

# Feet Guider Manual

ver 1.0



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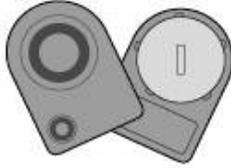
## Product Information

- Insole
- Device

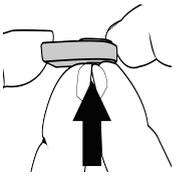
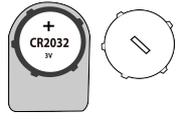
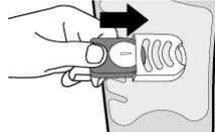
## Notes on Use

# Ready

## Product components

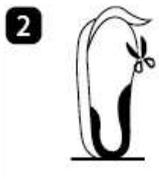
| Description | Insole  | Device  | Battery  | Manual  |
|-------------|---|---|--|---|
| Image       |  |  |  |  |
| Qty(pc)     | 1 (pair)  | 2 (Included Battery)  | 2  | 1   |

## Preparation of Device

|  |  |   |  |
|--|--|---|--|
|  |  |  |  |
| Turn a cover counterclockwise by coin  | Press back of device and pull the battery out                                      | Set the battery that is visible (+) in the up position, Remove Insulation film      | Put the lid back, insert to the insole as picture                                    |

Be careful of losing waterproof pad on the cover of battery

## Preparation of Insole

|   |   |   |
|---|---|---|
|  |  |  |
| Remove the existing insole  | Tailor Feet Guider off  | Insert Feet Guider  |

# Setting Application

## Specification

|   |                                    |
|---|------------------------------------|
|                                  | Android OS 4.4(kitkat) & higher    |
|                                  | iOS 8.0 & higher(iPhone5 & higher) |
| Other than mobile phones such as Galaxy Tab, iPad, iPod, are not supported<br>(Optimized ratio of display – 16:9) |                                    |

## App. Installation

Feet Guider Application can be used in Android and iOS mobile devices. Search **Feet Guider** or **FeetGuider** in Android Play Store or Apple App Store and then install it.

## FAQ

- In the event no search list appears on the market (Android)  
In the Android 4.4 or less version (KitKat or less),  
Feet Guider use and search on the market are impossible in the mobile device.
- In the event that ‘This item may not be installed in the present residing country’ appears (Android)  
Please check if mobile phone date setting is set to automatic mode or not.  
If not, log in to Google wallet (wallet.google.com) and then check  
if the address applied in the address book menu is equal to the present residence or not.  
Change it if different.

## Account

### – Member joining

There is not any Feet Guider's individual member joining procedure. Service is available only when you proceed log-in using the Google+ or Facebook account.

### – Withdrawal of membership

Feet Guider has no member joining procedure and therefore no withdrawal of membership. However, in the event any more service is unnecessary, please close the connection with the SNS account. Then it will be treated following the personal information handling guide.

When you want to close the connection with the SNS account, please proceed as follow.

When you release connection with the Feet Guider (Google+) or delete the App. (Facebook), you can restore the existing activities saved even if you log in the Feet Guider using the same account again.

### Google+

Google+ Application Execute

Setting > Account Settings > Apps with Google+ Sign-in > Disconnect

### Facebook

Facebook Application Execute

Settings > Account Settings > Apps > Logged in with Facebook > Remove App

## Device connection

In order to connect with the device, please proceed Log-in > Profile> device in order, and then execute in the following order.

| Starting  | Selecting   | Connecting   | Complete  |
|---|---|--|---|
|  |  |  |  |
| Touch the button, check devices list  | Select left-side device, and then right -side                                     | Touch the "select" button  | Complete the connecting   |

## FAQ

### - Device replacement

In order to replace the Feet Guider Device in use, execute in the following order.

1. Move to [device connect] screen through the application upper left side menu
2. Touch the [Disconnect] button
3. Touch the circular button and then select the device to be replaced in the left/right in order

\* In order to calculate exact physical balance information, you need to apply and register the right and left device to the insole clearly.

4. Touch [Register] button
5. Complete the connection

### - Failure to connect at the time of device registration

In the event of the following situations,

it may cause poor communication between the application and device.

#### 1. Radio interference

- Try again at the closer distance where no obstacle exists between mobile phone and device.

#### 2. Communication interference

- Try again after turning off the other Bluetooth device or Wifi power.

#### 3. Battery shortage

- If the product has been used for about 6 months, you need to replace battery.

