

UGEN WATCH AND SENSOR SET UP GUIDE



SET UP GUIDE

STEP 1:

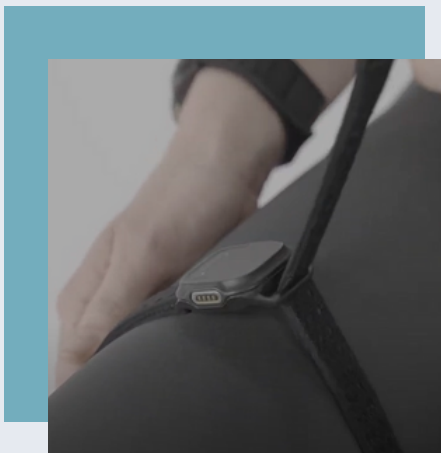


Place the watch on your wrist, securing it using the provided pull straps. Make sure the watch is secure and cannot move.

STEP 2:



Power on the watch by holding in the large black button on the right side of the watch face for 2 seconds.



STEP 3:

Place the sensor on the Arm (Bicep), Thigh, or Calf using the supplied strap. Make sure the sensor is secure and cannot move. *Blue light must face down towards the floor*

STEP 4:



Hold button on right side of sensors for two seconds to turn on.

STEP 5:



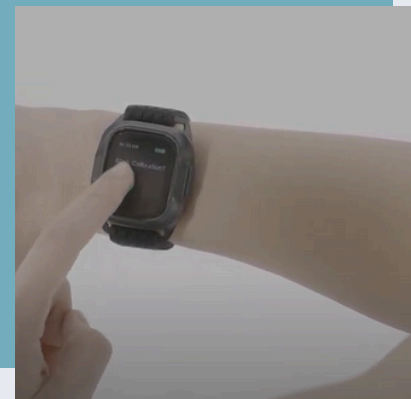
Double tap on "Calibration" on the watch.

STEP 6:



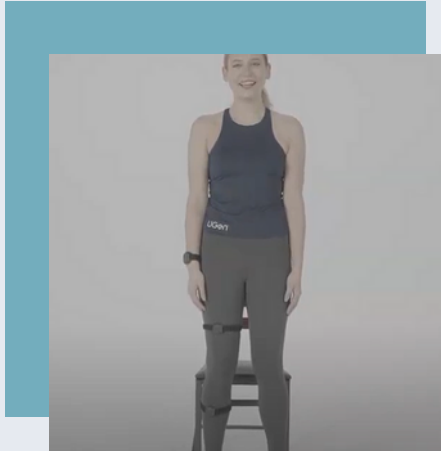
Double tap on "Do Calibration"

STEP 7:



Tap on green "Yes"

STEP 8:



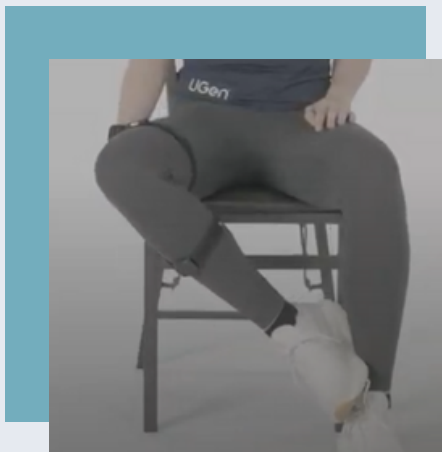
Stand still with hands down and wait for a “beep”

STEP 9:



***If using leg sensors*
Sit down and hold still
and wait for a “beep”**

STEP 10:



***If using leg sensors*
tilt the leg with
sensors inward and
wait for the “beep”**

Calibration Complete



SET UP GUIDE FOR THERAPIST AND PATIENT APP

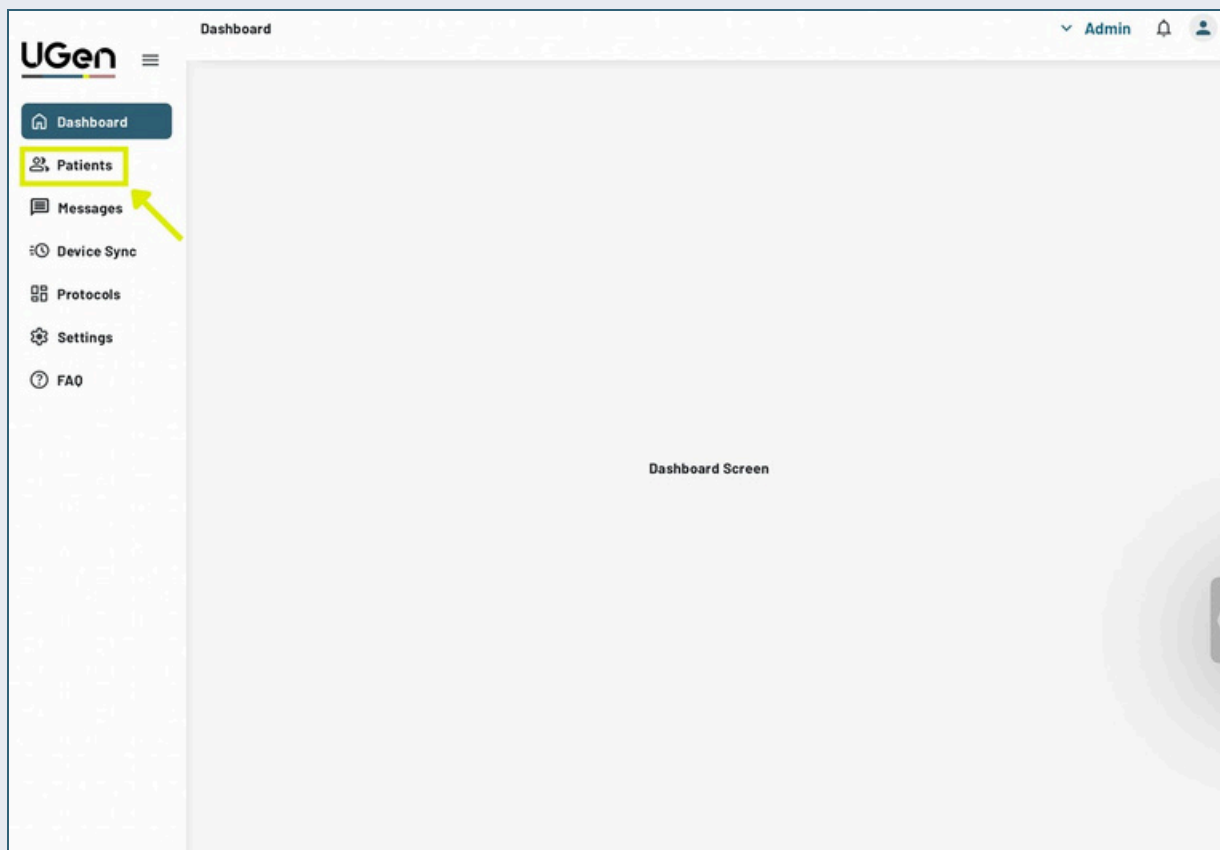


UGen

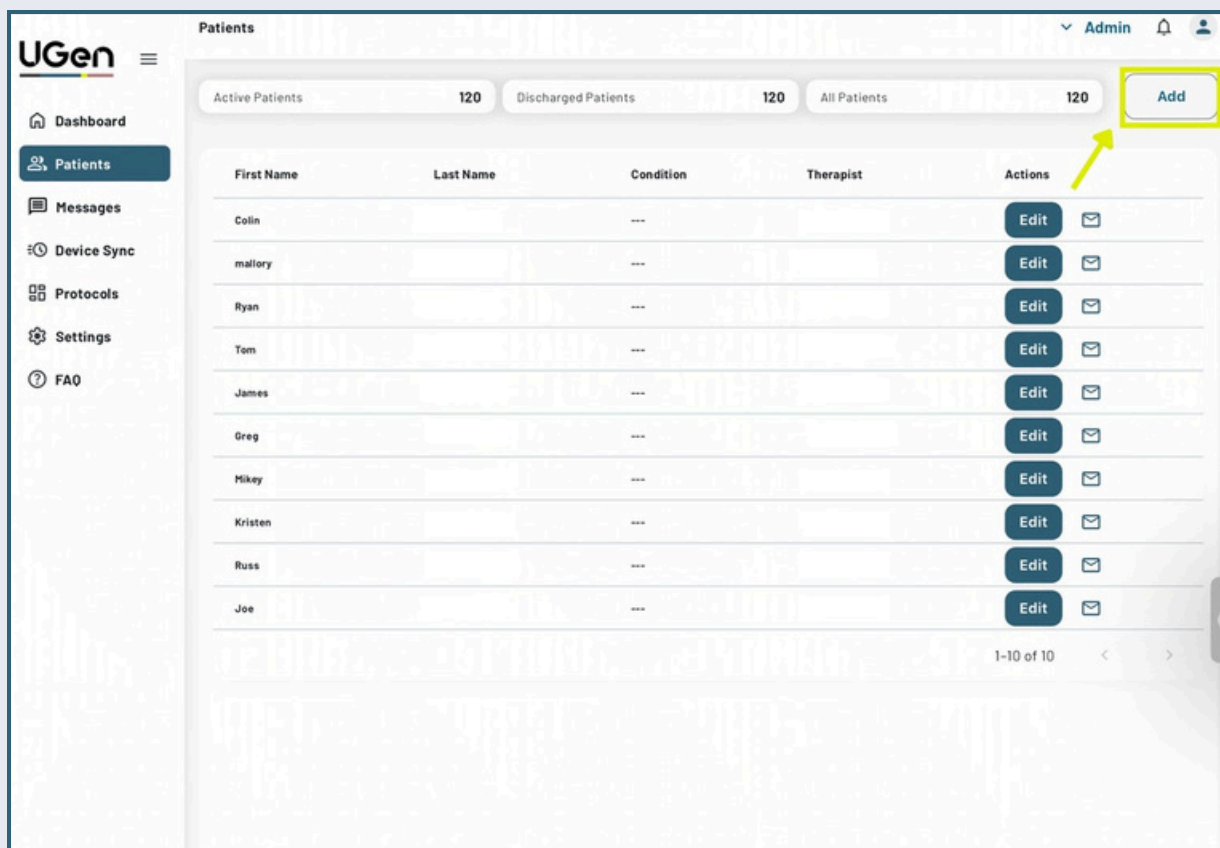
THERAPIST APP



STEP 1: CLICK ON PATIENTS



STEP 2: CLICK ADD



STEP 3: ADD PATIENT'S DETAILS AND CLICK SAVE

The screenshot shows the 'Add Patient' form in the UGen application. The form is titled 'Add Patient' and has a 'Back' button. The form fields are as follows:

- First Name: Text input field.
- Last Name: Text input field.
- Phone Number: Text input field with a placeholder '###-###-####'.
- Allow patient to login with email/password?: Toggle switch (currently off).
- Email Address: Text input field with a placeholder 'Patient's Email Address'.
- Therapist: Dropdown menu with 'Select a Therapist'.
- Address (optional): Text input field.
- Address Line 1: Text input field.
- Address Line 2: Text input field.
- City: Text input field.
- State: Dropdown menu.
- Zip: Text input field.

At the bottom right of the form, there are two buttons: 'Cancel' and 'Save'. A yellow arrow points to the 'Save' button.

STEP 4: CLICK NEW TREATMENT

The screenshot shows the 'New Treatment' screen in the UGen application. The screen is titled 'New Treatment' and has a 'Back' button. The screen displays the following information:

- Therapist: Chad DiGennaro
- Survey: Button
- Discharge: Button
- New Treatment: Button

Below the buttons, there is a message: 'Add a treatment to get started with this patient.' Below this message is a button labeled 'New Treatment'. A yellow arrow points to the 'New Treatment' button.

STEP 5: CHOOSE THE TREATMENT CONCERN AND THERAPIST USING THE DROPDOWN OPTIONS AND CLICK NEXT.

