

NEO Health - manual app

With the NEO Health products on your app

You can now start to use the NEO Health devices! There are two ways to use the NEO Health scale: You can either connect it to your app via your smartphone or to your computer. The NEO Health activity tracker can only be connected to your smartphone. In this manual, we will explain all options.

Content of this manual

1. Use the devices with your smartphone	1
1.1. Set up your NEO Health device	1
1.2. NEO Health One Activity Tracker	2
1.3. NEO Health Onyx scale	2
2. Use the scale with your computer	3
2.1 Use the scale for yourself	3

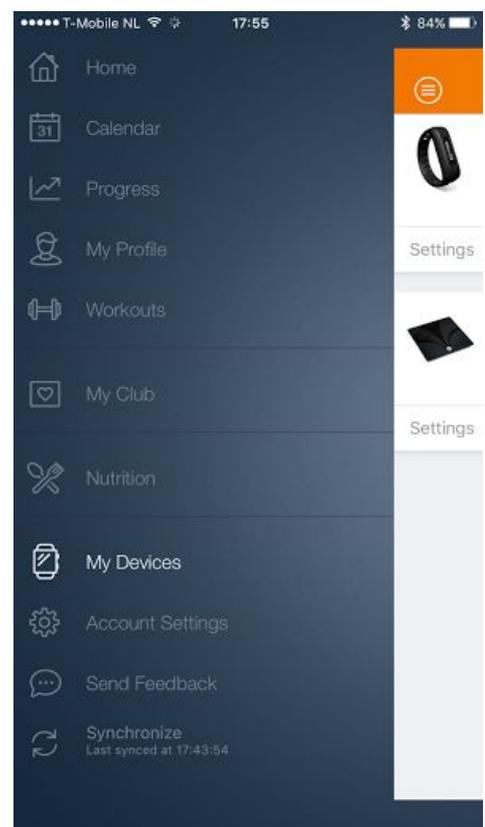
1. Use the devices with your smartphone

1.1. Set up your NEO Health device

In the menu of your Virtuagym Fitness app, you will find the 'My devices' tab, as you can see in the screenshot on the right.

When you open this module, activate your NEO health devices using the slide buttons. You will get a notification that the app is looking for devices.

Warning: to perform this action you will need to turn on your Bluetooth. Also, your NEO Health activity tracker or scale need to be turned on.



Your app will now find nearby devices.

Tip: You can change the name of your activity tracker, by clicking on “settings” below the device. This might help you to find the device easier, in case you have more Bluetooth devices nearby.

1.2. NEO Health One Activity Tracker

The Activity Tracker registers the following values: *Steps - distance, steps - kcal, hours active, hours of sleep.*

If you click on the Activity Tracker, you will enter the screen which enables you to adjust the settings. Here you can change both the name of the device and your daily steps goal.

Select ‘synchronize device’ and your app will indicate that the data is saved.

Now you can check your daily progress in both a graph and a list view.

In your ‘Daily progress’ you are now able to see how much steps you took and the distance you covered, as well as how many calories you burned.

In ‘Progress’, you will find a list view: an overview of all your synchronized activities. You will also see a graph view, this enables you to see your results in a graph. You are able to switch the variables, periods of time and you can compare them with the previous month.

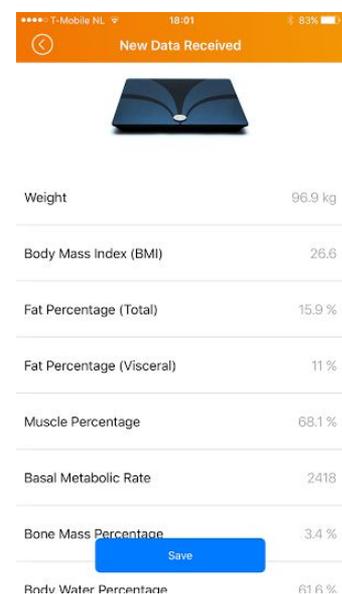
1.3. NEO Health Onyx scale

The NEO Health scale measures the following values: *Weight, fat percentage - total, fat percentage - Visceral, muscle percentage, BMR, bone mass percentage and BMI.*

To activate the NEO Health scale, stand or tap on the scale.

The first time you do this your app will check your profile data.

Here you can check your data and change it if needed by clicking on the variables (This will only happen the first time, if you want to change something later on, you can do this by accessing the settings).



