

Resility™

Intelligent Stress Management

User Instructions

Using the Muscle Activity Monitor Device

Charging the device

- Insert the charger into the end of the device just until it clicks, do not force it into the device
- An **amber** light will come on while the device is plugged in and not fully charged
- The green light will come on when the device is fully charged
- It takes approximately **one hour to fully charge** the device
- The battery will last approximately **8 hours** when fully charged

Turn the device on/off

- Use the small black switch on the side of the device
- To turn on, move the switch towards the center of the device
- To turn off, move the switch towards the end of the device
- A green light will **flash** when the device is on

Applying the device

- Snap two of the disposable electrodes into the two snaps on the back of the device
- Peel the backs of the disposable electrodes off before pressing the device onto the skin firmly
- The unit works best when skin is clean and dry

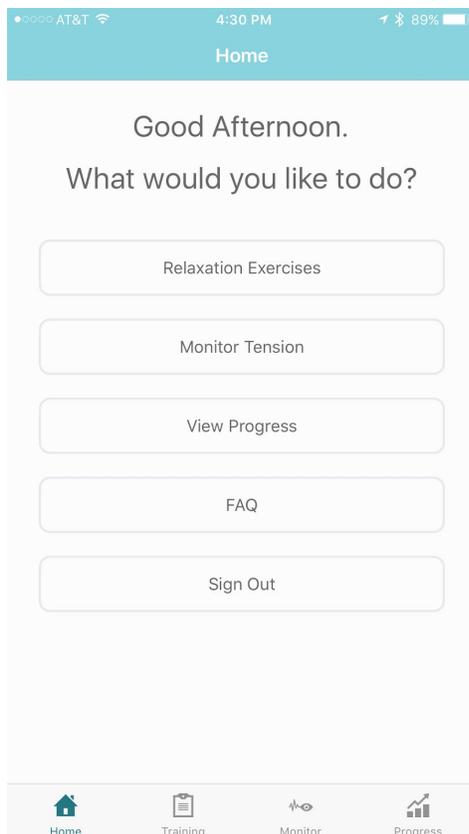
Where to place the device

- **Trapezius muscle on the neck/shoulder** - this is the most common placement for measuring and monitoring muscle activity, and particularly useful for those who feel strain in the neck and shoulders, for example while working at the computer.



Using the app

The app has 3 primary modes. You can navigate between them using the icons at the bottom of the screen, or by returning to the Home screen and pressing the desired button.



1. **Relaxation Exercises / Training** - these are guided audio relaxation training sessions that are designed to be used together with our bluetooth Muscle Activity Monitor which will show how a person's muscle activity or tension responds in real time during the exercise. You can either watch the real time feedback as you listen to the training exercise, or just close your eyes and enjoy.

Your session will be recorded and at the end the app will tell you how much your muscle activity decreased during the exercise. **Note:** you must have the ringer turned "on" on your phone in order to hear the audio training.

<< Select an exercise

2. **Monitor Tension / Monitor** - this provides real time feedback on your muscle activity. The session will not be recorded unless you press the record button in the middle of the screen to start the recording. There is a **slider** at the bottom of the screen that allows you to set a **threshold**, and if your muscle activity exceeds this threshold, an alarm will sound. This is an audio alarm, although if you turn off your ringer it will switch to vibrate mode. This allows you to gain more awareness about when your muscles are activating. You can keep adjusting the threshold until you've found the right level of sensitivity to suit your needs. This mode can be used for example with the Muscle Activity Monitor on your trapezius muscle while you're working at the computer or doing other activities, to alert you when you tense your muscles above a certain level. If you recorded the session, it will show up in the View Progress mode.

<< Monitor mode screen with “record” in middle

3. **View Progress / Progress** - this is where all your recorded sessions are stored. Relaxation exercises are automatically recorded, and monitoring sessions **are only recorded if you hit the record button**. At the top you can toggle between all sessions, training sessions only, or monitoring sessions only.

<< View Progress or past training sessions

Pairing your Muscle Activity Monitor with the app

Attention: *Bluetooth must be enabled on your device.*

- After you select Relaxation Exercises / Training and then tap on an exercise, or Monitor Tension / Monitor mode, you will see a screen appear that says “Select a device” and under that you will see the words, “**MuscleBAN BE Plux**”. Tap on those words to select your device.

<< Pairing / Tap “MuscleBAN BE Plux”

- You will then be taken to the feedback screen. If you are doing an exercise, press the “play” button in the middle of the screen to begin.
- If you wish to do a training exercise **without using** the Muscle Activity Monitor, select “**Skip**” to go directly to the exercise. The Monitor Tension mode does not work without the Muscle Activity Monitor.
- When you get to the feedback screen, you should see a thick teal circle within the red circle, which represents your muscle activity. Behind the circles, you will be able to see a graph of the last few seconds of your activity.
- **Troubleshooting -**
 - if you do not see this thick **teal** line, try the following steps:
 - Be sure your Muscle Activity Monitor is charged and turned on - **a green light should flash on the device**
 - First hit the back arrow at the top left corner of the screen to return to the pairing screen, and tap “**Scan for Devices**”, and select “**MuscleBAN BE Plux**” when it appears

- If that doesn't work, turn the Muscle Activity Monitor off and on and hit "**Scan for Devices**" again, and select "**MuscleBAN BE Plux**" when it appears
- If that does not resolve the problem, turn off the device and close the app. Turn the device on, open the app, and try again
- If "**MuscleBAN BE Plux**" device name does not appear under "Select a device", turn off the device and close the app. Turn the device on, open the app, and try again