MOCAheart User Manual

MOCACARE

CONTENTS

1. BASICS

(1) The following components are included in the package:

A. MOCAheart

B. Micro USB Cable

1. BASICS

C. Quick Guide

D. Welcome Cards

1. BASICS

1.2. ACCESSORIES FOR PURCHASE:

MOCAheart leather keychain

Made from durable leather, this keychain is designed to hold your MOCAheart conveniently, so you can bring your device with you anywhere you go! Can be used as a keychain or can be attached to your bag.

MOCAheart iPhone 6 Case

Specifically designed for MOCAheart and Apple's iPhone 6, it is a perfect fit for both devices. Its matte-finish provides grip and comfort, as well as long-lasting protection.

1. BASICS

1.3 APP COMPATIBILITY

– The MOCAheart app is available for both iOS and Android operating systems.
- iOS compatibility: iOS 8.0 or higher, with Bluetooth 4.0 or higher. Available for iPhone 5 and above, as well as iPod Touch 3 and above.
  Android 4.3 and later Supports iOS 8 Health Kit .
- For a list of compatible mobile devices, please visit www.mocacare.comCompatibility

iOS compatibility: iOS 8.0 or higher

Available for iPhone 5 and above, as well as iPod Touch 3 and above.

Bluetooth 4.0 or later

Android compatibility: Android 4.0.3 or higher. May not be compatible with certain models

2.GETTING STARTED

2.1 ACCOUNT SETUP

1

Install the MOCAheart app by downloading "MOCAheart"
from the App Store or Google Play.
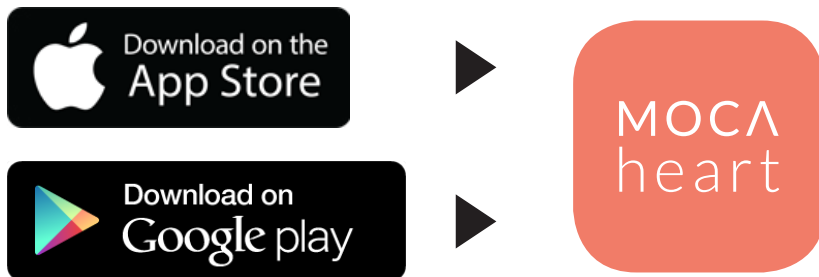
2.GETTING STARTED

2

Open the app and click "Sign up." Follow the on-screen instructions to create an account. You can use your email address or cellphone number to create an account.
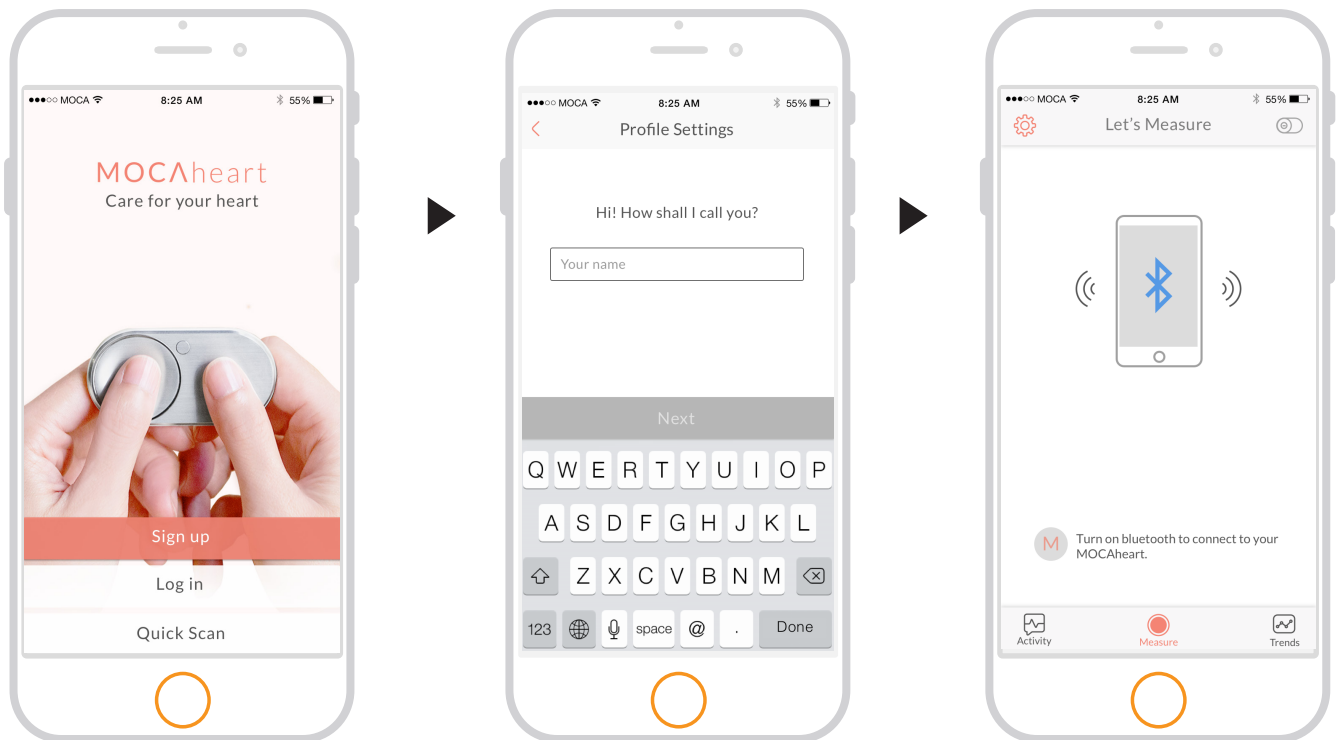
To maintain the accuracy of your measurement results, we advise that you calibrate your MOCAheart once every 6 months.

