

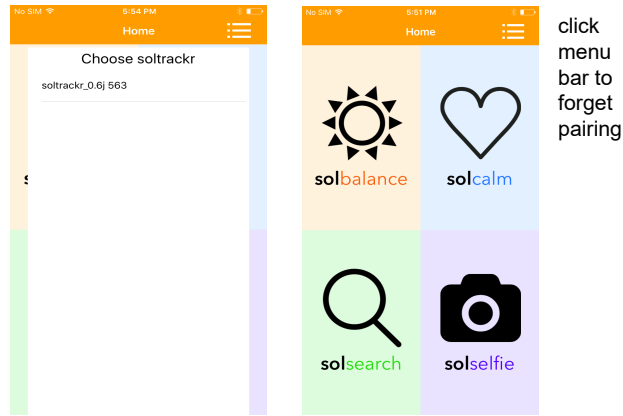
**Quick Start Guide**

1. Download the soltrackr app from the Apps Store or Google Playstore.



2. Launch the soltrackr app and the soltrack ID will come up. Click on the device ID to pair phone with the soltrackr (make sure Bluetooth is enabled). When you see red light click OK.

3. Choose an app by tapping the respective area



**solbalance:**

See the in-app instructions for how to point the soltrackr. If you need to see it again, find the guide on the menu at the top right of the screen. Set Age, Skin Exposed, Skin Type to personalize the results as shown in solbalance screenshot. On the Menu, You can set an alarm as a reminder to apply sunscreen

**solcalm**

See the in-app instructions for how to place your finger on the soltrackr for the best signal. After a Heart Rate and SpO2 reading have finished, lift your finger to have the option to save the readings to the Apple Health app.

See solcalm Screenshot for descriptions

Make sure your hands are warm before you put your finger on the soltrackr

**Vitamin D:** Time in sun to produce the required min. daily IU.

**Measure:**

Tap to get UV, Vitamin D and Sunburn Time

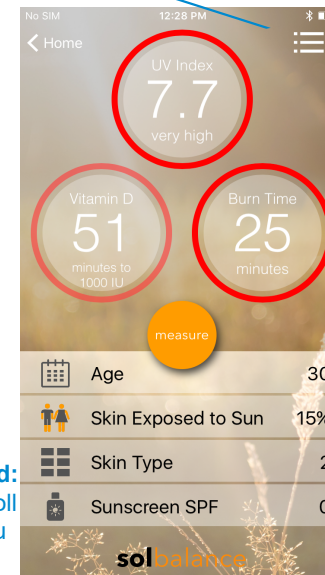
**Age:**

Tap, then scroll until find your age. Tap X to store.

**Skin Exposed:**

Tap, then scroll down until you find your exposed percentage. Tap x to store.

**Menu Bar:** Tap to see guide, set sunburn and Vitamin D alarm



**Sunscreen SPF:**

Tap, then scroll until you find the SPF level highlighted then tap on the X to store.

**UV Index:**

0-2 Low  
3-5 Moderate  
6-7 High  
8-10 Very High  
11+ Extreme

**Burn Time:**

Estimated time before sunburn

**Skin Type:**

Tap, then select your #. Tap X to store.

**Calm Score:**

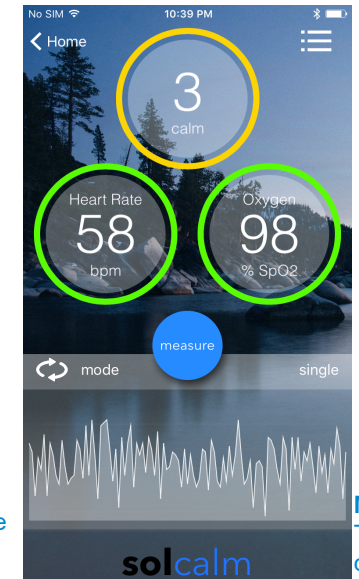
1-10 scale  
Higher the # less stress

**Heart Rate:**

50-80 BPM  
normal resting heart rate

**Mode:**

Tap to change mode to continuous measurement for calm, heart rate, SPO2



**Menu Bar:** Tap to see guide

**SPO2:** 94%+ normal resting blood oxygen %

**Measure:** Tap to see calm score, heart rate, SPO2