Joovv Mobile App

Quickstart Guide

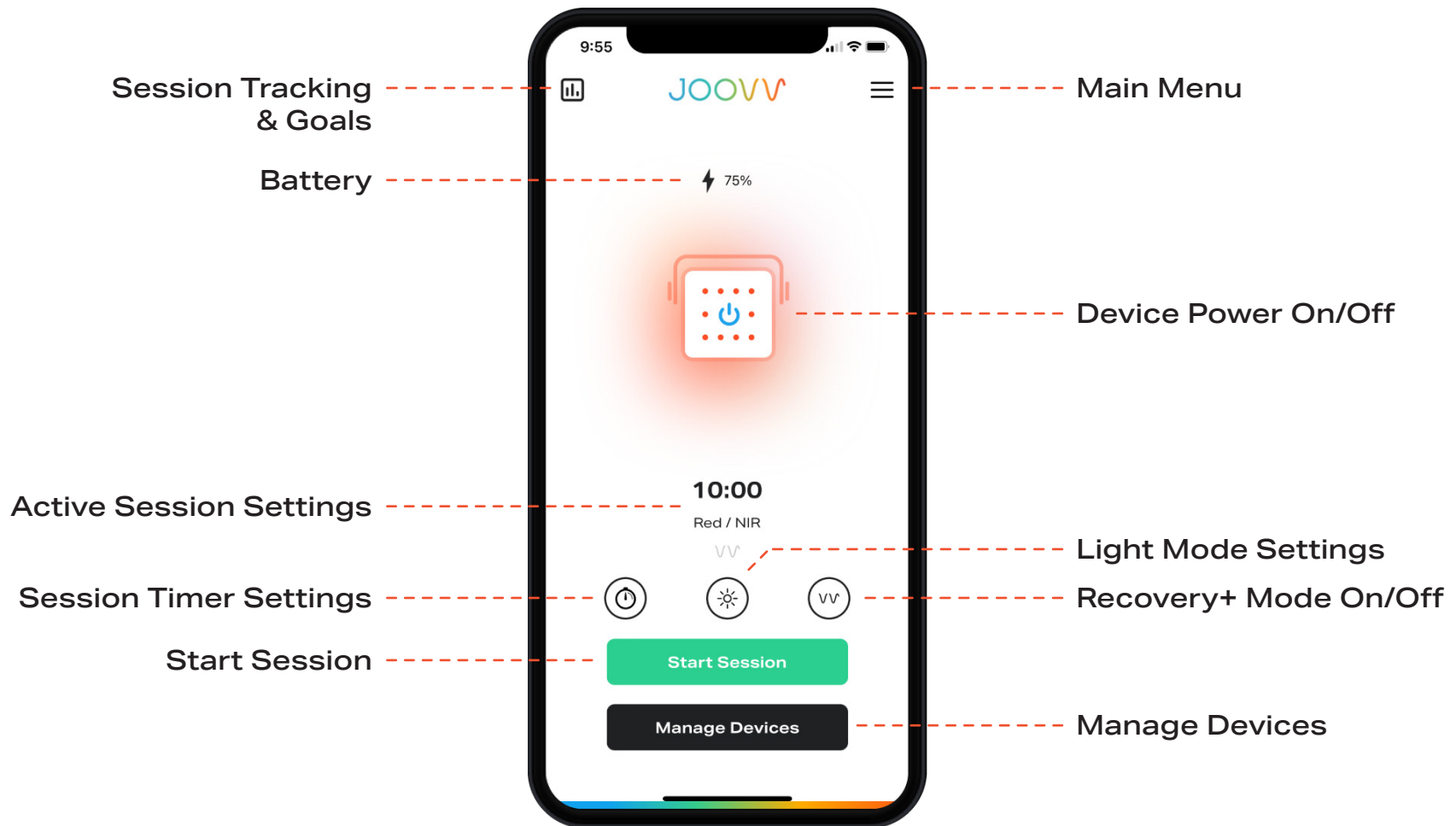# Table of Contents

Revision History		
Date	Revision #	Description of Changes
January 2021	JV-MKT-DOC-3785 (Ver.0)	Ver.0 Release to market
February 2021	JV-MKT-DOC-3785 (Ver.1)	Page updates
July 2021	JV-MKT-DOC-3785 (Ver.2)	Updated images on pages 3-10
July 2022	JV-MKT-DOC-3785 (Ver.3)	Updated for new software update

