To switch to a different week or see a monthly view, simply tap on the pen icon located on the Graph Filters card at the center of the page. This filter page allows you to select a specific time range and to show or hide data points on the graph, making it easy to customize and simplify your view.
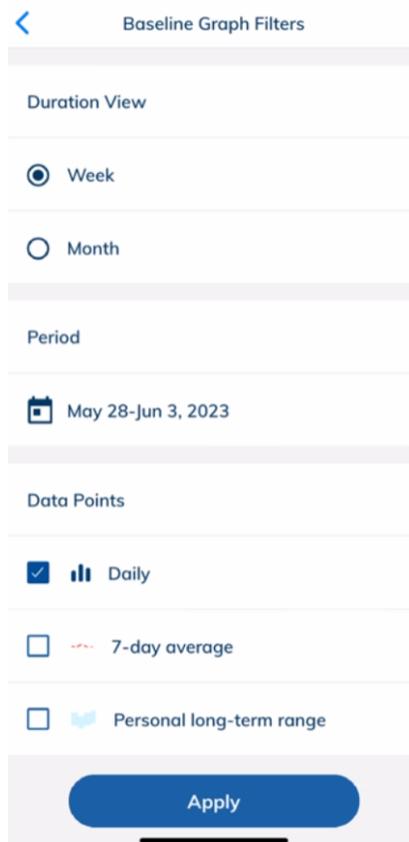
Baseline - Graph Filter

15.3   Viewing Care Circle Member's Baseline

To view a care circle member's baseline metrics data, follow these steps:
1. On the Homepage, tap on a care circle member of whom you wish to see baseline for
2. Then tap on "Baseline Summary Report"
3. You may navigate through their baseline just as you would navigate through yours

Note: You will not be able to see your care circle's baseline if they have not worn their Skiin garment for 7 or more nights. You may contact and remind them to wear their Skiin garment more frequently.

16   Garments

Your Garments page will at all times show you whether you are paired to a Pod or not, your connectivity status, as well as more information. Please constantly check this page to make sure you're connected to the right Pod (particularly if there are multiple Skiin pods around you), have the right garment selected (particularly if you use multiple types of Skiin garments), and check whether you need to update your application or not.

16.1   Change Pod Name

To change your Pod name, please follow these steps.

1. Tap on the "Garments" icon at the bottom of your screen. It will be next to the "Community" icon.
2. Tap on the ✏ icon
3. Type your preferred name instead of the current name
4. Tap on "Save"

16.2   Change Garment Type

If you're switching between two or more types of garments, please make sure to update your garment type on your Garments page each time you switch garment type. To update your garment type, ideally before starting recording with the new garment, please follow these steps.

1. Tap on the "Garments" icon at the bottom of your screen. It will be next to the "Community" icon.
2. Tap to expand the "Currently wearing: [Garment type] section"
3. Select the garment you're currently wearing or are about to wear

16.3   Unpair Pod

If for any reason, you would like to unpair your Pod, please follow these steps. If you would like to continue using your garment later, you will need to pair your Pod again.

Please note that a Pod can only be paired to one account at a time. To pair a Pod with a different account than the one it's associated with, you will need to unpair the Pod first from the previous account.

1. Tap on the "Garments" icon at the bottom of your screen. It will be next to the "Community" icon.
2. Tap on "Unpair Pod"
3. A confirmation message will pop up, please tap on "Unpair Pod"

17   Posture Calibration

Skiin captures movements of the pod in the garment to provide you information about your posture, type and level of activity during day and night. The orientation of the pod on the body is affected by the body shape and can be different between individuals. With the Posture Calibration feature you allow the Skiin system to learn how your body moves through key movements such as standing and walking, to provide posture information personalized to you. We recommend completing the calibration process as you get familiarized with your Skiin Garment. You may repeat the calibration, if your body shape has changed, or you believe your posture is not detected properly. Please note, at this time, this feature only supports the calibration of the Skiin Chestband. If you wear other Skiin Garments, please do not perform this calibration process.

Before beginning Posture Calibration, first ensure that:
- Your phone is connected to a wireless network (Wifi)

- Your phone has Bluetooth turned on
- You are wearing your Skiin Garment correctly
- You have inserted the Skiin Pod properly into its dock on the Skiin Garment
- The Skiin Pod is paired to your Skiin Garment

To access the Posture Calibration feature:
1. Tap on the hamburger menu on the top left to access the settings page
2. Tap on Profile Settings
3. Tap on Posture Calibration

