Instruction for Use





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1 Introduction to the Aquatime system

Aquatime is a Danish product for the prevention of dehydration of older people. Aquatime provides insight into when and how much fluid is ingested. Care workers can read the result with great accuracy on the product and on mobile, tablet, and computer. The system is scalable so that many drinking glasses can be linked to the same database and form an overview of the fluid intake for many elderly people via a simple online tool.

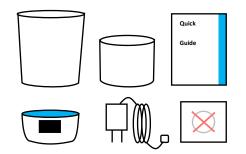
1.1 Terminology

Frequently used terms and their meaning are listed below.

Administrator:	A leading employee in an organization that manages accessibility, permits, etc.
User:	An employee in an organization that uses the system.
Subject:	A Subject is used to identify each citizen. (Remember to consider the GDPR rules in force at any given time)
Device:	An Aquatime glass.
Web interface:	The website app.aquatime.dk where data can be viewed.

2 Contents of the box

2 stk.:Aquatime glass (reservoir).1 stk.:Aquatime Sensormodule.1 stk.:Silicone band (sleeve).1 stk.:Magnet charging cable.1 stk.:230V / 5V adapter.1 stk.:IFU (Instruction doe use)1 stk.:Quick Guide



3 For Administrator

3.1 Get started

When an organization purchases Aquatime devices, an administrator account is created, which can be accessed via e-mail and password at app.aquatime.dk.

The login information can be found in the welcome email the organization received upon creation.

3.2 Invite more users

Once logged in via the administrator account, you can add more users and give them rights to correct and delete citizens and devices.

- 1. Log in as an administrator.
- 2. Click on the menu item "Administrator."
- 3. Click on "+."
- 4. Fill in "Full name" and "E-mail."
- 5. Click on "Create account."

You will receive the message:" New user created with the password "aquatime"". The new user will have to change the password when they login.

As an administrator you'll have to send an email to the new user with first login information

3.3 Delete a user

You can delete a user by going to the menu item "Administrator" and:

- 1. Click the pencil next to the user's name.
- 2. Press "Delete user."
- Confirm that you want to delete the user by clicking "Delete."

4 For Users

4.1 Prepare the glass for use

- 1. Unpack the glass, cable, and adapter.
- Separate the glass from the sensor module and wash the glass thoroughly with dishwashing liquid or IPA 70% alcohol. Wipe the sensor module with a hard-wrung cloth (Soapy water or IPA 70% alcohol)
- 3. When the glass is dry, the sensor module can be put back on the glass.
- Charge the glass by connecting the magnetic cable to the sensor module and the charger, then plug the charger into a 220V electric socket. The glass is charged when the battery in the display is entirely green.
- 5. When the new glass is charged, it can be used directly and measure the daily fluid intake. However, it is recommended that you create the glass at www.app.aquatime.dk to have access to set the glass's functions and follow the drinking activities via Internet.

4.2 Add the glass online and connect it to a Subject

- Go to www.app.aquatime.dk. Log in if you are already a registered user. If you are not created, your organization's Aquatime administrator must create you as a user.
- 2) On app.aquatime.dk the user will now be referred to as "subject" according to GDPR
- Click on the "Subject" tab. See if subject is registered in the system by typing in the name of the subject in the search bar
- If the subject appears, he or she has been created, and you can click on the name and go to step 4. If the name does not appear, go to step 3 and create the Subject.

- 5) Add a user
 - a. Go to the menu item "Citizens".
 - b. Press "+".
 - c. Create a subject ID
 - d. Select the drinking goal (ml) of the Citizen
 - e. Assign citizen to group if desired
 - f. Press "Save".
 - g. Enter the Subjects page by typing names in the search box or click on the subject's name in the overview.
 - h. You will now see an overview of the citizen drinking activity
 - i. Inside the Subjects page, press the "pen icon"
- 6) Press "+" icon next to "Devices"
- 7) In "Add devices window", select the device ID (xxx-xxxx) found on puck label in bottom of cup or view on device display when connecting charging cable to device
- The added device will now be found under "Devices".
- To edit the display label, drinking goal and notification settings of the device, press "Edit" next to added device.
- Press save in order to update the settings of the device. The device will now playback the updated settings after 10 seconds.
- 11) To remove the device, press "remove" next to added device

If the glass is already created in the system, you are free to attach or move it between different Subjects.

