

## QUICK GUIDE MIR SMART ONE APP

**1. Allow Smart One to access your device's location:** First thing you probably need to do after you installed the APP, is to allow the access to you device location. This will make the Smart One Spirometer visible via Bluetooth to your Smart Phone/Tablet, and consequently will enable you to use it.

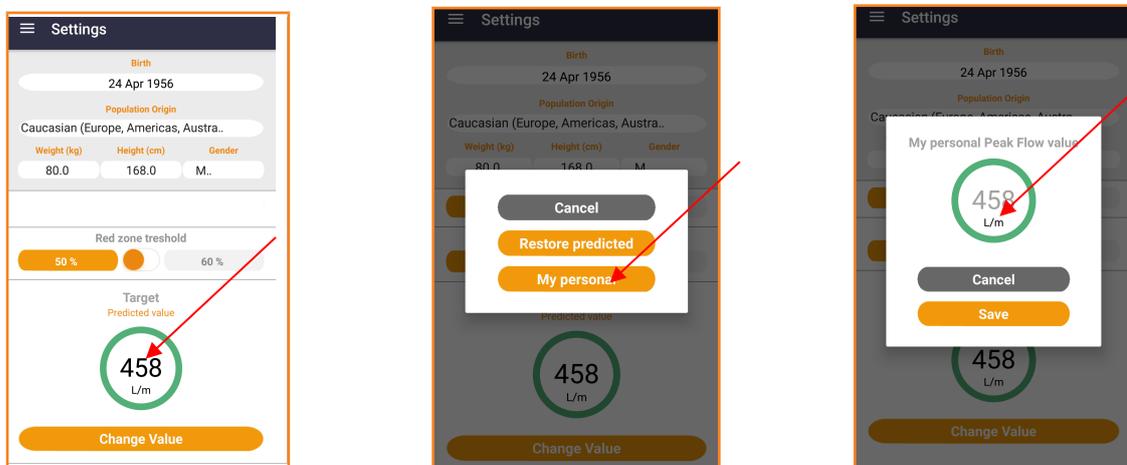
**2. Imperial or Metric system:** depending on the language settings of your smartphone/tablet, your App settings will be displayed in cm/kg or in/lbs. Just change language settings on your smartphone/tablet, to switch to your preferred system. E.g English (USA) to set the Imperial system, English (Canada) to set the Metric instead.

### 2. About the "Settings"

It is important that you input and keep up to date all your personal characteristics (height, age, sex, weight and origin) cause these are mandatory to perform a Spirometry test. These information will be saved and stored on your Smart Phone /Tablet memory only.

You can set the red zone threshold to a determined percentage. For example when it is set at 50%, the Result will be marked **red** if your PEF is lower than the 50% of the "predicted value" calculated on people with personal characteristics similar to yours. Results from 50% to 80% of the predicted will be **yellow**. Results from 80% of predicted will be **green**. We recommend to keep the red zone threshold at 50%.

In some specific situations, your doctor, your therapist or your trainer may recommend you to use a different value to determine the quality of your Results, cause the standard "predicted values" may not fit on you. Right from the Settings you can input your own personal PEF target value at any time.



Reference equations are the GLI-2012, endorsed by all major respiratory societies, derived for four ethnic groups (Caucasians, African Americans, North Asians, South East Asians), plus a group for individuals not represented above or with mixed ethnic origin. You cannot change the reference equation.

### 3. About the Results

Not all the attempts and the tests you perform with Smart One and Mir Smart One App, will be saved and listed among the Result. Only your **best readings** of each spirometry session, will be actually saved by the app and listed in your Result page. This is true for the PEF and the FEV1.

#### How to read you Results

Just like a game, you have a time lapse of 5 minutes to exhale your best reading. We call this time lapse a "spirometry session".

Within the 5 minutes, you can perform as many test as you want.

