



Posture corrector **iBACK**

User's manual

Manufacturer:
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Introduction

Thank you for purchasing of SMART Solutions LLC product!

This manual is applicable for posture corrector iBACK, intended for improving your posture.

iBACK very effectively measures and trains your posture, though it is not a medical device.

The manual is designed to describe correct mounting, using, and maintenance of iBACK device.

Carefully read the user's manual.

The warnings in this manual mean the following:

⚠ WARNING	Indicates a hazardous situation that, if not avoided, could result in death or serious injury.
⚠ CAUTION	Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.
NOTICE	Indicates information considered important, but not hazard-related (e.g. messages relating to property damage).
Safety Instructions	Indicates an information that helps to avoid hazardous situation.

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1 Contents

1 sensor



1 clip

2 rechargeable batteries
(one spare)2 magnets
(one spare)a set of stickers
(30 pieces)

a charger

2 Charge the batteries before use

- 2.1 A red LED flickers on the charger - the batteries are being charged;
- 2.2 The green LED is on - the batteries are charged and ready for use.

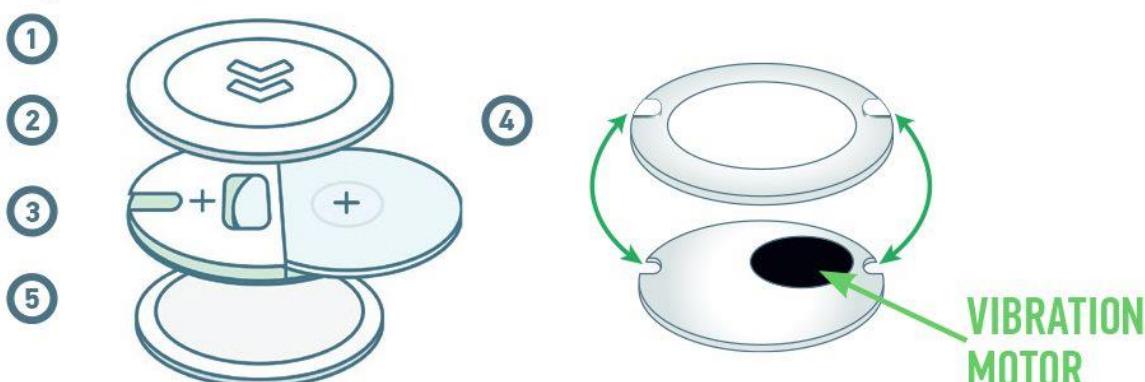
⚠ WARNING	Do not insert magnets into the charger!
Safety Instructions	There are identification marks on the rechargeable batteries; there aren't any on the magnets.

3 Battery installation

- 3.1 Remove the clip from the case by pulling back on the tab (A) on the bottom of the device.
- 3.2 It is not necessary to put the clip back on.
- 3.3 Open the case by pulling the top (B) and back covers (C) in different directions.
- 3.4 Remove the circuit board from the top case cover by pulling the vibration motor (D) towards you.
- 3.5 Install the battery in the board with the "+" sign up (if the sensor vibrates, the battery has a charge).

⚠ CAUTION	If the battery heats up, you have installed it incorrectly.
Safety Instructions	Remove battery immediately in this case!

- 3.6 Install the circuit board with the battery up in the upper case cover, two tabs on the back side of the upper case cover (G) should fall into the two slots on the circuit board (F).
- 3.7 Having installed the board in the top cover of the case (the board should not protrude from the case), close the case.



4 Turning on / off the sensor



Switching on - press the button on the back cover of the case to a single vibration.

Shutdown - hold down (do not release) the back cover button for more than 4 seconds until double vibration.

5 Installing the application



By entering "iBACK" in the App Store or Google Play you can download the application to your smartphone and register. Turn on the sensor, connect to your smartphone using Bluetooth, and attach it to your body.

6 Mounting the sensor

3 mounting options: sticker (we recommend that the measurement error of the sensor is minimal), a clip and a magnet (we do not recommend these two options because of the sensor's high measurement error).