The screenshot shows the UGen Patients interface. On the left is a sidebar with navigation links: Dashboard, Patients (selected), Messages, Device Sync, Protocols, Settings, and FAQ. The main content area is titled 'Patients' and shows a breadcrumb trail '< Back Greg Patient'. In the top right corner, there are links for 'Admin', a notification bell, and a user profile icon. Below the breadcrumb, it says 'Add New Treatment Step 1 of 4'. The main form has two dropdown menus: 'Treatment Concern' with the placeholder text 'Select a Treatment Concern' and 'Therapist' with the placeholder text 'Select a Therapist'. Both dropdown menus have a yellow box around the arrow icon on the right, with a yellow arrow pointing to it. Below the dropdowns are two buttons: 'Cancel' (outlined in red) and 'Next' (solid blue). The 'Next' button is highlighted with a yellow box, and a yellow arrow points to it from below.

STEP 6: CLICK ON THE TREATMENT OPTION AND PHYSICAL THERAPIST

This screenshot shows the 'Treatment Concern' dropdown menu open. The menu lists several options: 'Back/Core', 'Cervical', 'Elbow/Forearm', 'Foot/Ankle', 'Knee/Hip', 'Knee/Hip (w/ Sides)', and 'Shoulder'. The 'Shoulder' option is highlighted with a yellow box, and a yellow arrow points to it from the right. The rest of the interface is the same as in the previous screenshot, showing the 'Add New Treatment Step 1 of 4' screen.

STEP 7: SELECT NEXT

UGen Patients

< Back Greg Patient

Add New Treatment Step 1 of 4

Treatment Concern

Shoulder

Therapist

Chad

Cancel Next

STEP 8: SELECT EXERCISES BY CLICKING ON "ADD"

UGen Patients

< Back Greg Patient

Add New Treatment Step 2 of 4

Goal Library

All Recent Protocols Exercises Self Report

Search

Exercise Bilateral External Rotation + Add

Exercise Cane Abduction + Add

Exercise Cane External Rotation + Add

Exercise Horizontal Abduction + Add

Exercise Horizontal Adduction + Add

Exercise Inner Rotation Towel Stretch + Add

Exercise Pectoralis Stretch + Add

Exercise Pendulum + Add

Exercise Pulleys Flex/Abduction + Add

Exercise Scapular Depression + Add

Exercise Scapular Protraction (Prone/Wall) + Add

Exercise Scapular Retraction Prone + Add

Treatment Goals 0 Added

Add items from the left to create the treatment goals.

Next

STEP 9: AFTER CHOOSING THE TREATMENT GOALS, CLICK "NEXT".

UGen Patients

Admin

Back Greg Patient Add New Treatment Step 2 of 4

Goal Library

All Recent Protocols Exercises Self Report

Search

Exercise Bilateral External Rotation + Add

Exercise Cane Abduction + Add

Exercise Cane External Rotation + Add

Exercise Horizontal Abduction + Add

Exercise Horizontal Adduction + Add

Exercise Inner Rotation Towel Stretch + Add

Exercise Pectoralis Stretch + Add

Exercise Pendulum + Add

Exercise Pulleys Flex/Abduction + Add

Exercise Scapular Depression + Add

Exercise Scapular Protraction (Prone/Wall) + Add

Exercise Scapular Retraction Prone + Add

Treatment Goals 3 Added

Exercise Bilateral External Rotation Remove

Exercise Cane External Rotation Remove

Exercise Horizontal Adduction Remove

Next

STEP 10: UPDATE ALL DATA FOR EACH EXERCISE THEN CLICK NEXT

UGen Patients

Admin

Back Greg Patient Add New Treatment Step 3 of 4

Sets Reps ROM Rationale Auto Fill All

3 10 ROM Rationale

Elbow Orientation Hold Time Speed Elbow Check

Elbow Orientation Hold Time None Low Medium High

Resistance

None Tan: < 1 lbs Yellow: 1-6 lbs Red: 2-7 lbs Green: 2-10 lbs Blue: 3-14 lbs Black: 4-18 lbs Silver: 10-40 lbs

Horizontal Adduction Remove

Sets Reps ROM Rationale Auto Fill All

3 10 ROM Rationale

Elbow Orientation Hold Time Speed Elbow Check

Elbow Orientation Hold Time None Low Medium High

Resistance

None Tan: < 1 lbs Yellow: 1-6 lbs Red: 2-7 lbs Green: 2-10 lbs Blue: 3-14 lbs Black: 4-18 lbs Silver: 10-40 lbs

Protocol Name Save as New Protocol Save and Finish Next

STEP 11: HIT SCAN, TAP SELECT FOR BOTH THE WATCH AND SENSOR AND SELECT

The screenshot shows the UGen app interface for "Add New Treatment Step 4 of 4". The left sidebar contains navigation options: Dashboard, Patients, Messages, Device Sync, Protocols, Settings, and FAQ. The main content area is divided into two panels. The "Select Watch" panel on the left shows a "Watch MAC ID" of "w_CC6D24FC8128" and a "Select" button. A yellow arrow points from the "Scan" button to the "Select" button. The "Select Sensors" panel on the right shows a "Sensor MAC ID" of "s_C91A104D7C32" and a "Select" button. A yellow arrow points from the "Select" button to the "Select" button. At the bottom, there are two buttons: "Finish and Upload to Device" and "Sync Watch".

STEP 12: SYNC WATCH

The screenshot shows the UGen app interface for "Add New Treatment Step 4 of 4". The left sidebar contains navigation options: Dashboard, Patients, Messages, Device Sync, Protocols, Settings, and FAQ. The main content area is divided into two panels. The "Select Watch" panel on the left shows a "Watch MAC ID" of "w_CC6D24FC8128" and a "Selected" button. The "Select Sensors" panel on the right shows a "Sensor MAC ID" of "s_C91A104D7C32" and a "Selected" button. At the bottom, there are two buttons: "Finish and Upload to Device" and "Sync Watch". A yellow arrow points to the "Sync Watch" button.

Have questions? Call 1-866-681-8436

STEP 13: PATIENT PROFILE AND TREATMENT PLAN COMPLETE!

The screenshot displays the UGen Patients web application. The top navigation bar includes the UGen logo, a menu icon, and user information (Admin, bell icon, profile icon). The main header shows the patient's name 'Greg Patient' with a 'Back' button, a message icon, and a chat icon. The therapist's name 'Chad DiGennaro' and a 'Survey' button are also visible. A prominent red 'Discharge' button is located in the top right corner.

The left sidebar contains a navigation menu with the following items: Dashboard, Patients (selected), Messages, Device Sync, Protocols, Settings, and FAQ.

The main content area is titled 'Shoulder - Jun 03, 2024 - Current'. It features a 'New Treatment' button and a 'Compliance' section with a flag icon. Below this, there are two cards: 'Last App Usage' with a smartphone icon and a 'New Goal' button. A 'Download PDF' button is also present.

The 'Shoulder' section includes a list of treatment goals: 'Bilateral External Rotation', 'Horizontal Adduction', and 'Cane External Rotation'. Each goal has a dropdown arrow. A 'Sync with watch' button is located to the right of the list.

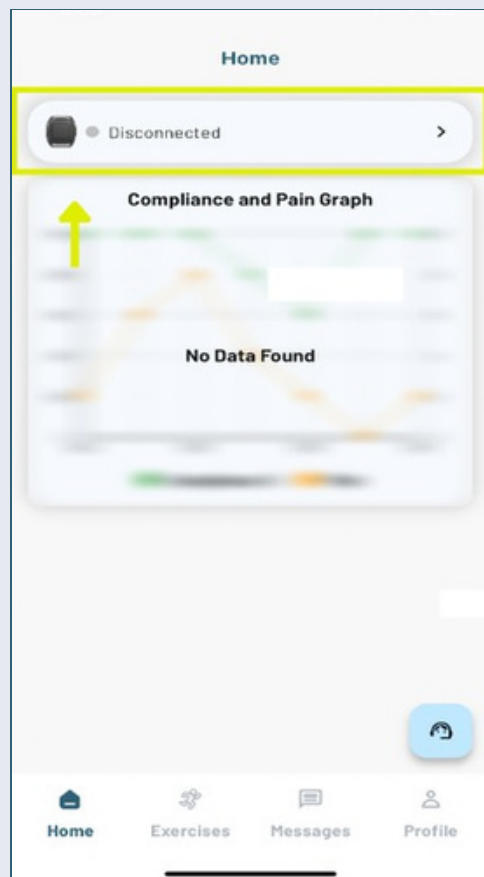
At the bottom of the treatment plan, there are two buttons: 'Edit Treatment' and 'Delete Treatment'.

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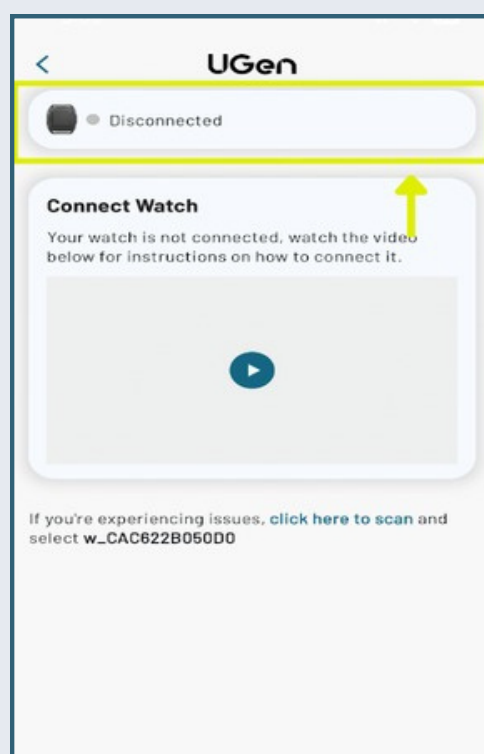
PATIENT APP



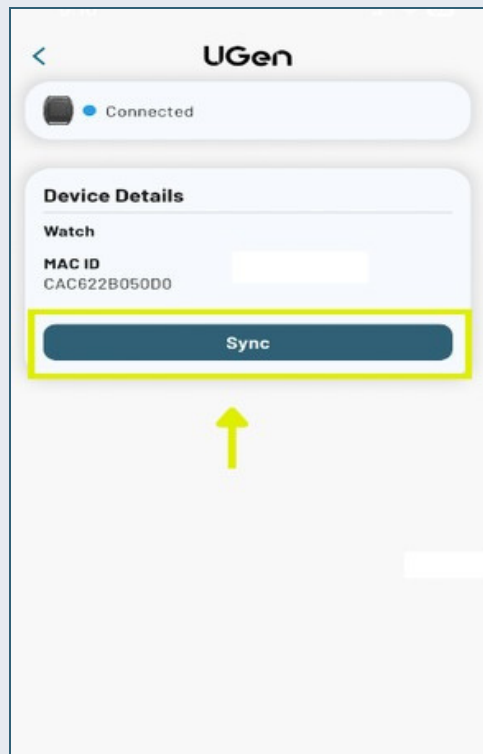
STEP 1: CLICK DISCONNECTED BOX ARROW



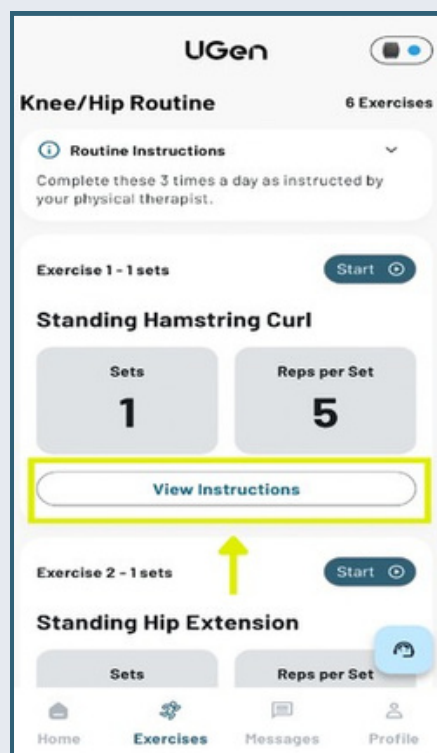
STEP 2: CLICK DISCONNECTED ONCE TO SCAN FOR WATCH



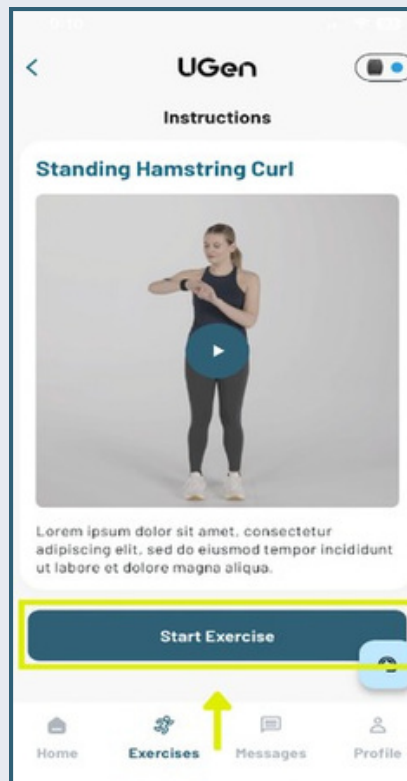