Experiencing an error with your Joovv Mobile App?
Share feedback help@joovv.com

App Icons & Buttons

Session Tracking & Goals

Battery

Active Session Settings

Session Timer Settings

Start Session

Main Menu

Device Power On/Off

Light Mode Settings

Recovery+ Mode On/Off

Manage Devices

9:55

JOOVV

75%

10:00

Red / NIR

Start Session

Manage Devices

Getting Started

Step 1

Download the Joovv Mobile App.

Available on the **App Store**
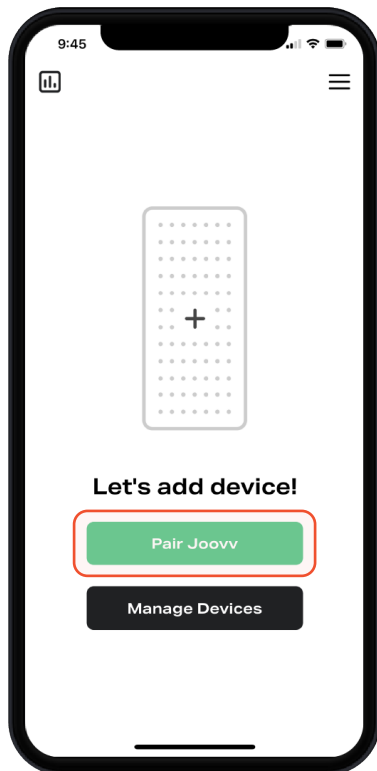
GET IT ON **Google Play**

Step 2

Open the Joovv Mobile App and tap **Sign up** and create a user account.
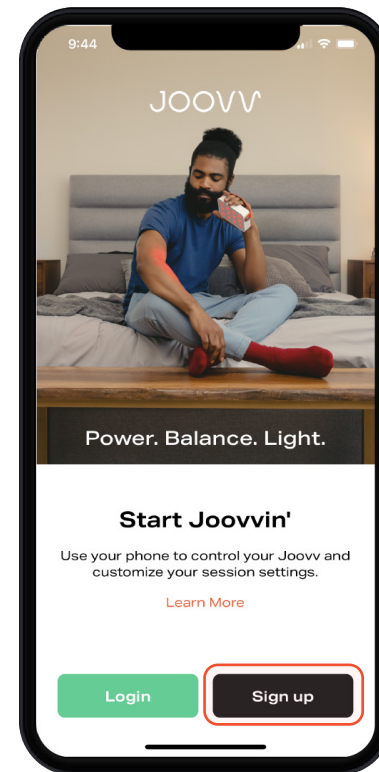
Pair Your Device

Step 1

With your Joovv device turned on, use the app and tap **Pair Joovv** to begin pairing with device.
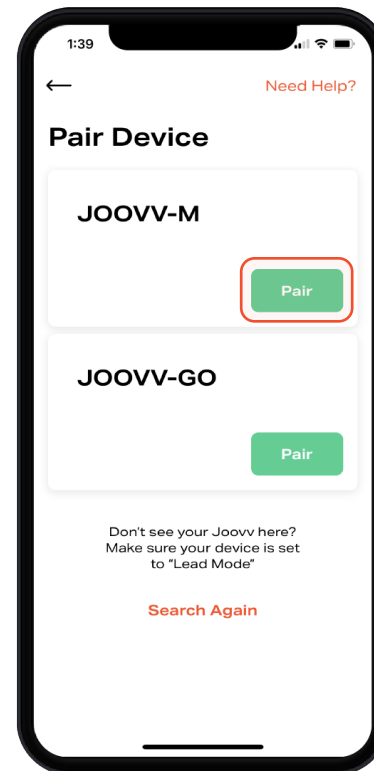

Step 2

Follow on-screen prompts to ready your device for pairing.