# Use of mobile

## Activity



|   |                                     |  |
|---|-------------------------------------|--|
| ① | <b>Display the kind of activity</b> | Classify/display the present activity type out of Tread/Run/Bicycle  |
| ② | <b>Target achievement rate</b>      | The ratio of the user's present amount of activity compared with the amount of activity set by the user (step count) |
| ③ | <b>Last amount of activity</b>      | The amount of activity(step count) and average value for the past 6 days based on today                              |
| ④ | <b>SNS sharing</b>                  | Register the amount of activity information on SNS   |
| ⑤ | <b>Manual sync.</b>                 | Receive the amount of activity information from the device by manually requesting the activity information           |
| ⑥ | <b>Goal setting</b>                 | Move to the goal setting screen  |
| ⑦ | <b>Status message</b>               | Display the comment prepared in the profile by the user  |

## FAQ

### - In the event that disconnect message is exposed to the upper side screen

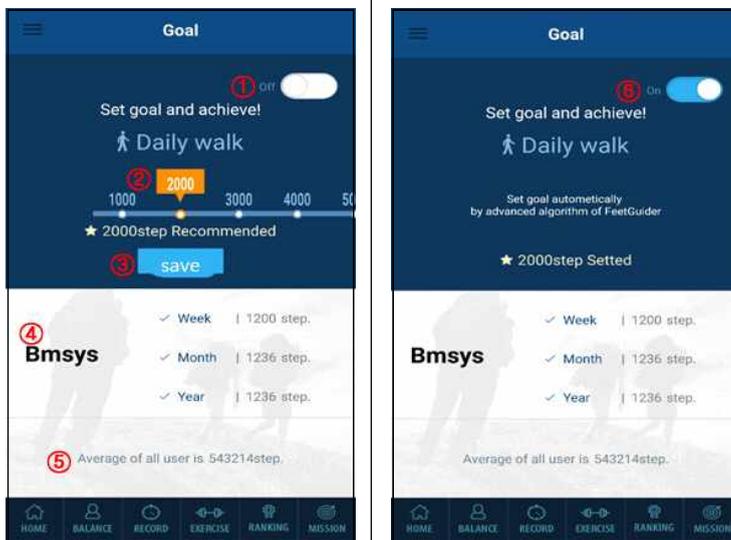
In the Feet Guider App. The communication is made only in Activity (Home) screen and Balance screen.

If you moved to the other screen and returned, or moved to the Feet Guider App. during the use of the other application, the connection with the device will be discontinued temporarily and the connection is attempted.

In this process, the message of disconnect may be exposed on the upper screen, but it will be changed into the original status message upon completion of connection.

– How to correct activity target

Activity target is moved to the goal screen when you touch the [Goal button image (in the form of pencil)] button next to the step count of the Feet Guider App. Activity (Home) screen. You can correct it by automatic or manual setting through upper right side button of the applicable screen.



|   |                   |  |
|---|-------------------|--|
| ① | Mode change       | Manual/automatic goal setting mode change button                       |
| ② | Target adjustment | Adjust the activity target to be set by left/right swiping             |
| ③ | Setting           | Save the pre-set activity goal value                                   |
| ④ | Name              | Display the user name and weekly / monthly / yearly average step count |
| ⑤ | User average      | Display the whole users' average value                                 |

– Automatic/manual target difference

**Automatic**

In case of automatic setting of the activity target, the target is set using the user's average step count.

Afterwards, whenever the target is achieved, the target increases by 500, through which, it helps the user's daily amount of activity increase.

**Manual**

Set the desired target by moving the screen graph left ↔ right. In this case, the target will be fixed apart from the automatic setting.

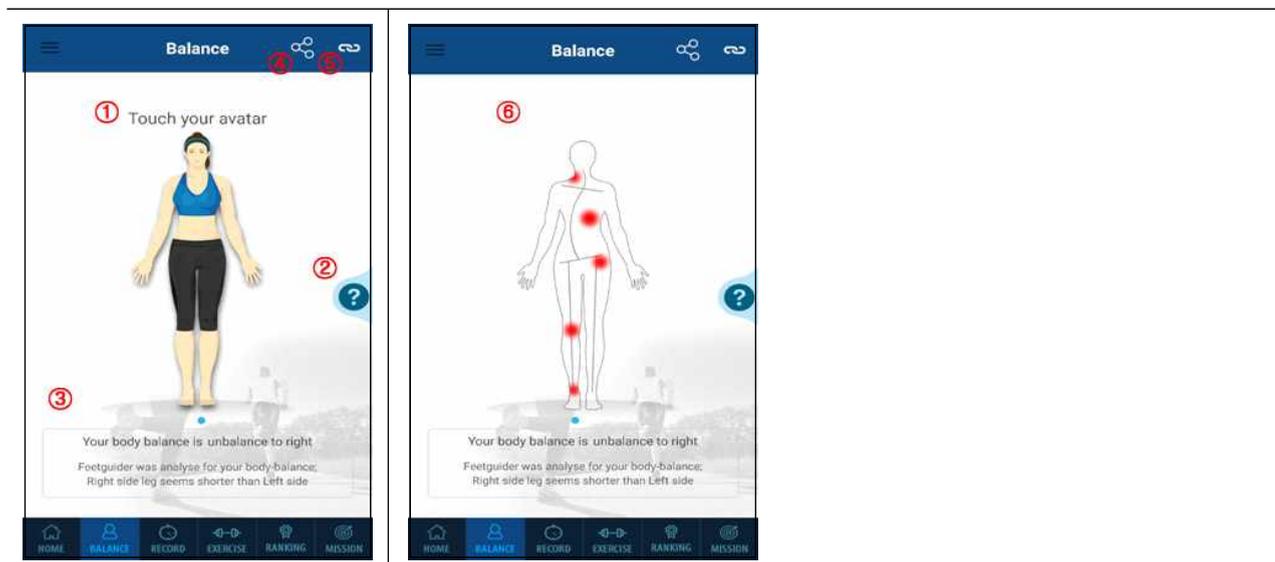
– Explanation of share function

Through the share button located on upper right side of two screens (Activity and Balance), you can share with friends the contents of activity using the SNS of the connected account.

## Balance

Feet Guider device calculates physical balance index through a series of arithmetic operation based on the measured activity information.

Balance function of the application supports the user so as to find out his/her present physical balance/unbalance status through the calculated physical balance index.

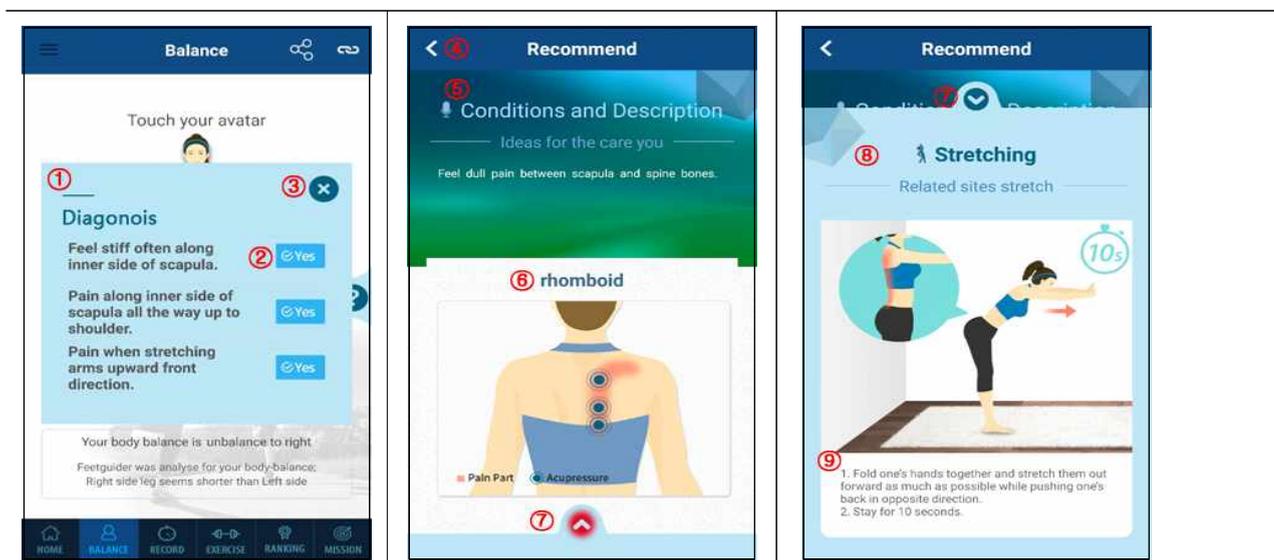


|   |                          |  |
|---|--------------------------|--|
| ① | <b>Avatar</b>            | Image what induce self-assessment when it is unbalance                               |
| ② | <b>Help</b>              | Display a brief help information   |
| ③ | <b>General review</b>    | Describe of user's body balance information  |
| ④ | <b>SNS sharing</b>       | Register the balance information in the SNS  |
| ⑤ | <b>Manual sync</b>       | Receive a balance information on manual from device                                  |
| ⑥ | <b>Unbalanced avatar</b> | Briefly display modification of skeletal and pain part expected when it is unbalance |

The user's physical balance information will be displayed through the avatar in the center of balance screen.