2.GETTING STARTED

2.2 Syncing MOCAheart

Before you can take a measurement, you must sync MOCAheart to your smartphone:

(1) Turn on your phone's Bluetooth

(2) Open your MOCAheart app, and turn on your device

(3) Your MOCAheart should sync automatically to the app. You can verify this by tapping on the MOCAheart icon on the top right corner of the screen. Here, you'll see "MOCAheart is connected"

2.GETTING STARTED

2.3 CALIBRATION

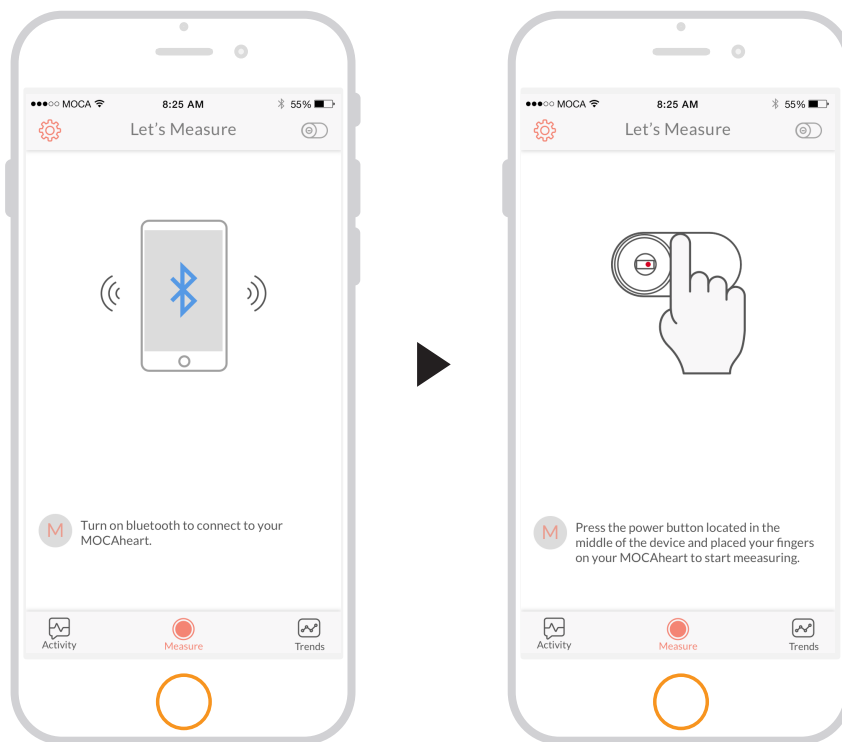**Due to each users' individual differences such as height, weight, and health status, we strongly recommend that you calibrate your MOCAheart with your known blood pressure reading before taking measurements. By calibrating your device, you will receive more accurate measurement results.**

To calibrate your device:

(1) Tap on the MOCAheart icon on the top right corner of the app's home screen.

(2) Press "Calibration" to enter the calibration interface

(3) Press "Start" at the bottom of the screen to begin calibration. Swipe through the instructions, and press "Start" once more.

(4) Use a blood pressure monitor to measure your blood pressure, and enter your systolic and diastolic blood pressure values into the app.

(5) Press "Next," and perform a measurement with MOCAheart...

(6) ...And you're done! Your MOCAheart is now calibrated.
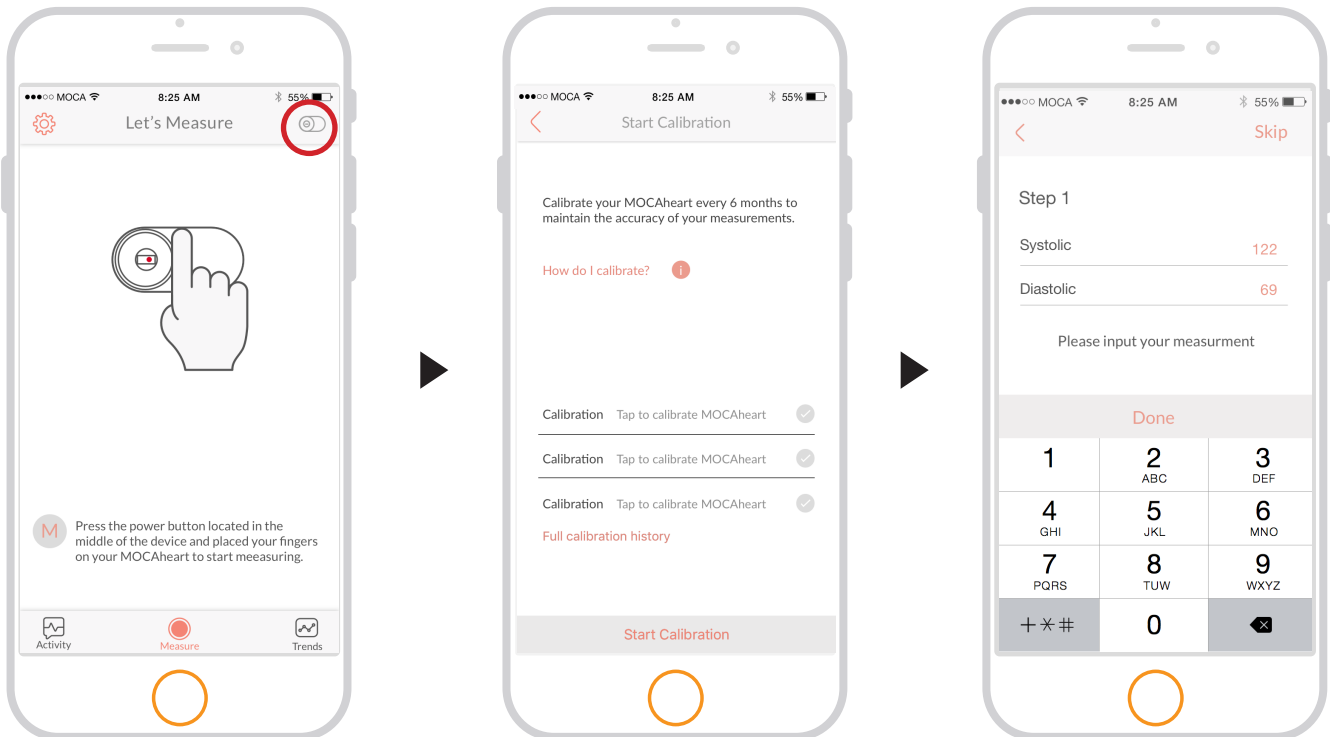
Note: You will need to know your current blood pressure reading in order to calibrate MOCAheart.