Step 3

Once the App has discovered your Joovv device, tap **Pair** to start pairing with device.

Step 4

Remain near device during pairing process, this may take a few moments. **Do not leave this screen.**
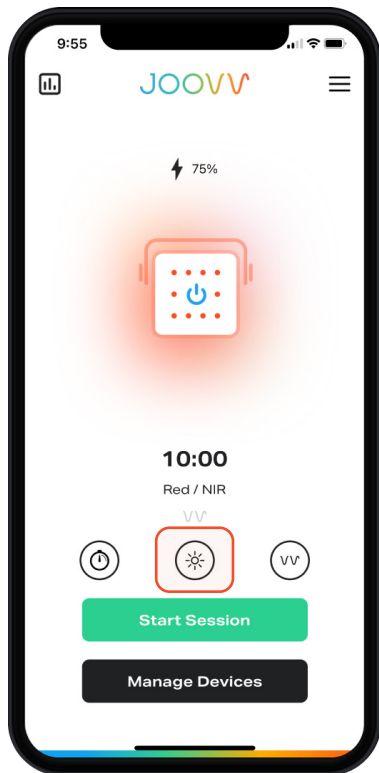
Light Mode

Step 1

To change to your device's Light Mode, tap the **Light Mode icon** to open the menu and select your desired Mode.
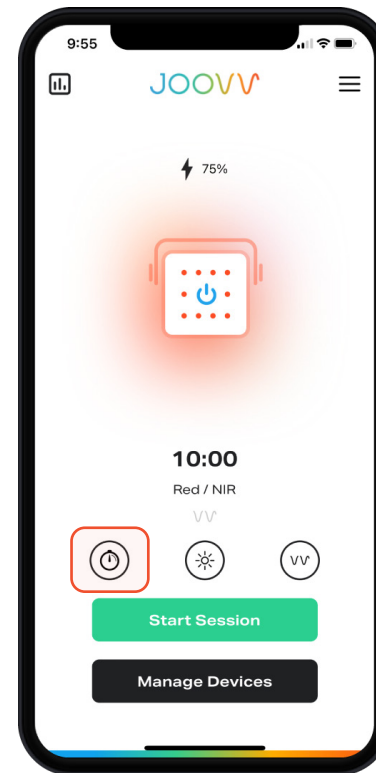
(Use of NIR requires protective eye wear, see device User Manual for more information.)