The applicable avatar is composed of two avatars; Skeletal avatar showing whether it is balance/unbalance or not and Avatar for the purpose of self-assessment following the unbalance, which can be checked through left/right side slides.

Self-assessment avatar is divided into total 5 steps, each detailed area of which can be selected.



|   |                               |  |
|---|-------------------------------|--|
| ① | Self-assessment pop-up window | List the symptom(s) expected for the user to have experienced            |
| ② | Select button                 | Move to the detailed information and recommended care                    |
| ③ | Close                         | Close the self-assessment pop-up window                                  |
| ④ | Back                          | Mover to balance screen  |
| ⑤ | Symptom explanation           | Explain the expected symptom following the self-assessment               |
| ⑥ | Muscle information            | Information on the symptom-appearing area (muscle) and acupressure point |
| ⑦ | Move to stretching            | Move to stretching screen and then press the close button                |
| ⑧ | Stretching                    | Image of stretching helpful for the symptom improvement                  |
| ⑨ | Stretching explanation        | Explain the stretching   |

If you select the symptom you have experienced or interested in out of the items indicated in the self-assessment list, you can get help from the guide of acupressure/stretching and the information of the applicable area in improving such symptom

## FAQ

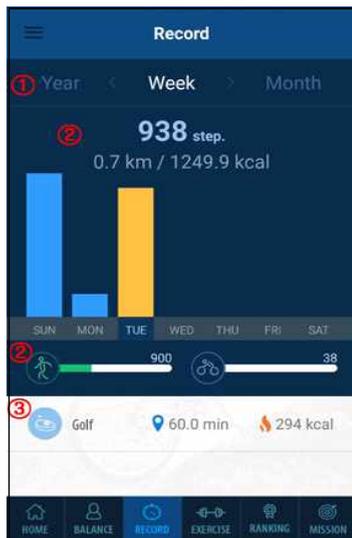
### – Balance index

Feet Guider distinguishes between step and pedaling by recognizing left/right moving pattern using 3-axis acceleration sensor.

In this case, when the left/right moving pattern is recognized as the step, the size of acceleration being calculated by each step is saved.

If expected that there is the problem of leg length or step habit, the size of accelerations applied to both feet may be different. Therefore calculate the difference thereon as the balance index.

## Record



|   |                               |   |
|---|-------------------------------|---|
| ① | Period change                 | Menu of change in weekly / monthly / yearly unit statistic standard period                      |
| ② | Detailed information          | Total information and activity ratio by types (per the period activated with the graph touched) |
| ③ | Addition exercise information | Additional exercise information entered in the exercise function                                |

Record screen is a kind of statistic screen digitized for the user to watch all the information related with the amount of activity at a glance.

Detailed activity information can be found with the graph by each period touched, and even the exercise information entered in the exercise screen can be identified.

The user can find out the amount of activity by weekly/monthly/yearly unit.

Identifiable range by each graph is as follow.

1. **Weekly graph (Week)** : Weekly graph provides the amount of daily activity for one week (Mon~Sun)
2. **Monthly graph (Month)** : Monthly graph provides the weekly amount of monthly activity for one month (1st ~30th)
3. **Yearly graph (Year)** : Yearly graph provides the monthly amount of monthly activity for one month (January ~ December)

## Exercise



|   |                          |   |
|---|--------------------------|---|
| ① | <b>Exercise type</b>     | Select the type of exercise for entering the additional exercise    |
| ② | <b>Exercise strength</b> | Select the strength of exercise based on the exercise type          |
| ③ | <b>Exercise time</b>     | Enter the detailed time when the exercise is carried out            |
| ④ | <b>Storage</b>           | Reflect to the record when all the information is entered and saved |

Exercise screen is the function for the user to directly enter and manage the exercise(s) except Treading/Running/Bicycle automatically recognized by Feet Guider device. When the user directly enter the strength and exercise time out of 16 kinds of exercise item, the consumed calories are reflected and the entered details can be identified on the record screen.

# Ranking

Feet Guider Ranking is determined based on the step count practiced for one day.



|   |              |  |
|---|--------------|--|
| ① | Dividing tap | Standard tap of ranking (by friend/country/whole)  |
| ② | Hall of fame | The user whose amount of activity is biggest based on the yesterday (To be maintained for one month) |
| ③ | Ranking      | Display the ranking information by standard (initialization based on one day)                        |

## FAQ

### - The Most Active Feet Guider

The Most Active Feet Guider is the Hall of Fame for the users that recorded the biggest amount of activity for Yesterday.