STEP 3: WHEN THE WATCH IS CONNECTED, SELECT SYNC. WHEN COMPLETE CLICK EXERCISES TAB



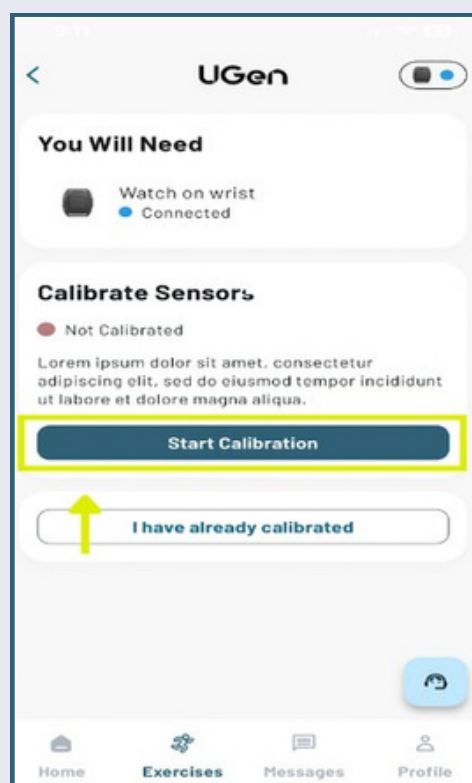
STEP 4: SELECT VIEW INSTRUCTIONS OF AN EXERCISE



STEP 5: SELECT “START EXERCISE” (YOU CAN VIEW VIDEO PRIOR TO STARTING EXERCISE)

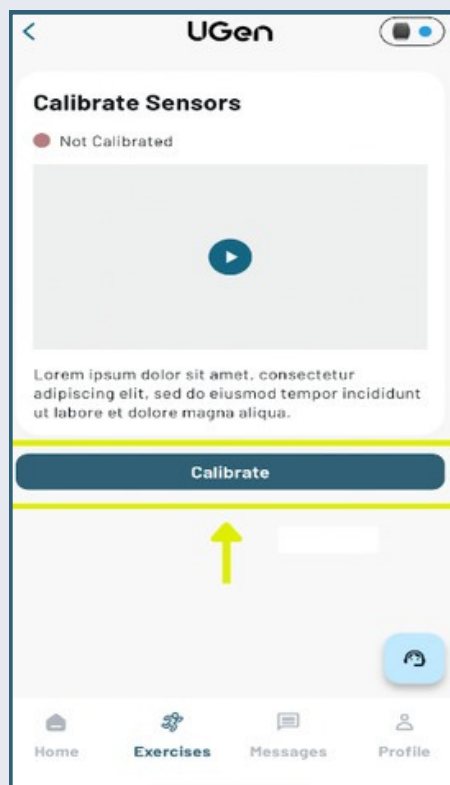


STEP 6: CLICK START CALIBRATION (OR, “I HAVE ALREADY CALIBRATED IF YOU HAVE CALIBRATED FROM THE WATCH)