To begin Posture Calibration:
1. On the Posture Calibration page, ensure the correct Skiin Garment is selected. Note, this feature only supports the Skiin Chestband at this time.
2. Tap on "View tutorial and start calibrating"
3. Follow the on screen instructions.
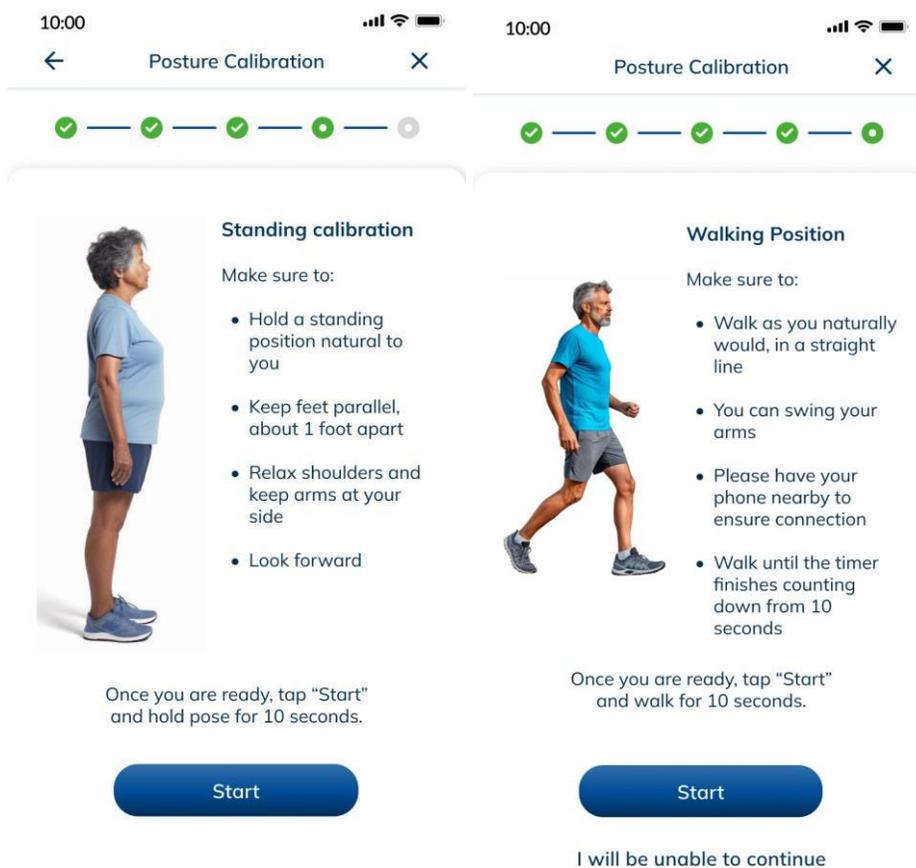
Posture Calibration involves standing and walking for 10 seconds each

18   Push Notifications

The following is a list of push notifications you may receive from the SCLA, some of which may require action from you to continue consistent capture of data from your garment.

1. User has been verified by clinic.
    Congratulations! Your enrollment to *clinic name* have been verified. Please continue to use the Skiin Connected Life App to collect data and connect with your circle of care.

    In the absence of this push notification, there is no risk to the user, as their symptom logs will be surfaced to the clinic even if their registration is pending approval from the clinic's end.

2. The user is removed by the clinic:
    You have been removed from the clinical program by *clinic name*.

    In the absence of this push notification, the clinic will contact the Patient user anyway to let them know of their unregistration from the clinical program.

3. Poor signal quality from garment.
    Poor Signal Quality: Please ensure the band is resting smoothly against your body and apply moisturizer to improve heart rate readability.

    In the absence of this push notification, the user is told to check if their heart rate is being captured every once in a while during the day.

4. Bluetooth on mobile device is turned off for 30 minutes.
    Bluetooth Disconnected: Turn bluetooth on now to continue capturing your health & wellness data.

    In the absence of this push notification, the user is told to check if their heart rate is being captured every once in a while during the day.

5. No Bluetooth connection to Pod for 30 minutes.
    Bluetooth Was Out Of Range: Remember to keep your phone close to you to continue capturing your health & wellness data.

    In the absence of this push notification, the user is told to check if their heart rate is being captured every once in a while during the day.

6. The user's data is viewed by a connection.
    Connection name **checked up on you**: Wear Skiin to share accurate health and wellness data with your loved ones.

    In the absence of this push notification, there is no risk to the user.

7. Internet connection is not available.
    (If wifi/cellular data is turned off) **Internet Disconnected**: Turn on wifi or cellular data to continue capturing your health & wellness data.

(If wifi is off, cellular is on but is not given permission to be used to backup data) **Unable To Back Up Your Data**: To avoid losing your health & wellness data, connect to wifi or enable Skiin to use your cellular data.

In the absence of this push notification, there will be an in-app banner that lets users know that they are not connected to the internet.

8. Battery level low.
    Skiin: Your Pod battery is below 20%. Charge now.
    Skiin: Your Pod battery is below 5%. Charge now.

    In the absence of this push notification, the user is told to check if their heart rate is being captured every once in a while during the day.