3. ACCOUNT SETTINGS

Your personal MOCAheart account is made up of 3 components:
Your Basic Profile, Additional Health/Medical Information, and General Account Settings.
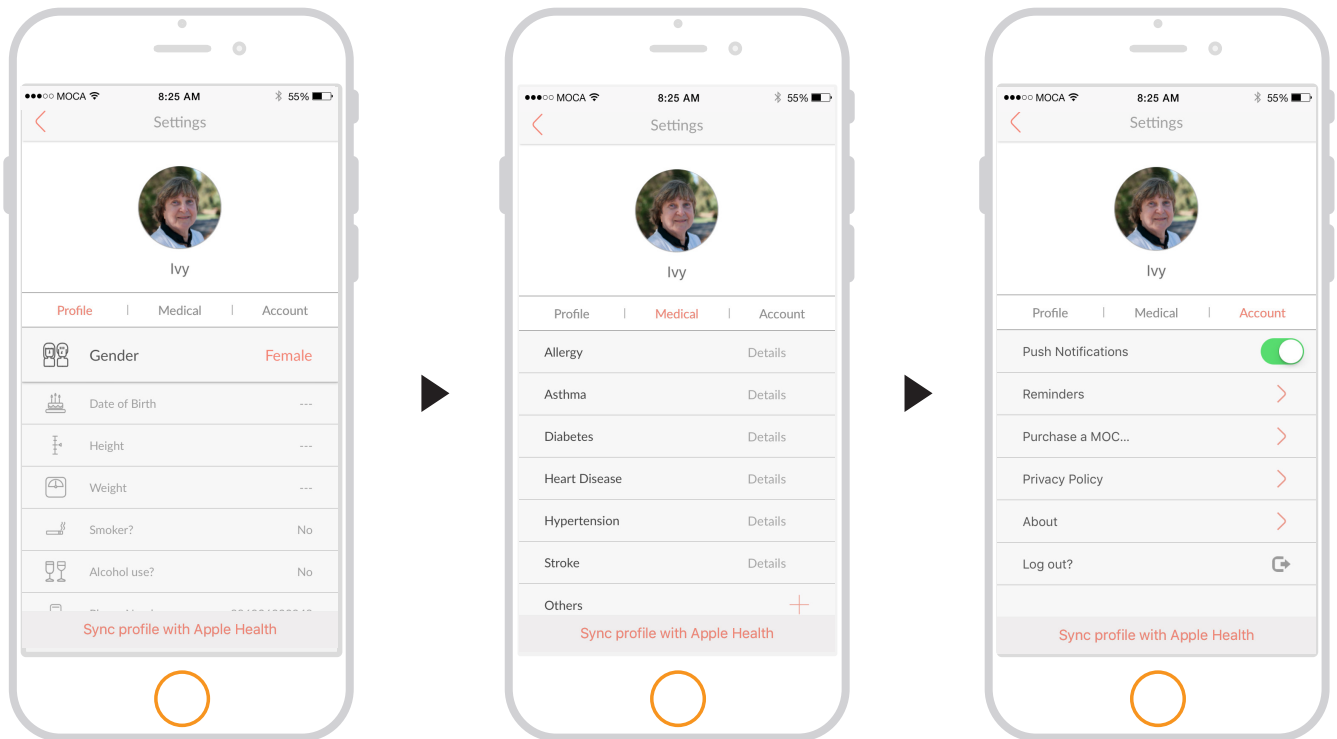
(1) Profile: Contains your basic information, such as gender, height, and weight.

(2) Medical: Contains additional health-related information

(3) Account: General account preferences

4. USING MOCAHEART

4.1 TAKING A MEASUREMENT

Before taking a measurement, make sure you have turned on both your smartphone's Bluetooth as well as your MOCAheart
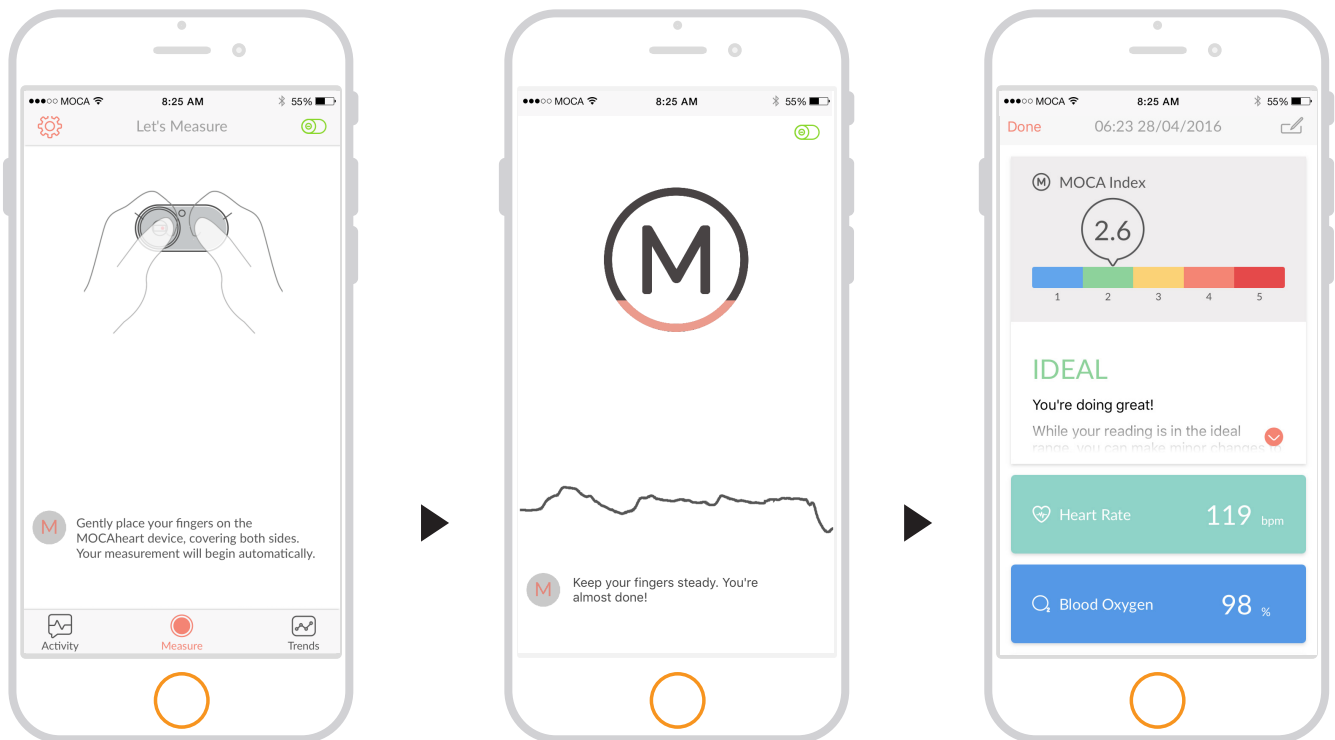
(1) Gently place your thumbs on each side of MOCAheart, as shown in the illustration on the screen, to activate measurement. Make sure that the square PPG sensor is covered completely.

    Tip: Don't apply too much pressure when taking a measurement, as this can negatively affect the signal. Apply the same amount of pressure as you use to swipe up and down your smartphone — so not much at all!)

(2) Measurement will commence once MOCAheart has detected a signal. Keep your hands steady for 25 seconds, until your measurement is complete.

(3) View your measurement data on the Instant Results screen. Here, you'll find your MOCA Index, Heart Rate, and Blood Oxygen levels.

4. USING MOCAHEART

(4) In addition to measurements, location and weather details are automatically recorded. If you don't want your location and weather to be recorded, turn them off in your phone's local Settings.

(5) Keep track of what you were doing prior to the measurement by adding notes to your results, by tapping on the pen/paper icon on the top right corner of the screen. Adding notes about recent activity can be useful when looking back on measurement data and trends.

> Tip: You can only add notes on the Instant Result screen. Once you click "Done" on the top left corner of the screen, you will not be able to add notes to past measurements.

(6) You can also indicate your activity status by selecting one of the "What are you up to?" icons on the bottom of the screen.

4.2 THE "ACTIVITY" TAB

Here, you can review your recent measurements and communicate with your contacts. To view your historical data:

(1) Navigate to the Activity tab by selecting "Activity" on the bottom left corner of the screen.

(2) Click on "Me." Scroll up to find all of your previous measurements.

(3) You can dive deeper into your data to view any notes you might have added by clicking on each individual measurement block.

(4) If you forgot to add a note on the Instant Result screen, you can enter additional details in the "My History" window. Simply type a message, and press "Send." Not in the mood for typing? You can also leave photos or voice clips by tapping on the + button.

4. USING MOCAHEART

4.3 CONTACTS

Share measurement data with your physicians and/or loved ones for an improved quality of care. To add contacts:

(1) Navigate to the Activity tab

(2) Tap on the "Add Contact" icon on the top right corner of the screen

(3) Enter the Name of Email Address of your desired contact, and click "Search" - MOCAheart will populate closely matched contacts from your phonebook

(4) Send invitation(s) to connect. If your desired contact has the MOCAheart app, you'll be able to click "Add." If your desired contact does not yet have the app installed on their smartphone, you can invite them to the app via email or text message.
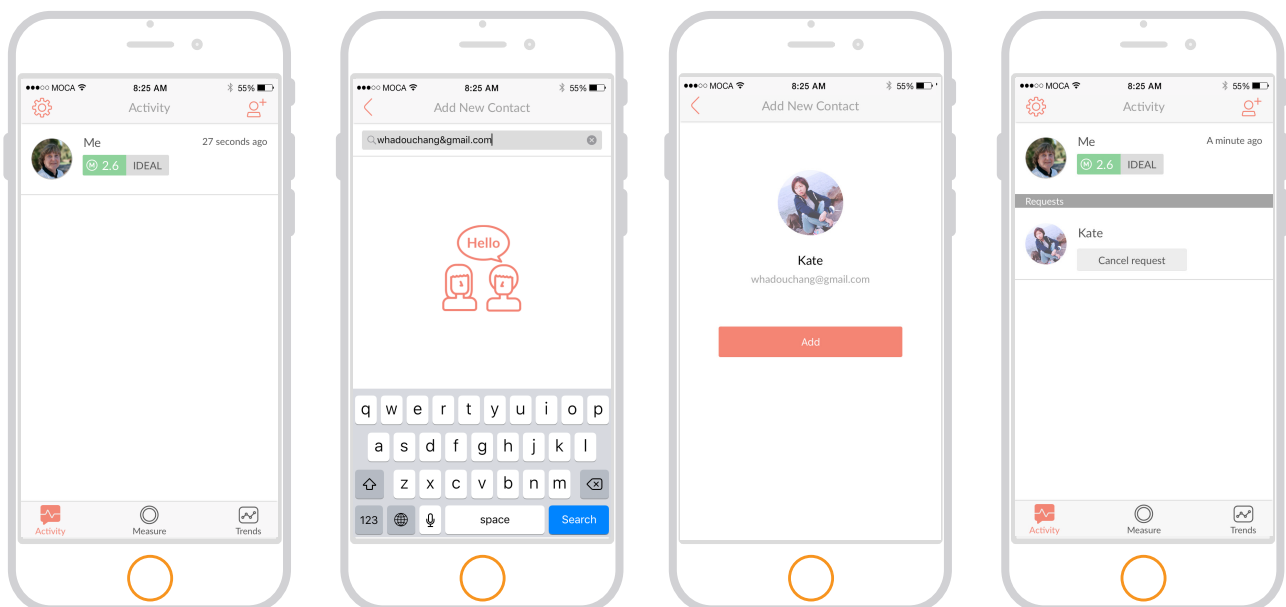
4. USING MOCAHEART

(5) Once your contact accepts your invitation to connect, every time you take a measurement, your results will be automatically shared.

Note: You can share your measurement data with contacts who do NOT have a MOCAheart device. All they need is the MOCAheart app installed on their smartphone. After you've added contacts, communicate with them via our secure chat:
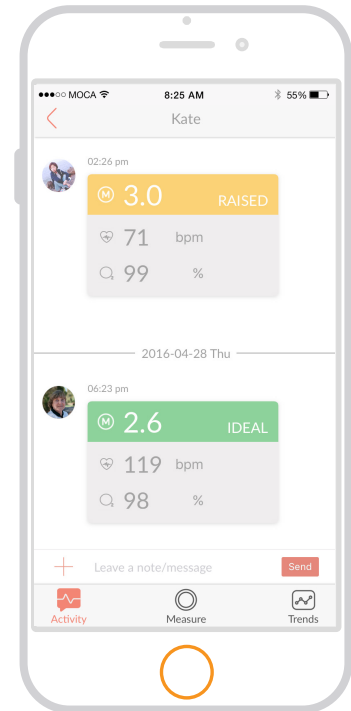
(1) Navigate to the Activity tab

(2) Tap on your desired contact

(3) Chat away! You can exchange text messages, photos, and voice clips on our secure server.

4.4 TREND VIEW

Are your doctor's recommendations working out for your heart? The trends tab makes it easy to determine whether or not the lifestyle changes you're making are improving your heart health in the long run. To view trends in your cardiovascular health:

(1) Navigate to the "Trends" tab on the bottom right corner of the screen.

(2) Tap on either Day, Week, Month, or Year to toggle between different time frames.