The screenshot shows a mobile app interface with a status bar at the top displaying 'T-Mobile NL', '18:01', and '83%' battery. Below the status bar is a blue header with a circular arrow icon and the text 'New Data Received'. Underneath is a blue icon of a scale. The main content is a list of health metrics with their corresponding values:

Weight	96.9 kg
Body Mass Index (BMI)	26.6
Fat Percentage (Total)	15.9 %
Fat Percentage (Visceral)	11 %
Muscle Percentage	68.1 %
Basal Metabolic Rate	2418
Bone Mass Percentage	3.4 %
Body Water Percentage	61.6 %

A blue 'Save' button is positioned at the bottom right of the list.

Warning: Changes made here will also affect your profile.

Click on 'Measure now' and stand on the scale with bare feet.

Tip: Now, the scale should display "P1", which indicates that the scale is connected to your phone (see photo).



Your scale will first show your weight and will then display '8888'. When the '8888' is gone, your app will show an overview of the measured results as you can see on the right.

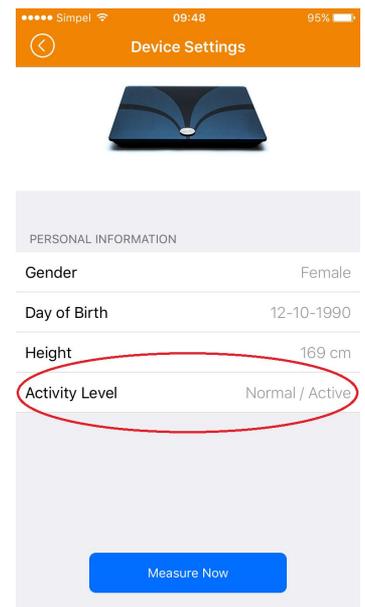
If you are done checking the results, click on 'Save'. The values will also be saved in the 'Progress Tracker' module. If you don't want to save the values, click the arrow on the left top of the screen, this allows you to remeasure.

After you click 'Save', you will enter the 'Progress Tracker'. Here you can switch between certain values, periods of time and a list or graph view. See the screenshot on the right.

Warning: When you adjust your activity level in your settings, this will affect the results. We advise to only use one activity level if you want an optimal view of your progress. The two activity levels are:

- 1) Normal/Active (standard)
- 2) Very Active

The first level is for 90% of the users who have a moderately active lifestyle. The second level is meant for people who are involved in intense physical activity.



2. Use the scale with your computer

You can connect the scale to your computer to measure yourself or your clients.

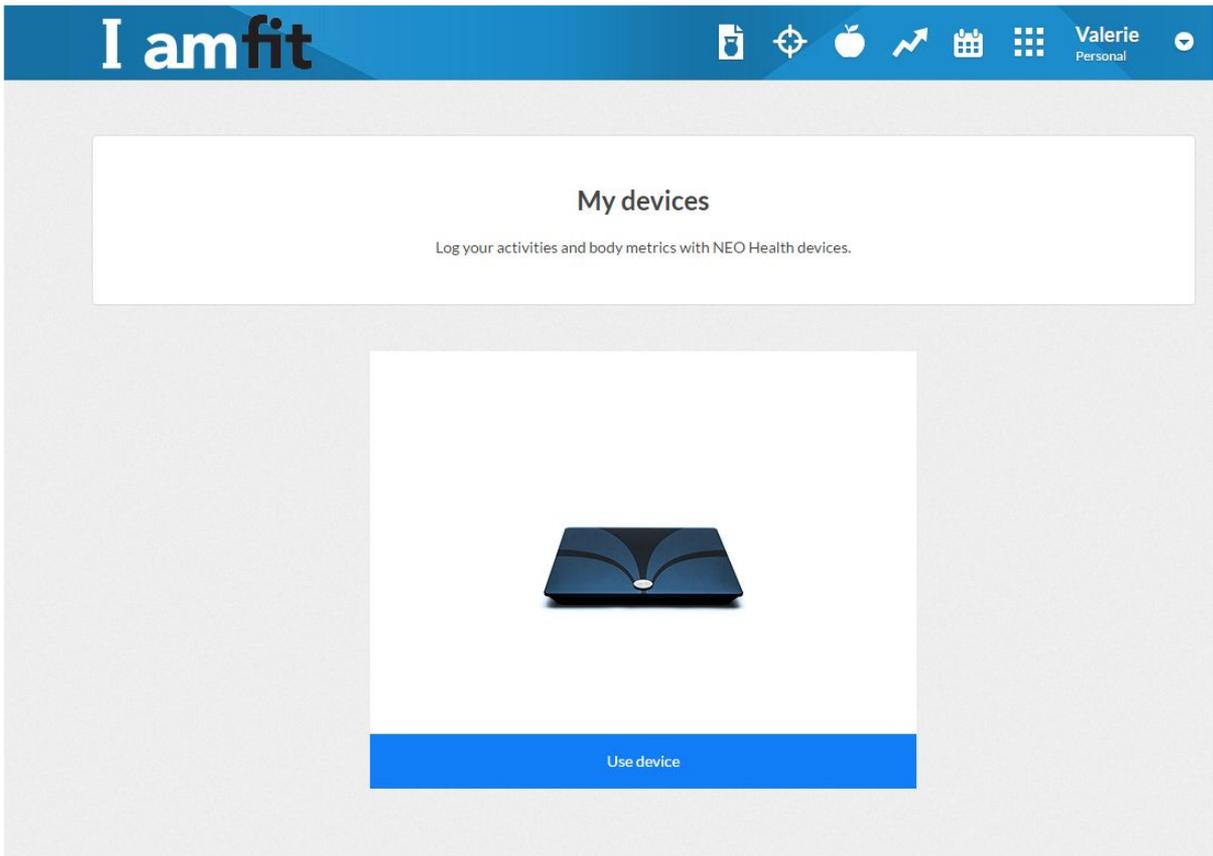
Please note: The scale can only be connected to a Windows computer with version 8.1 or 10.