4.3 Add an extra glass to the subject

- Enter the Subject's page by typing names in the search field, or click on the Subject's name in the overview.
- 2) Press the "pen icon"
- In "Add devices window", select the device ID (xxx-xxxx) found on puck label in bottom of cup or view on device display when connecting charging cable to device

- The added device will now be found under "Devices" together with the existing device(s). The added device will show if it's connected, Device ID, Display Label and Drinking goal.
- To edit the display label, drinking goal and notification settings of the device, press "Edit" next to added device.
- Press save in order to update the settings of the device. The device will now playback the updated settings after 10 seconds.
- To remove the device, press "remove" next to added device

4.4 Use at the Subject

If you are a care worker, remember to introduce the glass to the Citizen. All liquids (water, juice, coffee, etc.) must be drunk by this; otherwise, measurement data are missing. Today's drinking status can be seen continuously on the display. The display turns on when you lift the glass and show the sum of the day. E.g., 0.23L. The number is updated regularly. Today's sum is automatically reset at 00 midnight. See also the Quick Guide that accompanies the glass.

4.4.1 Cleaning.

The glass and sensor module must be disassembled before cleaning. The glass is dishwasher safe with regular dishwashing liquid or IPA 70% alcohol. Wipe the sensor module with a hard-wrung cloth or alcohol swab.

Note that the sensor module does not withstand the dishwasher.



4.4.2 Dishwasher alarm

To prevent the sensor module from entering the dishwasher, the sensor module emits a sound after 1 second if it is turned upside down (equivalent to being **put** in the dishwasher tray).

4.4.3 Off/on

Turn device upside down. An alarm will play together with an icon showing that the puck shall not be put in dishwasher machine. After 10 seconds the icon "zzz.." will be shown for 5 seconds before making another sound and shutting down.

Turn on glass by connecting charging cable to device. The glass will show the Aquatime logo and Device ID when it is turned on

4.4.4 Correct filling in glass.

Fill glass and place it on the table and wait for the filling symbol shown on the screen.

4.4.5 Transport

Turn off the glass before transporting it as it may otherwise give erroneous measurements.

4.4.6 Connection to the server

The connection status is shown when lifting up glass. The status is seen in the right corner of the display together with the Display Label. A green dot for a good connection and a red dot for a error connection to the server. (see 6.2).

4.4.7 How often data is sent

The sensor module sends data to the server after each drinking activity.

4.4.8 Battery level

The display shows battery status via a battery icon. This will be displayed in the upper right corner together with current liquid intake or when charging the device. The battery level can also be read remotely via the web interface. A fully charged sensor module can hold power for at least 7 days during regular use.

4.4.9 Charging

Connect the Magnet charging cable to the sensormodule and set the charger to 220v. When the glass is connected, the display will indicate that it is charging. Please allow up to 30 seconds waiting time before receiving the precise charging level. A discharged battery will take 2-3 hours to be fully uploaded.

4.4.10 Hot drinks

The cup can be used for hot drinks, e.g., coffee and tea.

4.4.11 Oven & microwave

Neither the glass nor the sensormodule should be heated in an oven or microwave.



4.5 Wrong use

To avoid errors in the measurements, pay attention to the following:

- The device must be switched off during transport.
- 2) Do not refill the glass and drink directly from it without it standing on a surface first! The glass should be placed on the table while pouring, or just after pouring. Otherwise, the glass fails to measure what is poured in, and thus measurement of the first tear is lost.
- Avoid foreign objects in and on the glass, eg spoons, tea bags, lids and the like. When these are inserted and removed, the system can be confused.

