

**SETUP AND USE GUIDE** 

392-0059 Rev A, DCO G286

# SETTING THE SYSTEM UP

## Kinesia 360 Parts



Unpack the contents of the box near a power outlet and set the system up the night before use so that everything is ready.

#### Step 1. Connecting the Charging Pad

Plug the small end of power cable into the charging pad and plug the opposite end into a wall outlet.



#### **Step 2. Charging the Sensors**

Place the sensor bands on the charging pad in the orange circles with the logos facing up. When the sensor bands are properly placed, a red light will illuminate on each end of the charging pad.



# Step 3. Connecting the Tablet to the Charging Pad

Plug the large end of the USB cable into the charging pad and plug the smaller end of the USB cable into the tablet



# Step 4. Turning on the Tablet

Turn the tablet on by pressing and releasing the power button on the left side. When properly connected, the tablet screen should display a charging message.



System setup is now complete. Leave everything connected for at least four hours before using the motion sensors.

# **OVERVIEW**

The Kinesia 360 Tablet Application communicates with the sensor bands to measure your symptoms. It also includes diaries to record when you take your medication and to rate your motor symptoms.

## Accessing the Kinesia 360 Application

Press and release the power button. Swipe your finger from the bottom of the screen to the top of the screen to unlock the tablet. Touch the Kinesia 360 icon to open the application.





#### **Kinesia 360 Application Home Screen**

When you first open the Kinesia 360 application, you will see two options:

- 1. **Start Test** is used to start using the wrist and ankle sensor bands
- 2. **My Diary** is used to access the Medication and Symptoms diaries



# **USING THE MOTION SENSORS**

## Starting Your Day and Putting the Sensors On

#### Tap Start Test then tap Next.

Place the sensor with the "Hand" logo on your wrist and the sensor with the "Foot" logo on your ankle. The logos should be down against your skin.

Once you have the sensor bands on, tap Start .

# **During the Day**

- If you need to remove the sensors temporarily, tap **Pause.** After putting the sensors back on, tap **Resume.**
- 2. Tap **My Diary** to enter medications or complete Symptom Diary.



#### End of the Day

Before going to bed, plug the small USB connector into the tablet. Tap **End Test** and follow the instructions. Be sure to tap **End** once the sensor bands are on the charging pad.

Your test is now complete. You do not need to take further action. Leave the system plugged in to charge overnight.



Keep the tablet with you during the day so that you can use the diary at the appropriate times.

Press **My Diary** from the home screen and select the appropriate option: **Medication** or **Symptoms** 

#### **Entering Your Medication**

After pressing **Medication**, tap which medication was taken. Change the time by sliding your finger up and down over the number, then press **Set**. Tap **Done** to finish.

<		C
Select your medication		Select your me
Study Medication		What time did you take Levodopa?
Levodopa	Ο	1 58 AM
		3 00
		Cancel
Done		Don

#### **Rating Your Motor Symptoms**

Use the **Symptoms** diary as often as you can throughout the day. Entries are divided into 30 minute periods over the course of the day. Make sure that your ratings match the time period indicated at the top of the screen. For each period, select the appropriate entry and tap **Next**.

# **Symptom Diary Options**

**Off:** Time when medication has worn off and is no longer providing benefit with regard to your symptoms

**On:** Time when medication is providing benefit with regard to your symptoms

Today from		 Rate your dyskinesia	
12:00 AM - 12:30 AM		None	0
Sleeping		Slight	0
Off		Mild	0
On		Moderate	0
	_	Severe	0
Home	Next	Cancel	Next

If you press **On**, choose the description that best matches your dyskinesia. Dyskinesia is involuntary twisting and turning movement that occurs during On time.

Tap **Next** once you have made your selection. Tap **Home** when finished.

# Dyskinesia Definitions None: No dyskinesias were present and no problems were caused Slight: Dyskinesias were present but did not interfere with activities Mild: Dyskinesias caused a few problems with activities Moderate: I avoided some activities because of dyskinesias Severe: I could not do some activities because of dyskinesias

If you need to connect to a Wi-Fi network:

- Press the home button ☆ on the bottom of the phone. Then tap the menu i icon in the upper right hand corner.
- 2. Tap **Settings** then tap **Wi-Fi**.
- 3. Ensure that the box in the upper right hand corner is checked to turn on 'Wifi'. Tap the **Scan** button.
- 4. Select the network from the list and tap the password box to enter the password



# **QUESTIONS?**

When I put the sensors on the charge pad, I don't see the red lights.

- Make sure the power cable is securely connected to the charge pad and is not loose. Also check the connection to the wall outlet.
- Ensure the sensors are placed within the red circles and that the "Hand" and "Foot" symbols are facing up.

#### The tablet will not turn on.

 Press and hold the power button. If the tablet still does not turn on, the battery may be dead. Plug in the USB cable and press the power button.

## I did not mean to press that button, how do I go back?

 You can navigate backwards by pressing the < button below and to the right of the tablet screen. There is also a < in the upper right hand corner of the Kinesia 360 Application Window.

## For additional questions, please contact: