

User Guide for **Soturi™** App & Activity Bracelet

1 Contents

2	PURPOSE OF THE MANUAL	1
3	ACTIVITY BRACELET USER GUIDE.....	2
3.1	HOW TO ORDER AN ACTIVITY BRACELET (GARMIN VÍVOSMART® 5).....	3
3.2	DEVICE SET UP & PAIRING.....	5
3.3	WEARING THE ACTIVITY BRACELET	7
3.4	MONITOR BATTERY STATUS	9
3.5	CHARGING.....	9

2 PURPOSE OF THE MANUAL

In this manual contains important information about an activity bracelet and **Soturi™** mobile application (“app”).

In case you run into technical problems caused by the activity bracelet, or mobile application, please contact support@soturi.health . If you have any questions related to your health, please contact your doctor. In the case of a serious emergency, please contact your local emergency number immediately.

3 ACTIVITY BRACELET USER GUIDE

The **Soturi™** app has been designed to be used together with an activity bracelet. First users of the application are given a free Garmin vivosmart® 5 activity bracelet to be used together with the **Soturi™** app. Vivosmart® 5 is thin, comfortable to wear and water resistant.

Wearing an activity bracelet paired with **Soturi™** app will generate objective data about your symptoms, which is valuable for research and development of digital solutions for Parkinson's disease and can be used for improving PD treatment in the future. In order to develop a better version of **Soturi™** app to support your daily life, we encourage you to wear a Garmin Vivosmart® 5 activity bracelet at all times while you are performing exercises, reporting symptoms or medication intake through the mobile application.

Please wear the activity bracelet 24 hours a day during your daily life (except when charging the battery of the device). In case you experience issues with your activity bracelet, please contact us at: support@soturi.health



Garmin vivosmart® 5 activity bracelet

3.1 HOW TO ORDER AN ACTIVITY BRACELET (GARMIN VÍVOSMART® 5)

To receive your activity bracelet, you need to first register as a user on your **Soturi™** app. Make sure you have set up your profile and that you have your **Soturi™** app at hand before you start the process of ordering an activity bracelet.

Once you have set up your user profile:

Open your **Soturi™** app. Select "Pair your device" from the home page. Click "I need a device". The mobile application will now present you with a one-time voucher code.

After you see a one-time voucher code on your app screen, follow the instructions below.

1. Follow the "Go to the website" button on you **Soturi™** app to get to Garmin webstore, where you can order the vívosmart® 5 activity bracelet from.
2. Select the size for your activity bracelet from the two options "small/medium" or "large". Click the size guide on top of the size options if you are unsure of your choice.
3. Click "add to cart".
4. Click "view cart".
5. Make sure that the drop-down menu below the price indicates that you have 1 vívosmart® 5 activity bracelet in your cart.
6. Enter your one-time voucher code that was presented to you in the **Soturi™** app to the "Discount code" section on the right below the estimated total. Click "send".

7. The total price of the vivosmart® 5 should now be updated to 0 € like in the picture below. Click “Checkout”.
8. On the next page, insert the required information for shipping the device (email, name, shipping address and phone number). NOTE! You need to select shipping address from the dropdown menu after you have started typing. In case you are not able to click “continue” after filling in your information, check that you have filled in all the fields with * mark or try refreshing the page.
9. Select “billing address is same as shipping address”. The voucher covers for one Garmin vivosmart® 5 activity bracelet and total amount on your bill should be 0€.
10. On the following page click “Secure order”.
11. Order confirmation is now being sent to the email address you provided. The activity bracelet will be shipped to your address in around 5 working days.

You will be notified when your package is being deliver and/or when you can pick up your package.

After you have received your activity bracelet:

Remember to set up and start wearing the activity bracelet once you have received your device. Wearing the activity bracelet while you are using the app will bring the most value for PD research and innovation.

Once you have received your activity bracelet, go to “Pair your device” section on your **Soturi™** app and pair your device. See section 3.2. in this manual or find the “Get support” section on the app for more instructions on how to pair and set up your device.

3.2 DEVICE SET UP & PAIRING

Please follow the below instructions for setting up your activity bracelet:

1. Plug the small end of the USB cable into the charging port on your activity bracelet, as shown in the picture.



2. Plug the large end of the USB cable into a USB charging port.
3. "Hello!" appears on the screen when the device turns on.
4. Select preferred language using the touch screen.

You can now move forward to pairing the device with **Soturi™** app. Take following steps to pair your device:

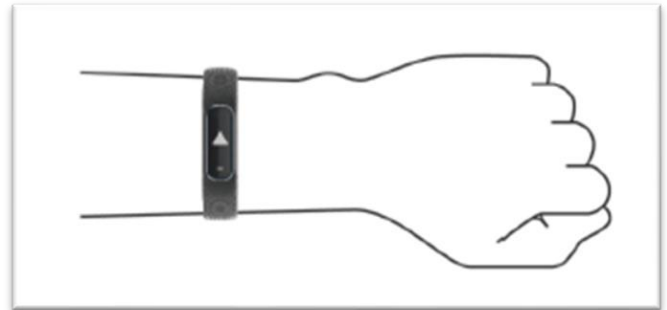
1. Open the "pair your device"
2. Click on "I have it already"
3. Select the correct device from the list (vívosmart 5).
4. A six-digit code will appear on the device display. Confirm the code on the smartphone to complete the pairing process.

If the device shuts down during your use, follow the above instructions explaining how to plug the device into a power source so that it can be restarted.

Optional: If you wish, it is possible to use the Garmin Connect app and connect your Device with a Garmin Connect account simultaneously to using the **Soturi™** app, but this is not necessary for pairing the device.

3.3 WEARING THE ACTIVITY BRACELET

The activity bracelet should be worn on your wrist as shown on the right. Wear the device above your wrist bone. Please wear the bracelet 24 hours a day (except when charging the battery of the device, see item 3.5). You can also wear it while you are showering.



NOTE: The device should be snug but comfortable. The device should not move while running or exercising.

Wrist gesture: Rotate and lift your wrist toward your body to turn the screen on. Rotate your wrist away from your body to turn the screen off.

Double-tap: Double-tap the touchscreen (1) to wake the activity bracelet.

Press: Press (2) to wake the activity bracelet.

Press (2) to open and close the menu



from the main watch face. Press (2) to return to the previous screen.

Hold: During a timed activity, hold to stop the timer. To request assistance, hold until you feel three vibrations and release.

Swipe: Swipe the touchscreen up or down to scroll through widgets and menu options.

From the watch face, swipe right to view the controls menu.

Tap: Tap the touchscreen to make a selection.

3.4 MONITOR BATTERY STATUS

You can monitor the remaining battery power of the device on the time screen by tapping on the time and date screen or swiping the screen to the left.

3.5 CHARGING

Please charge the activity bracelet every day for about 20 minutes before bedtime or overnight.

This is how to charge the activity bracelet:



1. Plug the small end of the USB cable into the charging port on your watch, as shown in the picture.
2. Plug the large end of the USB cable into a USB charging port.
3. Charge the device for about 20 minutes or until it is fully charged.
4. Disconnect the USB cable from the activity bracelet and put activity bracelet back on your arm.

Tips for charging your activity bracelet

- It is easier to remember to charge the bracelet if you make it a part of your daily routine!
- Connect the charger securely to the watch to charge it using the USB cable.
- You can charge the bracelet by plugging the USB cable into a Garmin approved AC adapter with a standard wall outlet or a USB port on your computer.