Step 2

To adjust the Session Time, tap the **Session Timer icon** to open the menu.
Treatments can be set between 1-10 minutes with the Joovv Go and 1-20 minutes with the Joovv Mini & Solo.
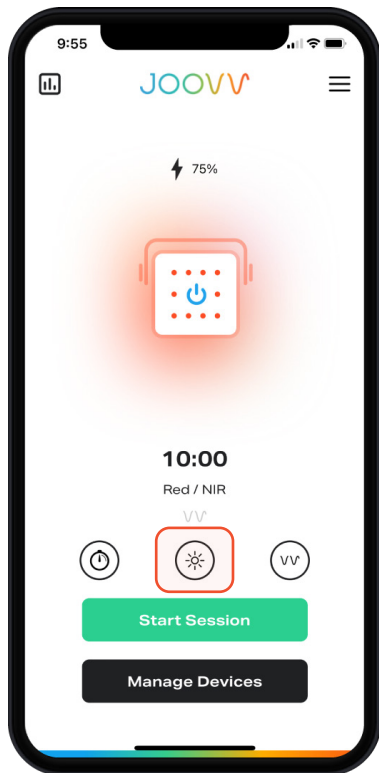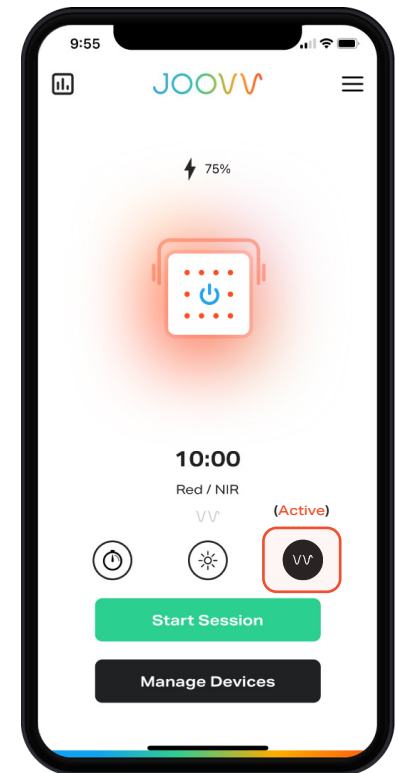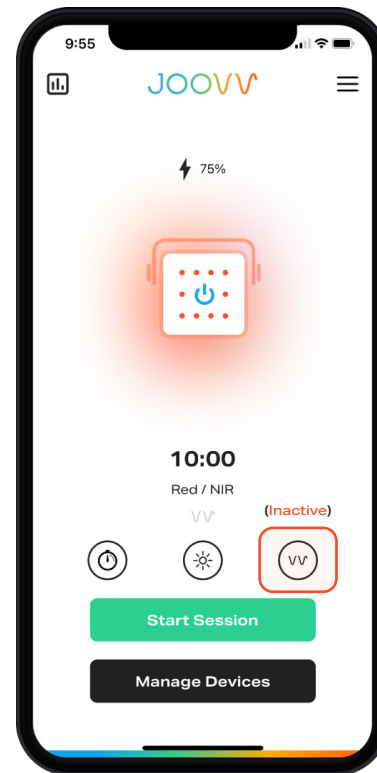
Recovery+

Step 1

To use Recovery+, your Joovv Go must be in **Red & NIR** Mode. Tap the **Light Mode icon** to change.

(Use of NIR requires protective eye wear, see device User Manual for more information.)
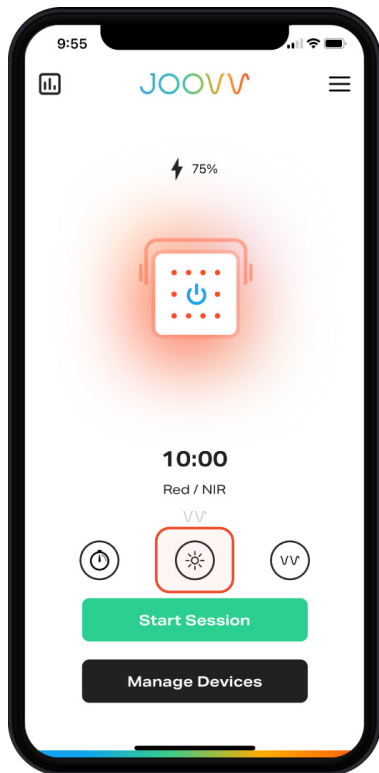
Step 2

To activate Recovery+, tap the **Recovery+ icon** to change from **Inactive** to **Active**.

Ambient Mode

Step 1

To change your device to Ambient Mode, tap the **Light Mode icon** to open the Light Mode menu.
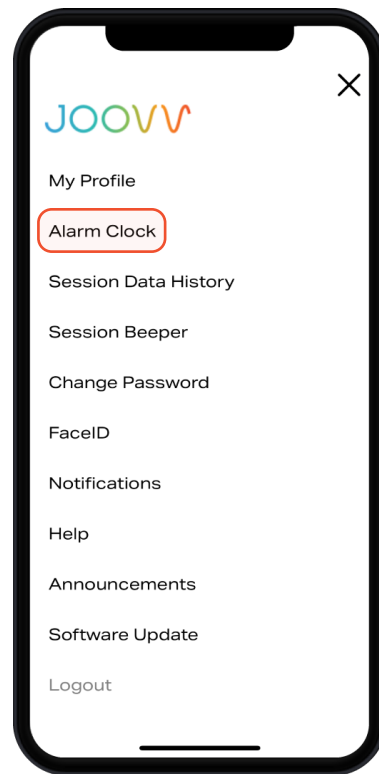

Step 2

Scroll down to select **Ambient** and then choose which **level** of Ambient Light you prefer and tap **Save** to continue.