(3) Choose which measurement you'd like to view trends for by selecting the MOCA Index, Heart Rate, or Blood Oxygen icons at the bottom of the screen.
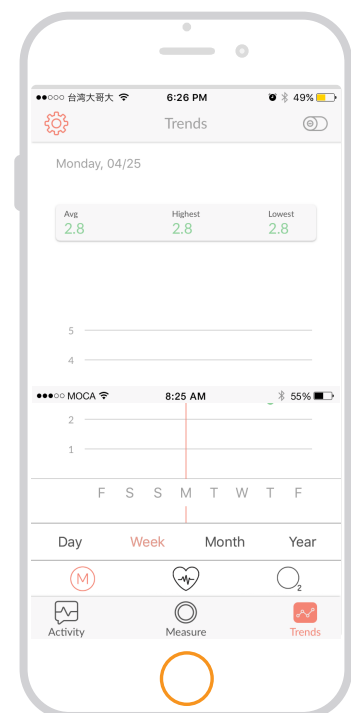
5.IMPORTANT INFORMATION

5.1 General Use & Care
- Use a soft, dry cloth to clean your MOCAheart and remove dust particles. To remove stains, use a damp cloth. Do not use solvents or alcohol.
- MOCAheart's main sensor is extremely sensitive to liquids. Liquids will damage the sensor and render it unusable. Keep the device away from water and moisture.
- Do not drop MOCAheart or subject it to strong shocks or vibrations. Do not press the sensor with extreme force.

5.2 Battery & Charging
- We recommend giving your MOCAheart a full charge (~1 hour) before using it for the first time.
- To charge your MOCAheart: Insert the micro-USB head (gold-side up) into a USB port and connect the other side to your MOCAheart. The indicator light next to the MOCAheart charging port will turn red, indicating that your device is charging. Once a full charge is achieved (~60 minutes), the indicator light will turn green.
- You can check your battery level in the app's Control Center page.
- When the battery is low, the red light on the sensor will start to flash. This will happen after 10-15 measurements. Please charge the device immediately!
- A depleted battery will take about 60~70 minutes to fully recharge.
- When charging your MOCAheart, the indicator light next to the charging port will be one of two colors. A red light indicates that the battery is being charged. A green light indicates that the device is fully charged.

5.3 General Precautions
- If you find that your MOCAheart is not working, please do not attempt to disassemble or repair the device yourself. Instead, please contact our Customer Support team at support@mocacare.com for assistance with repairs.
- MOCAheart's sensors are extremely sensitive. Do not drop MOCAheart or subject it to strong shocks or vibrations.
- If the sensor or electrode is dirty, use a soft cloth to clean it before taking measurement.
- MOCAheart is not waterproof. Please do not expose the unit to liquid (including water). Do not use MOCAheart in extremely humid environments like saunas, steam rooms, and hot tubs. Keep the unit in cool and dry conditions.

5.IMPORTANT INFORMATION

- Avoid taking measurements under strong light, as it will interfere with the PPG sensor, impacting measurement accuracy and signal quality.
- Do not take measurements with wet hands/fingers.
- Avoid touching any conductive objects during measurement.
- Do not expose the device to locations with strong electromagnetic forces (such as an MRI) when taking measurement as this may interfere with the measurement.

5.4 Disposal & Recycling

- MOCAheart is made of medical-grade materials. If you need to dispose your device, please note that it is considered electronic waste, and should not be combined with common household waste. Improper disposal of e-waste may cause serious health and pollution problems. Thus, it should be disposed of at local e-waste collection sites or recycled properly in compliance with local regulations.

5.5 Intended Use and Contraindication

- MOCAheart is intended to measure your heart rate, blood oxygen level and MOCA INDEX, a qualitative measurement of your blood flow that is correlated to your blood pressure, providing you with a snapshot of your heart health.
- MOCAheart is intended to track trends in your health status and to help you create healthy, long-lasting habits. It is a tool that empowers you with information about your cardiovascular health. It will record, display, and store your health data. It is not intended to be used to diagnose medical conditions or prescribe treatment or medication. It is not a replacement for recommended medical testing.
- MOCAheart should not be used with pacemakers or implanted defibrillators, during MRI scans, or in the presence of flammable anesthetics, drugs or pressurized oxygen.
- MOCAheart cannot predict or diagnose heart attacks and cannot be used for monitoring chest pain. It should not be used for clinical diagnosis purposes.