5 See data online

When the glass is in use, you can see how much is drunk from it on Aquatime's website

- 1) Log in with your email and password
- 2) When you click on a Subject's name, you enter the Subject's profile. Here you can see the data sent from the glass and gain insight into the Subject's drinking pattern.
- Set the drinking goal of the subject to monitor graphs with color references related to the drinking goal. Red is less than 90%. Yellow is between 90-99%. Blue is 100% or more.

5.1 Give the glass a self-chosen identity

It is possible to give the glass a self-chosen identity as shown on the display, referred to as "Display label" so you can identify the glass and its affiliation (room number, nickname or similar)

1) Log in to app.aquatime.dk with your e-mail and password.

2) Go to the subject's page.

3) Click on the pencil symbol to access settings.

4) Click the "Edit" button next to the device you want to change settings on.

5) Select Display label and enter up to 8 characters that can be displayed on the screen.

6) Click "Save" when you are done.

7) The display will show the desired settings within 10 seconds.

5.2 See the glass identity.

Lift the glass to see in the display the characters entered above, whereby the glass can be identified and distinguished from the others.

5.3 Filling with liquid

Filling with liquid will be shown on the drinking schedule.

5.4 Pouring of undrinked liquid

Pouring excess liquid should be done with resolute motion to NOT resemble a slow drinking motion. The sensor module sorts out the pour so that it is not registered as drinking data.

5.5 Overturned glass

The sensor module registers overturned glass and notification is sent to the server so that any filling can be arranged.

5.6 Reminder function (nudging)

The glass can remind the Citizen to drink using light and sound if the glass has not been active for a period of time. This function can function can be switched on at aquatime.dk.

- 1) Log in to aquatime.dk with your e-mail and password.
- 2) Go to the Subject's profile.
- 3) Click the pencil icon to access the settings.
- 4) Press the "Edit" button based on the device you want to change settings on.
- You can now (possibly together with the Subject) set when the cup may play sound (Choose between 4 soundtracks and individual volume) and light

 Press "Save" when you are done and the sensormodule will play the chosen settings within 10 seconds

5.7 Turn of notifications

- 1) Log in to aquatime.dk with your e-mail and password.
- 2) Go to the Subjects profile.
- 3) Click the pencil icon to access the settings.
- 4) Press the "Edit" button based on the device you want to change settings on.
- 5) Press the slider button next to "Notifications" to deactivate.
- 6) Press "Save" when you are done.

5.8 About groups

Aquatime's web interface allows you to create groups to which Subjects are added. This makes the system more manageable if many Subjects have been created. A Subject can be in several groups at a time and can easily be added or subtracted from groups. It is advantageous to create groups based on where the Subject's live or who takes care of them.

5.8.1 Create group

- 1) Log in to aquatime.dk with your e-mail and password.
- 2) Go to the menu item "Groups".
- 3) Press "+".
- 4) Enter a name for the group in the "Group name" field.
- 5) Press Create. Your group is now created.

5.8.2 Add Subject's to group

- 1) Log in to aquatime.dk with your e-mail and password.
- 2) Go to the subject's profile
- 3) Press the pencil icon to access the settings
- 4) Select a group from the drop-down menu next to "Groups"

5.8.3 Delete groups

Note that not all users have access to this feature. Your organization's administrator can add this privilege to your user account.

- 1) Log in to aquatime.dk with your e-mail and password.
- 2) Go to the menu item "Groups".
- 3) Press on the Pencil icon
- 4) Click the "Delete" button based on the group you want to delete.