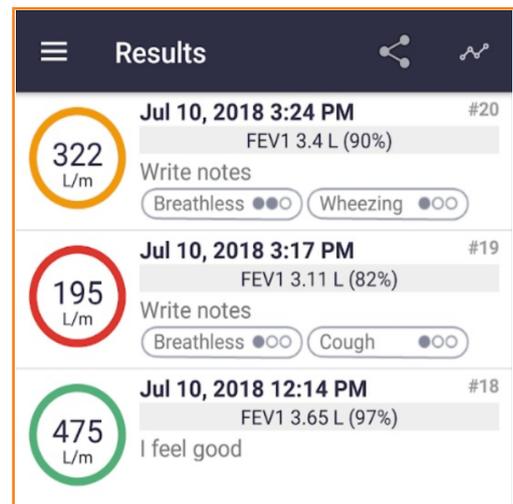
For each test you have 3 attempts. But only the best reading out of these 3 attempts will be recorder by the app.

Among all these recorded readings (still taken within the 5 minutes lapse), the app will pick up **only the best** of them all, save it and list it in the Result page. This is the best blow of your spirometry session and the only one that will be listed in the Results.

According to Standardization rules in Spirometry, your PEF result will be **green**, **yellow** or **red** according to the discrepancy between your best readings, and the so called "**predicted value**", which is based on your ethnic origin, sex, age and height. This is why you are required to input your personal data on "Settings". Your FEV1 results will be displayed in Liter (no traffic light), and also in % compared to the predicted value.

#### Results can be displayed in:

- in Liter/minute (for PEF)
- in Liter (for FEV1)
- in % predicted (for PEF and FEV1)



To switch from from L/m to % for PEF, just click on the result in the colored circle.

#### **4. About the Trends**

Trends are divided by daily trends, weekly trends, and so on. In every trend graph, there is a thin line which is always flat, as it represents the "predicted value" and does not change depending on your readings.

##### **How to read your Trends**

The daily trend displays all the Results of the day (see above for details about Results).

The weekly trend displays the highest and the lowest Result of each day of the Week.

The monthly trend displays the highest and the lowest Result of each day of the Month.

The annual trend displays the highest and the lowest Result of each week of the Year.

##### **Common issues:**

##### **Is your Smart Phone compatible with the MIR Smart One APP?**

Android: minimum operating system requirement is Android 4.4 or higher, and Bluetooth 4.0 or higher. Even if the operating system is compatible, the hardware may not, so here is a list of Android Smart Phones we've tested: [FAQ section](#)

Apple: minimum operating system requirement is iOS 8 or higher.

##### **You've upgraded your iPhone to iOS 11 and cannot connect the Smart One?**

The Bluetooth of your Smart One Peak Flowmeter shall be upgraded to version 3.1, you can install a dedicated app (only for Android: [FIX SPIRO](#)) which will guide you through the upgrade.

##### **You see only red readings in your results?**

Probably the Standard predicted values do not fit on you and you better input your own "personal best" value into "Settings". Ask your doctor, your therapist or your trainer what is your "personal best" value.

##### **You need to delete an inaccurate reading?**

Just select "Results" from the main menu, then from the "list" of results you can swipe-left or swipte-right the individual trial you want to delete.

## Where can i find the information about the app version, the Smart One firmware version and the Smart One bluetooth version?

On Android, just open the Mir Smart One app and click on the "info" button

On iOS, open your iPhone/iPod "Settings", select the Mir Smart One app from the list below, and the "info" will be displayed.

## How to preserve the duration of the batteries?

Remember to "disconnect" the MIR Smart One™ device from your SmartPhone when you're done with the test. Just select "Disconnect" on the Mir Smart One App.

## How to clean the orange turbine and the plastic mouthpiece?

The correct functioning of the turbine can only be guaranteed if it is **free from foreign bodies** which could alter its movement. Control from time to time that dirt or foreign bodies are not deposited inside the turbine such as threads or hair.

Any Sodium hypochlorite (NaOCl) solution may be used for cleaning the turbine, provided the solution is **not corrosive** and it's **cold**. Soak the turbine in the solution for the time specified in the instructions of the solution, generally about 60 min. Do not expose the turbine to a direct jet of water (e.g. like tap ...). Let it dry on a clean surface in an upright position without exposing the turbine to a direct jet of hot air or placing it close to hot air sources (hairdryer, heating, direct sun rays...).

**More questions?** Find Answers on the [FAQ section](#) on MIR SMART ONE website.

Click on this screenshot to see a [short video](#) with an overview of Mir SMART ONE App:

