



User's Guide

Model:FRD-MI-001

Important Safety and Product Information:

Warnings: Failure to heed the warning below could result in an accident or medical event resulting in death or serious injury

MiGo is not water resistant. Do not expose it to water.

The device may cause skin irritation.

Contact with the silicone band on MiGo may contribute to skin irritation in some users. To reduce the chance of irritation, keep the band dry, remove your MiGo for at least an hour per day, don't wear the band too tight, and clean the MiGo band periodically with a damp towel. Residue from soap, chlorine, or other chemicals on your skin will also increase the chance of irritation. If you develop a rash, discontinue use of MiGo until all of your symptoms resolve. If the rash persists longer than 2 days after removing the device, consult your doctor.

MiGo contains electrical equipment that could cause injury if not handled properly

Always consult your physician before beginning or modifying any exercise program.

Do not allow children or pets to play with MiGo. The product contains small components that can be a choking hazard.

MiGo tracker relies on sensors that track your movement. The data and information provided is intended to be a close estimation of your activity and may not be completely accurate. MiGo is intended to promote physical activity, which, as part of a healthy lifestyle, may help living well with a stroke, spinal cord injury, traumatic brain injury, or other injury. If you feel soreness, tingling, numbness, burning or stiffness in your hands or wrists while or after wearing the product, please discontinue use.

! Notice: Failure to heed the following notice could result in personal or property damage, or negatively impact the device functionality

- **Do not** expose MiGo product to extremely high or low temperatures.

- **Do not** use MiGo product in a sauna.

- **Do not** attempt to replace the battery or open the enclosure or disassemble your MiGo product. Doing so will void the warranty.

- Substances in this product and its battery may harm the environment or cause injury if handled and disposed of improperly.

- **Do not** use abrasive cleaners to clean your MiGo product.

- Remove MiGo if it feels warm or hot.

- **Do not** dispose of MiGo product in a fire. The battery could explode

- Only use an authorized Migo charging cable and MiGo charger to charge your Migo

- **Do not** wear MiGo while charging it.

- **Do not** charge MiGo while it is wet.

FCC 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.

Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.



Industry Canada (IC) Information

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions:

(1) this device may not cause interference, and

(2) this device must accept any interference, including interference that may cause undesired operation of the device."

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

(1) l'appareil n' doit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement."

What is Migo?

MiGo is the first wearable tracker for rehab. Recovering from an injury requires consistent practice every day, and MiGo is there to keep you on track. Whether you are brushing your teeth, going for a walk, or doing your therapy, MiGo measures every rep. MiGo also gives you a daily goal based off your movement ability that encourages you to continue to improve. You can track these counts and join collaborative exercise groups through the companion MiGo Tracker app for Android and iPhone.

What's included?

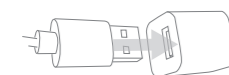
Your MiGo package includes:



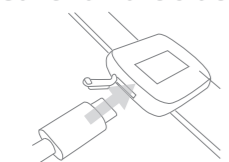
Getting Started

Step 1. Charge your MiGo

- A Connect the MiGo Cable to the MiGo Charger. Then, connect the MiGo Charger to an electrical outlet.

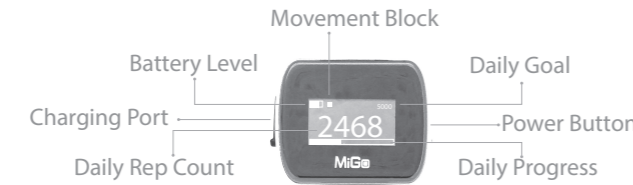


- B Gently open the Charging Cover on the side of MiGo. Then, connect the MiGo Charger to the MiGo.



- C Charge MiGo for 5 hours

B. Rep Window



C. Time Window

Click the button to view the time. This feature can either be set through the app or manually through the manual options menu.

D. Manual Options Menu

Hold the button down for 3 seconds and release. Here you will have the option to: set the time, set the date, reset your data, shut down the MiGo, and to view your history from previous days

**If you do not have a smart phone, you must first set the time and date through this menu. Otherwise the goal setting features will not work with your MiGo.*

E. Turn off screen

Press and hold the button down for one second, then release.

Step 2: Set up MiGo Tracker App

**If you don't have a smartphone, skip to section 2 to set your MiGo up manually.*

- A Go to the Android or iPhone app store and download "MiGo Tracker".



- B Open the MiGo Tracker app, tap "Register" and fill out the required fields.

- C An email will be sent to the email address you provided. Open that email to complete account creation.

- D Open the MiGo Tracker app and tap "Verify Email".

- E Unplug MiGo and turn the screen on.

- F Tap "Connect to MiGo" at the bottom of the app home screen

- G Tap on MiGo #XXX. If there are multiple MiGos in the vicinity, plug your MiGo into the charger. Its name will be shown on the screen while charging.

- H Once connected, the number of reps shown on MiGo will match the "Daily Reps" in the app home screen. MiGo will also display the correct time.

Getting Started

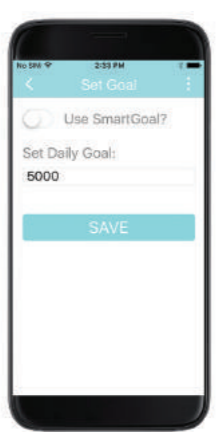
A. How it Works

To increase the rep count, you can make any movement. This includes a step, an arm movement, or a trunk movement. It's all counted! The daily goal gets updated based on your performance from previous days.

MiGo Tracker App Features

Set Daily Goals

Tap on the "Daily Reps" text in the home screen to either select a SmartGoal or a custom daily goal. The SmartGoal will automatically set a daily goal based on previous days' performance



View your trends

Tap on the circular orange graph icon in the top left of the home screen. Here you can view daily, weekly, monthly, and yearly trends.

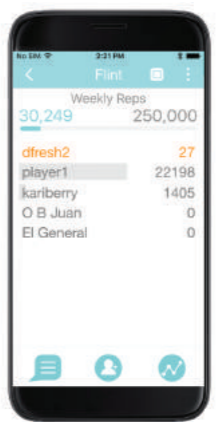





Add new groups

Tap "Add New Group" in the home screen. Here, you can join or create public or private groups with other MiGo users.

Group Menu

After joining or creating a group, tap on the group name from the home screen. The weekly collaborative goal is shown in the top right. If you are the creator of the group, you can change this goal by tapping on this number. Group member's weekly reps will be displayed below the cumulative group weekly reps.



At the bottom of the group menu, you will have the option of viewing messages from group members  sending an invite , or viewing group trends. 



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Contact Information

Please use the information below to contact Flint Rehab Devices in the event of any device malfunction, complaint, return request or compliment!

Mailing Address:

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