5.9 Print fluid scheme

- 1) Log in to aquatime.dk with your e-mail and password.
- 2) Go to the Subject's profile.
- 3) Click the report icon.
- 4) Select the time interval from which you want to create the fluid scheme.
- 5) Press the "Export data" button.
- 6) A PDF file is transferred to your computer, ready for printing

5.10 Export data

Note that not all users have access to this feature. Your organization's administrator can add this privilege to your user account.

- 1) Log in to aquatime.dk with your e-mail and password.
- 2) Go to the Subject's profile.
- 3) Click the report icon.
- Under the item "Delete data" you can export all data or specify which data you want to export

5.11 Delete data and monitoring

- Under the item "Edit" you can delete all data or specify which data you want to delete. Note that deleted data cannot be recovered
- Under the item" delete monitoring" you can delete the subject by typing in the Subject ID in the text field below. Warning! Deletion of monitoring is permanent.

6 Help with troubleshooting

6.1 Web interface notifications and device log

The icon with the clock at the top right gets a red dot if problems need to be solved. The red dots are also

represented next to the names of the citizens. If you press the dot, it links to the citizen's profile, where the problem is described in a red alarm box. Old events are deleted by themselves when the problem is solved, i.e., the glass, e.g., has been recharged or switched on again. The entire history of the device can be viewed by clicking on the menu item "Devices" and then on the device number.

6.2 Test the connection

The easiest way to test the device is to turn it off and on again and wait 1-5 minutes. If the device shows a green checkmark within 1-5 minutes, it can connect to the network. If it shows a red cross, it is typically because the device is outside the coverage area. Test the connection to the website by following the guide "Add the glass online and connect it to a subject" on page 4.

6.3 If you have an error in the measurement

Incorrect measurement data cannot be corrected, but it can be deleted. See how to delete data in the section "Export or delete data" on page 8.

6.4 Abnormal drinking activity.

The glass's built-in intelligence can detect if its contents are being poured out (e.g., in the sink) instead of being drunk. The glass even sorts out these kinds of activities.

6.5 No drinking activity.

If the glass is not used, it will appear on the web interface app.aquatime.dk. Here it will also appear whether it has been turned upside down or has run out of power. The history of the glass can also be accessed via app.aquatime.dk

6.6 Signal strength.

You can see the device's signal strength via app.aquatime.dk.

6.7 No data

If the glass does not send data as expected, check:

- 1) That you have entered the ID of the glass correctly.
- 2) That there is power on.

3) That there is coverage - try to place it on the windowsill.

If none of this works, you should contact Aquatime's support via <u>www.aquatime.dk/help</u>

7 Updating the software of the sensormodule

Aquatime comes with software updates when new features and functions can be offered. This will happen automatically if the device is connected to the cloud The current software version is displayed on app.aquatime.dk in bottom of page

8 Display overview

HELENA C	Example of Display Label
AQUA TIME 201 - 12345	Example of displaying device ID.
/	Battery fully charged.
	Charges from low battery.
	Low battery level lower than 15%, sensormodule should be charged.
•••	Stabilizing weight measurement
0.06	Battery level is shown in the right corner of the display during use.
0.06Ľ	Today's drink status / fluid intake from the Sensormodule.
	Put on a flat surface ((filling receipt)

ZZZ	Sensormodule shuts down.
O HELENA C	Green dot in the right corner: Connection to server during last data transmission OK.
HELENA C	Red dot in the right corner: Latest data transmission to server ERROR.
	No dishwasher alarm

9 Technical specifications

Battery type: Rechargeable Lithium-icon.

Battery charging time: 2-3 hours

Battery capacity: Min. 7 days in normal use Battery charging time: 2-3 hours Operating temperature range: from 5 °C to 40 °C.

Charging temperature range: from 5 °C to 40 °C.

The Aquatime device ID can be found at the bottom of the sensor module or shown on the display when connecting charging cable to device

10 Disposal

This product must be delivered to a suitable waste collection point. Do not dispose the product with household waste. For more information, contact your dealer or the local authority responsible for controlling the waste.