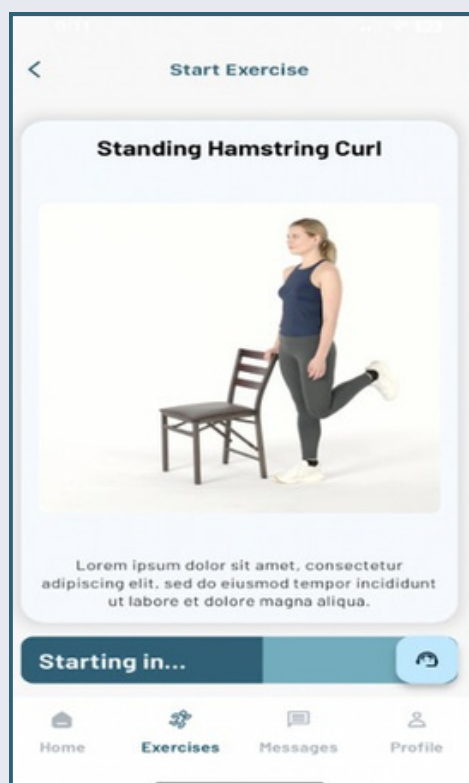


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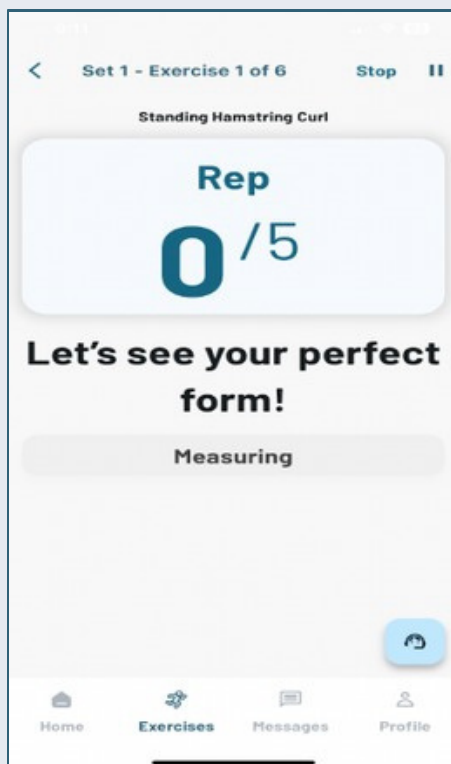
STEP 7: CLICK CALIBRATE



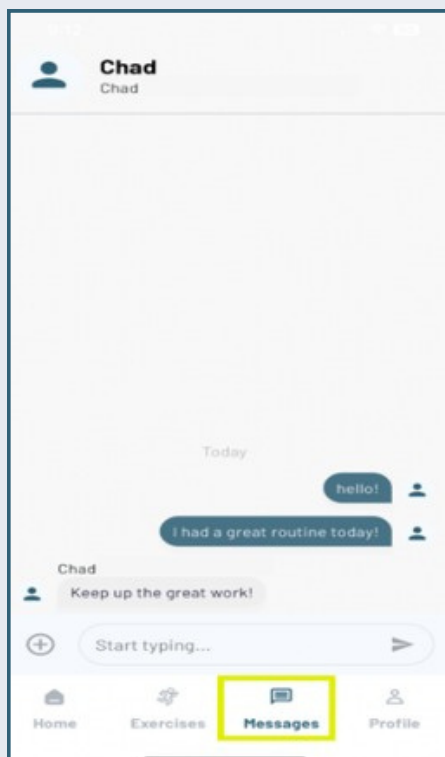
STEP 8: GET INTO YOUR STARTING POSITION AND WAIT FOR THE COUNTDOWN



STEP 9: PERFORM EACH EXERCISE. IF YOU ARE GIVEN A “CORRECTION” RETURN TO YOUR STARTING POSITION AND WAIT FOR THE BEEP. THEN CONTINUE YOUR MOVEMENTS.



STEP 10: TO MESSAGE YOUR HEALTHCARE PROVIDER DIRECTLY AT ANY TIME, CLICK MESSAGES ON THE BOTTOM OF THE SCREEN.



STEP 11: TO VIEW OR CHANGE YOUR PROFILE, CLICK "PROFILE" AND THEN CLICK "EDIT PROFILE"