Alarm Clock

Step 1

To set or change Alarm Clock settings, tap the **Main Menu icon** and tap **Alarm Clock**.
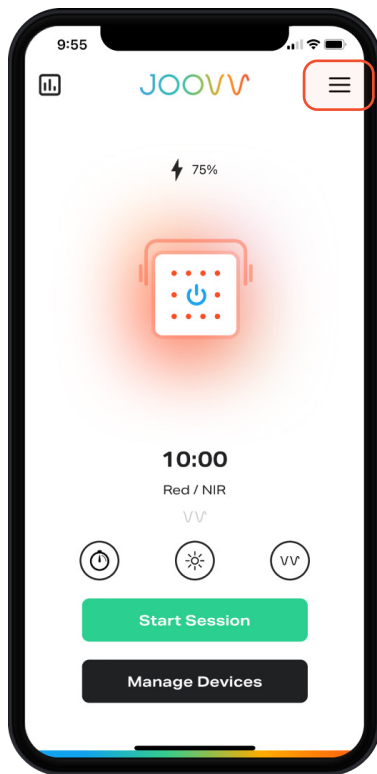
Step 2

Set up to 3 different Alarm times by tapping the forward arrow (>). Manage Alarm times by turning the toggle switch on/off.

Step 3

The Alarm Clock feature can be turned on/off, and adjusted to desired settings. Once time and light level is selected tap Save to save settings.

9
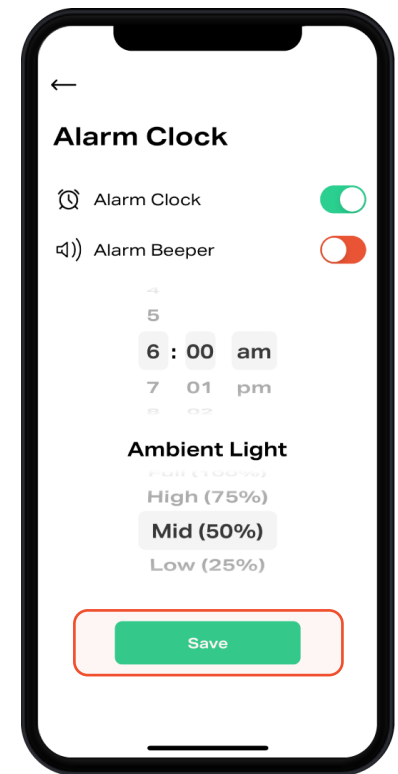
How to Complete a Software Update

If a new software is available for the connected device, the app will automatically notify you by initiating a pop-up notifier. To complete an update, follow the steps listed.
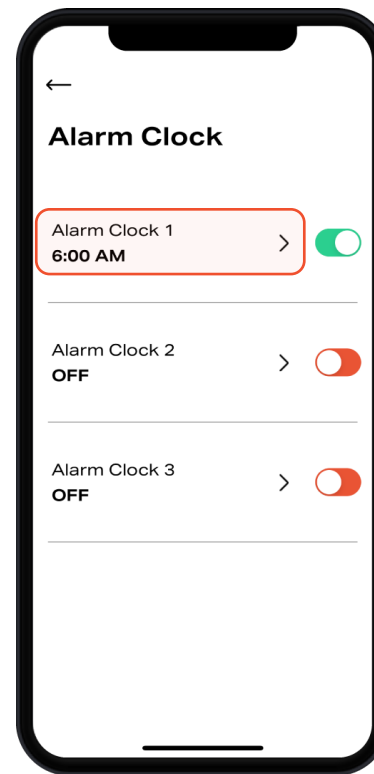
Step 1