When uploaded on the Most Active Feet Guider, it is exposed to upper side of the applicable screen for one day.

# Miscellaneous

## - Bicycle setting



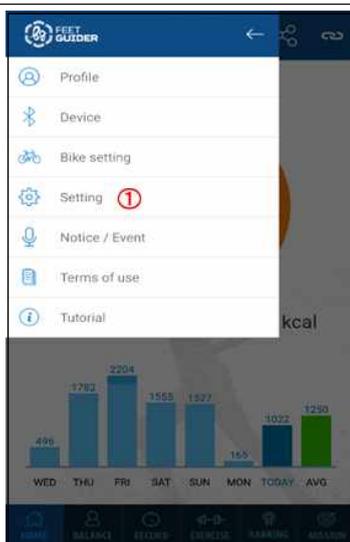
|   |                  |  |
|---|------------------|--|
| ① | Enter wheel size | Select the size indicated on the tires of bicycle in your possession |
| ② | Enter chain ring | Enter the number of gears of the pedal                               |
| ③ | Enter sprocket   | Enter the number of gears of rear wheel                              |

Travel distance of bicycle activity is calculated based on bicycle rear wheel size, sprocket and chain ring gear ratio (Number of units).

You can measure more exact travel distance through bicycle setting.

## - Data initialization

You can initialize the activities using the [Data initialization] button of Data Setting of the general setting.



|   |                                   |  |
|---|-----------------------------------|--|
| ① | General setting menu              | Execute upper left side menu and then move to the general setting menu |
| ② | Amount of activity initialization | Initialize the data such as treading, travel distance, calories, etc.  |
|   | Balance initialization            | Initialize the accumulated balance information                         |

**- Data backup**

Feet Guider Application, whenever it is completed, transmits the information saved until the applicable time to the server.

In order for the user to save the data in use to the server separately, please use [Data backup upload] button of Data Setting of the general setting.

|   |                        |  |
|---|------------------------|--|
|   |                        |  |
| ① | <b>General setting</b> | Execute upper left side menu and then move to the general setting menu |
| ② | <b>Data upload</b>     | Save all the information stored in the mobile phone to the server      |

**- Data restore**

In the event of having replaced the mobile phone terminal or re-installed the application after deletion, if you want to restore the existing information, log in again with the SNS account already logged in and then restore the information using [Data Backup Download] button of the Data Setting of menu > general setting.

|   |                        |  |
|---|------------------------|--|
|   |                        |  |
| ① | <b>General setting</b> | Execute upper left side menu and then move to general setting menu |
| ② | <b>Data download</b>   | Download all the data saved in the server to the mobile phone      |

## Product information

### Insole

|          | S       | M       | L       | XL      |
|----------|---------|---------|---------|---------|
| size(mm) | 230~240 | 245~255 | 260~270 | 275~290 |

### Device

#### - Specification

|               |                                      |
|---------------|--------------------------------------|
| standard      | 36 * 26 * 6 mm (W * L * H)           |
| Weight        | 4.86 g (except battery)              |
| color         | Black                                |
| communication | Bluetooth v4.0(Bluetooth Low Energy) |
| Frequency     | 2,402 ~ 2,480MHz                     |
| temperature   | -10 ~ +50 °C                         |

#### - Data storage period

##### Data storage period 180 days

Feet Guider Device, set to the system time of the mobile device in use, starts the record again after all its amount of activity is initialized to zero (0) at midnight. However, it executes daily application and therefore the previous day data is not deleted without sync. but is saved for up to 180 days.

#### - Durability, waterproofing

##### IP45

Feet Guider device provides the function of water resistance to the extent of being exposed to rain or water splashing.

#### - Battery

##### CR2032

Feet Guider device operates with CR2032 battery built in.

## Directions for the use

- Do not disassemble nor modify the product at your discretion.
- Do not expose the product to heat or direct rays for a long time.
- Do not wash the product using the abrasive detergent.
- This product has water resistance function, but do not let it touch the water if possible for the safe use.
- This product is not the medical equipment, so do not use it for the purpose of diagnosing, healing or preventing the disease or injury.
- As the small parts of this product may be hazardous if swallowed, do not let infants or pets play with them.
- In the event the user has already the disease that may be affected by the use of Feet Guider device, consult with the doctor prior to use without fail.