If you want to connect the scale to your computer and measure yourself, open your portal and switch to your personal view (instead of the professional view). In the menu, choose “devices.”

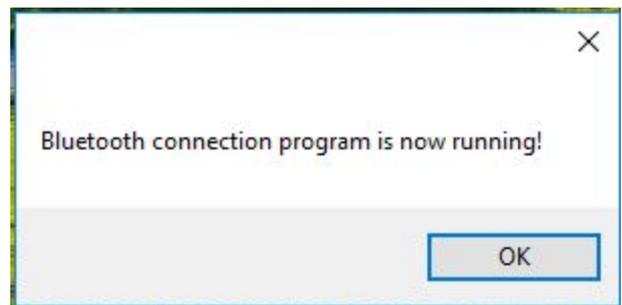
In order to measure your clients with the scale, make sure you are set as the coach of this client. Then click on the client’s profile so that you see the black bar at the top. Now choose the pink button, indicating a watch, called “devices”.



You will now see the following screen:



Click on “Use device” and follow the instructions on your screen. After the instructions, you will get a pop-up that'll say the device is now connected with Bluetooth. See the screenshot on the right.



When you are connected click on the blue button ‘Start measurement’. The NEO Health Body Scale is now ready for use and the client can stand on the scale.

You will now enter the overview ‘Start measurement’, in here you can see the data of the client’s profile. Check the data. If everything is correct, click on ‘start measurement’ again. subsequently, a step by step instruction on how to measure the values of your clients will display.

How to measure

1. Stand on the scale with bare feet.
2. When the bluetooth is connected the scale will show P1.
3. When the weight flashes, your values have been measured.
4. Stay on the scale until the data is send to the computer. The scale will give feedback about the progress.
5. The results will be sent back to your computer.



Next, you will end up in the measurement results overview. In here you will see an extensive overview of certain values such as *weight*, *muscle percentage* and *fat percentage*. You can save the results by clicking on 'save values'. After you saved the values, you can find them in the 'Progress Tracker'. You can always redo you measurement by selecting 'measure again'.



	Gewicht	82.6 kg	▲ 82.6
	Basaal metabolisme	2399	▲ 2399
	Vetpercentage	12.2 %	▲ 12.2
	Spierpercentage - totaal	59.5 %	▲ 59.5
	Botmassapercentage	3.39 %	▲ 3.39
	Weefsel	24.24 %	
	Lichaamsvochtpercentage	64.3 %	▲ 64.3

Opnieuw meten **Waardes opslaan**



You can also track a value over a longer amount of time. You can do this by selecting a value above the graph on the left. Click on the arrow to switch between values. Don't forget to save the values! The progress will of course also be saved in your client's app!

Warning: When you adjust your activity level in your settings, this will affect the results. We advise to only use one activity level if you want an optimal view of your progress. The three activity levels are.

- Normal/Active (standard)
- Very Active

The first level is for 90% of the users who have a moderately active lifestyle. The second level is meant for people who are involved in intense physical activity.