To update the device click the **View Update** button. To start the update, click on the green text that says **Update to**.
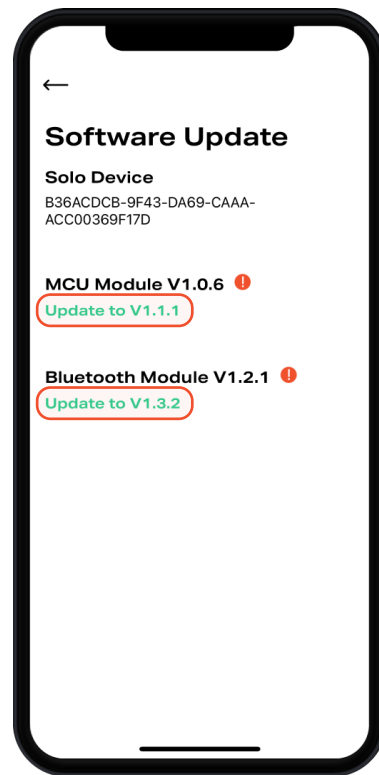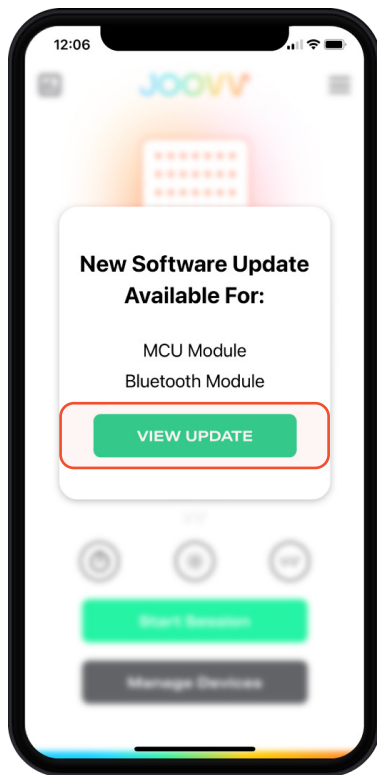
Step 2

Click the **Start Update** button to start the update. During the update, please keep your mobile device within 1-3ft of the device.

Step 3

The update can take up to 5-10 minutes depending on the mobile device. Once the update is finished press the **Done** button to return to the main home screen.