5.IMPORTANT INFORMATION

5.6 Troubleshooting

Situation	Cause	Action
Measurement was interrupted	Unstable measurement signals.	Keep your hands steady during measurement.
		Avoid taking measurements under strong light.
Measurement was discontinued	MOCAheart cannot detect a signal.	Keep your hands steady during measurement, and make sure the red PPG light is completely covered.
The red light on the PPG sensor does not turn on.	The battery is completely depleted.	Charge the device immediately.
	The bulb has burned out.	Contact our Customer Support team for an exchange.. Do not try to repair the device yourself.
The measurement results are incorrect	There was a poor signal during measurement.	- Gently place your fingers on the sensors. Avoid applying too much pressure. - Make sure the sensor is completely covered and keep your hands still during measurement. - Avoid contact with conductive objects with other body parts during measurement.
The red light on the PPG sensor keeps flashing.	The battery is very low.	Charge the device immediately.
The MOCAheart app is running very slowly	Too many applications are open on your phone.	Close applications that are not currently in use, or restart your smartphone.
Some of my measurements are missing	The measurement results were not sent to the server.	Connect your smartphone to the internet to send your data to the server.

6. TECH SPEC

6.1 MOCAheart

Dimension: 1.42" x 2.81" x 0.28" (36.0 x 71.5 x 7.05 mm)
Weight: 7 oz (20 grams)
Communication: Bluetooth 4.0

Standards	Bluetooth 4.0 BLE
Operating System	iOS 8.0/ Android 4.3
Throughput	Up to 1Mbps
Modulation	GFSK
Transmit Power	BLE: 0 dBm
Frequency Band	2.400 ~ 2.4835 GHz
Frequency Range	2.402 ~ 2.480 GHz
Antenna Type/ Gain	Integral Printed Antenna / 1.86337 dBi

6.2 Battery

Battery Type/Info: Lithium-ion Battery, 3.7V/ 110mAh/ 0.4Wh
Battery Life: 7 days for normal use. (~30 seconds each time, ~3-5 times a day)
Charging cable: MOCAheart uses micro USB cable to charge

6.3 Water Resistance

MOCAheart is not water resistant. Do not exposure the unit to water or any liquids. Do not use MOCAheart in extremely humid environments like saunas, steam rooms and hot tubs.

6.4 Environmental Condition

Operating Temperature: 50° - 104° F (10° - 40° C)
Storage Temperature: -4° - 140° F (-20° - 60° C)

7.RETURN POLICY & WARRANTY

7.1 Return Policy

If you are unsatisfied with your purchase for any reason, we will gladly accept your return and you will have 30 days from the day of purchase to request for a full refund. The device must be in good condition and be returned in its original packaging. Learn more about our Returns and Repair Policy at http://mocacare.myshopify.com/pages/return-and-exchange-policy.

To return your MOCAheart, please contact support@mocacare.com to initiate the return process and your refund will be processed within 7 business days of receipt at our warehouse.

Your refund (minus shipping and handling fees, if any) will be issued in the form of your original payment method. Please allow 1 – 2 billing cycles for the refund to appear on your physical credit card statement.

7.2 Limited Warranty

We provide one-year limited warranty for MOCAheart from the date of purchase. The warranty does not cover damage or consequential damage caused by unauthorized service, improper use or maintenance of MOCAheart, and non-compliance of the safety and precautions as mentioned in our Terms and Conditions.

8. STANDARDS & COMPLIANCES

- United States: FCC
This product is compliant with Federal Communications Commission (FCC)
FCC ID: 2AFQC22008

- European Union: CE
This product is compliant with R&TTE Directive 1999/5/EC

9.WARNING

- FCC CAUTION:

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FCC ID: 2AFQC22008

This device complies with Part 15 of the FCC Rules.
Poerlation is subject to the following two conditions:
(1) This device may not cause harmful interference, and
(2) This device must accept any interference received,
    including interference that may cause undesired operation
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To assure continued FCC compliance:
Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the equipment.

Exposure to Radio Frequency Radiation:
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC Label Compliance Statement:
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) this device may not cause harmful interference, and
(2) this device must accept any interference received, including interference that may cause undesired operation.

- NCC CAUTION:

(1) 本產品符合低功率電波輻射性電機管理辦法　第十二條、第十四條等條文規定
　　經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。
(2) 低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。前項合法通信，指依電信法規定作業之無線電通信。低功率射頻電機須忍受合法通信或工業、科學及醫療用

10.CUSTOMER SERVICE

For more information, please check out our FAQs at mocacare.com/faq.html or reach us directly via email at support@mocacare.com. We will assist you as soon as we can.

For additional support:
Follow us on twitter.com/mocacare
Check out facebook.com/mocacare

Edition A

MOCACARE