11 Disclaimer

This device is meant for personal uses only. This device is not intended for medical purpose, please refer to a physician or health professional. Your use of the device is entirely at your own risk, for which we shall not be liable. It shall be your own responsibility to ensure that any products, services, data or information available meet your specific requirements.

This device makes use of load cell principle and GSM wireless data transmission and is provided with a power adaptor included in the packaging. This device is only compatible with the provided power adaptor for 230V. Please pay careful attention to the labeling of the power adaptor for correct use.

This device is compatible with GSM at the frequencies of 790MHz-870MHz. The device will not work in North America.

This device allows direct access to drinking data on display on the device as well as remote access to cloud-based drinking data from the device. The measured data is only representing the amount of liquid being emptied from the vessel. This may not be representative for the amount being consumed by the user.

This device is restricted to one person use at a time. When drinking vessel is separated from the electronics (part with display), the drinking vessel can tolerate dishwashing between uses. If the device is transferred from one person to another person for usage, the device should be properly cleaned by competent health professional using 70% IPA (iso-propyl-alchohol) between use and the ID of the device linked to the new user to avoid any mix-up of drinking data. The manufacturer reserves the right not to be responsible or liable for the use of data generated from the device.

The device is covered by 2 year warranty, with the right to repair or exchange device based on manufacturers decision. Damage due to normal wear and tear or neglect is not covered by the warranty. New product, drinking vessel or power adaptor is available for order.

If personal data (email, name, addresses, social security number) from the user is associated/linked with data generated by the drinking vessel, the input of these personal data takes place voluntarily. The manufacturer has no access to personal data. Any personal data provided as input by user via the website access provided by the Manufacturer is encrypted.

The manufacturer assumes no liability when device or data is used integrated with software systems and platforms not supplied by the manufacturer.

12 AquaTime Device Safety and Software Update information

Safe Battery Handling and Usage

Battery can EXPLODE, CATCH FIRE and/or CAUSE BURNS if disassembled, punctured, cut, crushed, short circuited, incinerated, exposed to water, fire or high temperatures.

To ensure optimal safety and performance:

- **Only use AquaTime electronics and drinking vessel and accessories**. If you are unsure about whether a replacement charger/power adaptor is compatible, contact device manufacturer.
- **DO NOT** use the detachable part containing electronics for anything other than its intended purpose.
- **DO NOT** use the device if the charger/power adaptor, or the part with electronics or drinking vessel appears to be damaged or compromised. Examples includes, but are not limited to: leaking, cracks, melting, odors, corrosion and the electronics and drinking vessel being non-attachable
- **DO NOT** disassemble the electronics secured by screws, crush, short external contacts, or dispose of in fire or water.
- **DO NOT** expose the power adaptor and/or the detachable part containing electronics to fire or temperatures greater than 60 degrees Celcius. Do not place next to areas which may become hot. Examples includes, but are not limited to: on or near a space heater, cooking surface, cooking appliance, iron, radiator, or fire place.
- **DO NOT** get the power adaptor and/or the detachable part containing electronics wet. Even Though they might dry and appear to operate normally, the circuitry can slowly corrode and defeat its safety circuitry.
- **DO NOT** store the detachable part containing electronics with hazardous or combustible material. Store in a cool, dry, ventilated area.
- **ALWAYS** keep the power adaptor and detachable part containing electronics away from children.
- **MAKE SURE** the charger and power connection to the product have empty compartments and free from any moisture or loose debris before connecting the power.
- AVOID dropping the product. Dropping the product, especially on a hard surface, might cause damage to the power adaptor, drinking vessel and the electronics. If you suspect any damage to power adaptor, drinking vessel or electronics, please replace it.
- FOLLOW the USER GUIDE
- FOLLOW local guidelines for dispose of used electronics containing batteries.

To the extent permissible by applicable law, failure to follow these warnings and/or directions could result in damage to AquaTime product that will not be covered by AquaTime warranty.

13 Compliance with 2014/53/EU Radio Equipment Directive (RED)

AquaTime wireless products comply with the requirement of Article 10(2) of the RED as they can be operated in at least one Member State as examined. The product also complies with Article 10(10) as it has no restrictions on putting into service in all EU Member States.

This product is for indoor use only. In accordance with Article 10.8 (a) and 10.8 (b) of the RED, the following tables provide information on the frequency bands used and the maximum radio frequency transmit power of AquaTime wireless product for sale in the EU

Details of Operation:	SARA-N210	SARA-N200
Description of Service	E-UTRA Band 20	E-UTRA Band 8
Transmit frequency	832 MHz to 862 MHz	880 MHz to 915 MHz
Receive frequency	791 MHz to 821 MHz	925 MHz to 960 MHz
Modulation	BPSK, QPSK	BPSK, QPSK
Power Class	Class 3	Class 3
Transmit power	23.5 dBm. conducted	23.5 dBm. conducted

Maximum Antenna Gain	Maximum Antenna Gain (dB)	Power Density (mW/cm2)
NB LTE 20	9.2	0.4157

13.1 Power Adapter Safety

Do not drop or cause impact to the power adaptor

If the power cable is damaged (for example, the chord is exposed or broken) or the plug loosens, stop using immediately. Continued use may led to electric shocks, short circuits, or fire.

Do not tough the power adaptor with wet hands. Doing so may lead to short circuits, malfunction, or electric shocks.

13.2 Accessory Safety

Using an unapproved or incompatible power adaptor, USB or battery may cause fire, explosion or other hazards.

Choose only accessories approved for use with this model by the device manufacturer. The use of any other types of accessories may void the warranty, may violate local regulations and laws, and may be dangerous. Please contact your retailer for information about the availability of approved accessories in your area.

13.3 Device Safety

Maximum Permissible Exposure (MPE). Ensure that at least 31 cm separation distance is maintained between the AquaTime wireless device and the body of the User, when not drinking from the device. The socket outlet should be installed near the equipment and easily accessible.

Do not plug device into Powerline pass-through sockets that exceed the product ratings.

Do not plug major home appliances into the filtered AC socket or into an attached power strip.

13.4 Specific Precautions for EMC

Warning: AquaTime class A equipment is compliant with Class A of EN 55032. In a residential environment this equipment may cause radio interference.

AquaTime product are tested to the requirements of EN 55032 (Emission) and EN 55024 (immunity). There are no specific precautions which must be taken in order to comply with the requirements of the Directive 2014/30/EU Essential Requirements in Section 1 of Annex I.

In addition a AquaTime wireless product is assessed/tested to ensure spurious emissions are within the specified limits, as well as meeting the requirement for adaptivity, which mitigate against problems caused by co-location with other wireless products.

AquaTime products are not subject to the requirements in Section 2 of Annex I of the Directive 2014/30/EU (for fixed installation).

13.5 Disposal of Waste Batteries and Electrical Equipment



This Symbol on the product or its packaging means that this product and any batteries it contains must not be disposed of with your household waste. Instead, it is your responsibility to hand over to an applicable collection point for the recycling of batteries and electrical equipment.

This separate collection and recycling will help to conserve natural resources and prevent potential negative consequences for human health and the environment due to the possible presence of hazardous substances in batteries and electrical equipment, which could be caused by inappropriate disposal. Disposal regulations vary by region. Dispose of old batteries and equipment in compliance with your local regulations.

13.6 Software Update

Software updates can be released by AquaTime to fix bugs or enhance functions after the product has been released. Updated software versions released will not impact continued compliance with the applicable rules. Radio Frequency Parameters are not accessible for the User and cannot be changed by the user.

13.7 Compliance

For EU Declaration of Conformity, visit www.aquatime.dk/help/CE

AquaTime ApS

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