**Update in Progress
Uploading File 99%**

The update process can take
up to 5-10 minutes

**Successfully
Updated**

Done
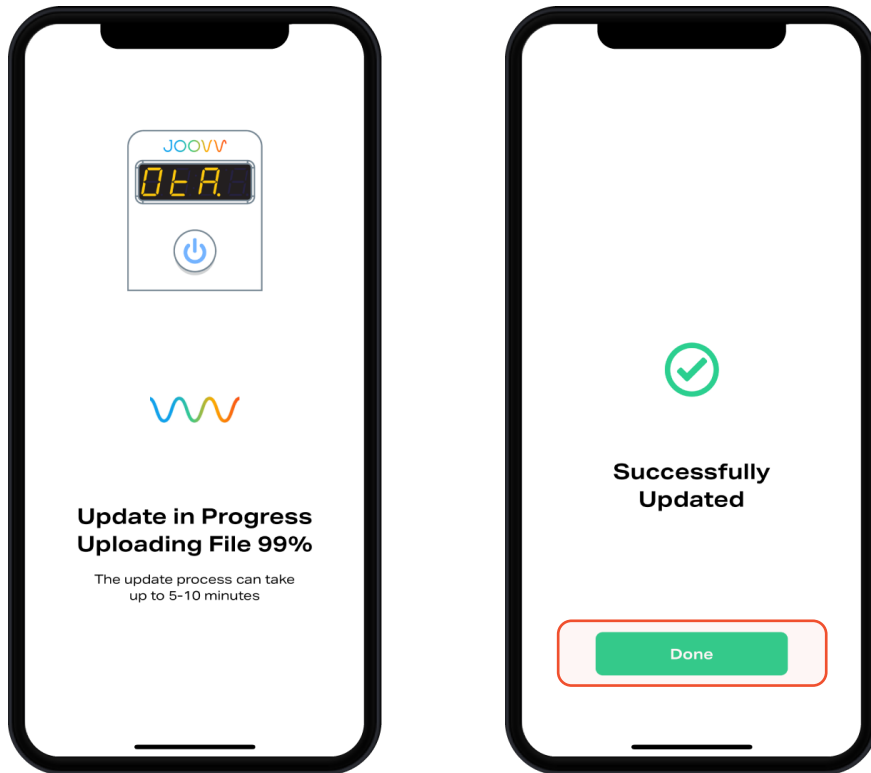
Session Data History

Step 1

To set or change Session Data History settings, tap the **Main Menu icon** and tap **Session Data History**.

JOOVV

- My Profile
- Alarm Clock
- **Session Data History**
- Session Beeper
- Change Password
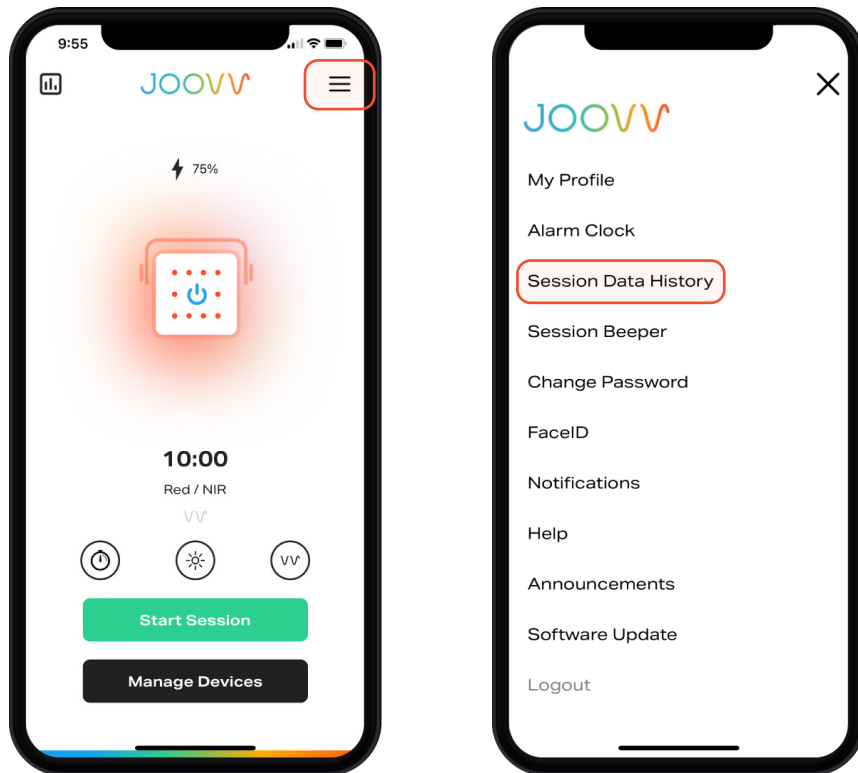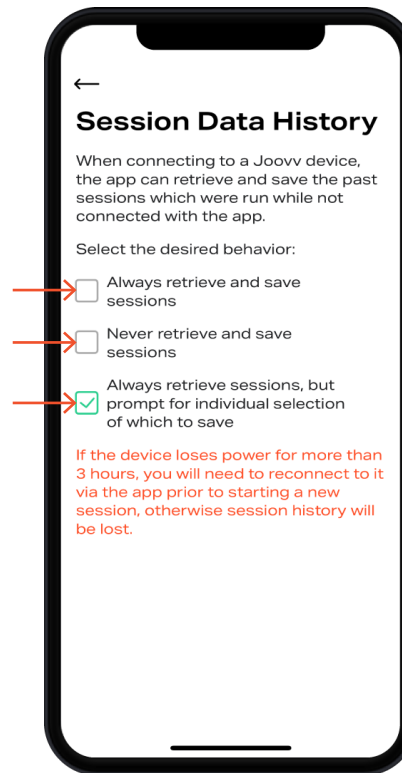- FaceID
- Notifications
- Help
- Announcements
- Software Update
- Logout

Step 2

Select the desire behavior on how you want the App to record sessions completed on the device when not connect with the App.