9. Application not running.
    Skiin: Reopen the app to continue recording your data.

    In the absence of this push notification, the user is told to check if their heart rate is being captured every once in a while during the day.

10. The user's baseline is ready to observe.
    Baseline Summary: Good morning! Find out how well your body is rested by checking your Baseline Summary.

    In the absence of this push notification, there is no risk to the user.

11. User and connection metric alerts:
    Checking in: You did *step count* steps yesterday.
    Check up on *connection name*: *Connection name's* Heart Rate was *BPM* bpm at *time*.
    Check up on *connection name*: *Connection name* slept for *hours* hours last night.

    In the absence of this push notification: SCLA is not meant to be relied upon for remote health monitoring purposes between users and connections. Users are asked to contact emergency services if they may feel they require medical intervention. Connections are asked to check in on the health and wellbeing of their loved ones regardless of their metrics displayed on the SCLA.

19   Troubleshooting

If you cannot see your data from your Skiin garment on your SCLA profile, or if you see a disconnection icon (Bluetooth, Garment, Wifi/Cellular data, or Pod), it means your garment cannot communicate data to your phone. Read the following steps to learn how to identify and fix these issues.

Your home page will at all times show a connectivity status icon, at the top-right corner of your screen, to let you know whether you are connected or not. Tapping on any of the status icons will lead you to your

Troubleshooting page where you can learn more about the issue and steps you can take to fix your connection issue.

Additionally, please make sure to regularly wash your garment to avoid it from stretching out too much. When washing your garment, please be sure to remove the Pod first as the Pod cannot be washed.

19.1   Types of Connectivity Status Icons

Icon	Description	Actions Needed
✔	Your Pod is connected to the garment and sending stable signals	No action needed
⊖	Your Pod is connected to the app but there is no garment signal. This could be caused due to: - 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	* 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
▣	Your Pod is not connected to the app and the issue is a Pod disconnection	* Pod may be out of battery. Please check if the Pod battery needs recharging and charge it when necessary * Pod is 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: - 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 not connected to the app because your device's Bluetooth is turned off	***** Make sure your Bluetooth is always turned on and that SCLA has permission to access your Bluetooth connection
⊚	The App is unable to find an internet connection for a long period of time	* Make sure you have an internet connection at least once per day.

Please regularly charge your pod, ideally once per day when not using the garment (e.g. during shower). You will receive notifications in case the battery is low, and you can verify the battery status in your Garment page.

Icon	Description	Actions Needed
	This is the Battery icon and conveys that the battery is at 5%	Charge your battery
	This is the Battery icon and conveys that the battery is at 20%	Charge your battery
	This is the Battery icon and conveys that the battery is at 50%	No urgent action needed but plan to charge your battery in the next 12 hours
	This is the Battery icon and convey that the battery is at 75%	No action needed
	This is the Battery icon and convey that the battery is fully charged	No action needed
	This is the Battery icon and convey that the battery is currently being charged and is at 50% charge	No action needed
	This is the Battery icon and convey that the battery is currently being charged and is at 100% charge	Take Pod out of charger and insert back into your garment

If you're still having issues, please email support@skiin.com for further assistance.

20   Icons

This is a combined list of icons that you might see on the SCLA.

Icon	Description
	Activity (total steps)
	Heart Health
	Sleep Duration
	Core Body Temperature
	Blood Pressure
	Oxygen Saturation
	Body Weight
	Symptoms
	Location
	Underwear
	Chestband
	Bra
	Series 2 Bra
	Tanktop
	Home
	Diary
	Garments

	Community
	Tooltip
	Read Notifications
	Unread Notifications
	Chat
	Delete
	Edit
	User Settings
	Add Contact
	Settings
	Unfavourite Contact
	Favourite Contact
	Default Sharing Preferences
	Calendar

21 Logging Out of The SCLA

You may safely log out of the SCLA by tapping on the Logout button under the User Settings. You can log into and out of the SCLA account anytime you wish.

22 Deleting Your Account

You may choose to delete your account at any time. When deleting your account, your profile, health and wellness data, and contacts will be permanently removed. Please note that this action cannot be undone.

If you were a part of a clinical program prior to deleting your account, please read the terms and conditions of your clinic to know more about your health and wellness data retention. You can access the terms and conditions under your User Setting, then tap on "About", then tap on "Terms & Conditions."

If you wish to delete your account, follow these steps.

1. Tap the hamburger menu on the top left-hand corner of your home page
2. Tap on "Profile Settings"
3. Tap on "Delete Account"
4. Type your password and check the box to agree to the terms and conditions
5. Tap 'Delete Account'
6. A confirmation modal will appear, please tap on 'Delete Account'. You may also choose to log out of your account instead.

23   Getting Help

For Technical Support or to request a physical copy of the SCLA User Manual, contact us using:
- Telephone: +1 (844) 501-0252
- Email: support@skiin.com