Session Data History

When connecting to a Joovv device, the app can retrieve and save the past sessions which were run while not connected with the app.

Select the desired behavior:

- ☐ Always retrieve and save sessions
- ☐ Never retrieve and save sessions
- ☑ Always retrieve sessions, but prompt for individual selection of which to save

If the device loses power for more than 3 hours, you will need to reconnect to it via the app prior to starting a new session, otherwise session history will be lost.

Option 1

Always retrieve and save session

Ideal if you are a single user of the device

Option 2

Never retrieve and save sessions

Ideal if you have multiple users using the same device and you always use the device connected with the App

Option 3

Always retrieve sessions, but prompt for individual selection of which to save

Ideal for multiple users using the same device with or without the App

Step 1

To select Session Delay, turn on the toggle switch to green. The delay can be 1-20 minutes depending on your selection. To save the delay time, press the save button.
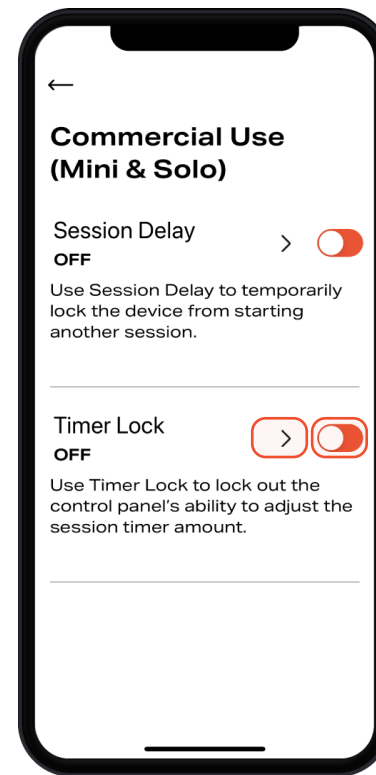
NOTE: The device will not allow the start of another session during the Delay period. To readjust Session Delay, revisit commercial use settings.
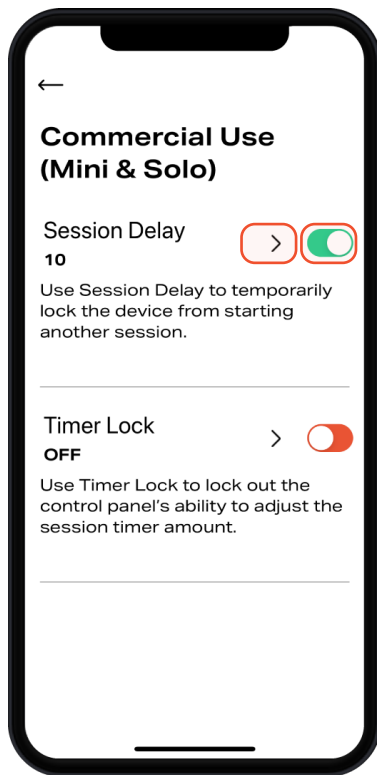
Step 2

To select Timer Lock, turn on the toggle switch to green. The Time can be selected between 1-20 minutes. After choosing the desired Time press the save button.

NOTE: The Time icon on the main home screen will gray out if Timer Lock is turned on. To readjust Session Timer, revisit commercial use settings.

Commercial Use (Mini & Solo)

Session Delay
10
Use Session Delay to temporarily lock the device from starting another session.

Timer Lock
OFF
Use Timer Lock to lock out the control panel's ability to adjust the session timer amount.

Set Timer

1
2
3
4

Save

Commercial Use (Mini & Solo)

Session Delay
OFF
Use Session Delay to temporarily lock the device from starting another session.

Timer Lock
OFF
Use Timer Lock to lock out the control panel's ability to adjust the session timer amount.

Set Timer

1
2
3
4

Save

JOOVV