1st option: "Stick sensor to the body"

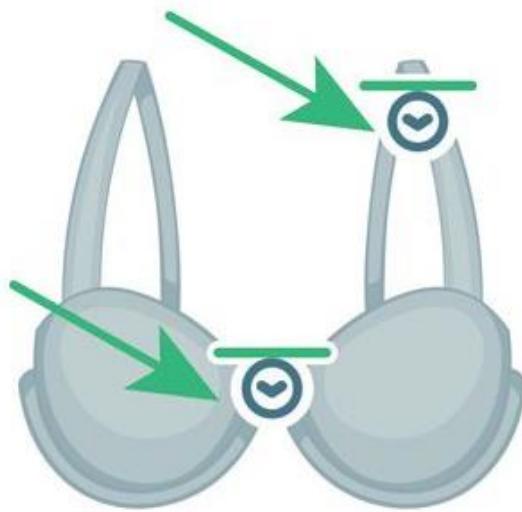
- 1.1 Remove the upper protective (yellow) layer and attach the sticker to the back of the case.
- 1.2 Remove the protective (white) layer from the sticker and attach the sensor to the chest just below the throat.
- 1.3 The arrow on the front cover of the case should point down.

2nd option: "Mounting the sensor using a clip":

2.1 Put the clip on the back cover of the sensor.

2.2 Attach the sensor to the bra strap under the collarbone or on the bra on the chest.

2.3 The arrow on the front cover of the case should point down.



3rd option "Mounting the sensor on a magnet":

3.1 Put the sensor back cover to the body under the collarbone

3.2. Clothing above the sensor should be tight-fitting to the body

3.3 Put the magnet on top of clothing.

3.4 The arrow on the front cover of the case should point down.



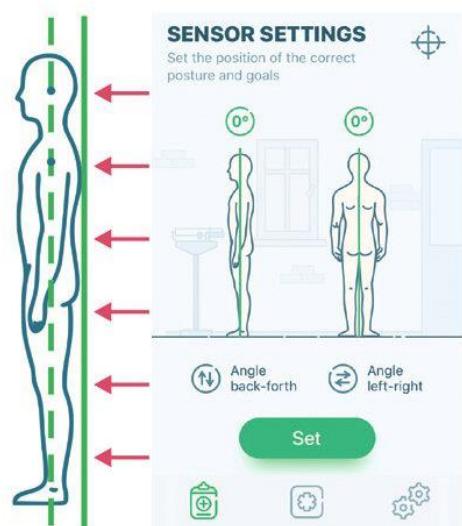
7 Sensor calibration



7.1 Stand against the wall with your feet shoulder-width apart.

7.2 Press firmly against the wall with your feet, buttocks, back and head, stretch the crown of your head up, keeping your chin parallel to the floor.

7.3 Using the application, click the "Set" button in the "Diagnostics" menu. The tilt angles should be reset (if not reset, click "Set" again). The sensor has set goals automatically and begun to monitor your posture.



8 Train the skill of correct posture in the "Posture Coach" mode ("Settings" menu)



Automatic mode (turned on by default)

The sensor will set goals for each day individually based on the data from the previous period when the sensor was worn.

The goal of posture training is to keep your back straight ("running target" inside a circle above a person) for a set time per hour. The sensor vibrates while slouching. You need to assume the correct posture.



If the sensor settings are not convenient for you, there is a manual mode to set goals (set via the "Diagnostics" menu, the "Goals" tab)

Set goals for every day (a comfortable angle of deviation back and forth and left-right, the time to hold the correct posture for an hour and the period for notifying you about stooping), click "Set"



In the "Monitoring" menu, track the your body's current position with the help of the "running target" (correct posture, incorrect posture) relative to a set position (the intersection of two dashed lines above a person). The circle above the person is the allowable tilt angle back and forth and left and right. The green line is the remainder of the time at the current time of the hour, the blue line is the time that you should maintain correct posture during the training hour.

By clicking "Pause", the sensor will no longer track your posture.

9 Evaluation of the results of training is the skill of correct posture



Click on the button in the "Monitoring" menu.

SHARE OF TIME: total time and time of correct posture.



VISUAL EVALUATION: each dot is the result of wearing the sensor every day. A dot in the green circle is correct posture, a dot in the yellow is insignificant posture issues, while a dot in the red signifies significant posture issues.

INTERPRETING EVERY DAY: the actual result of the posture training and the goals set (time for correct posture for an hour and allowable deviation angles).



10 "Stretch Coach" mode ("Settings" menu)



Perform individual stretching exercises and strengthening the back muscles in the workplace. Exercises are constantly being formed and adjusted based on the data from wearing a posture sensor. The app will notify you via push notifications of the need to complete the exercises.

ATTENTION:

- ✓ The mode only works with a connection to the internet
- ✓ Don't press the "Pause" button
- ✓ Push notifications must be activated in the "Settings" menu.
- ✓ When using this mode, sensor calibration is mandatory, see chapter 7.



RECOMMENDATION: If you feel muscle pain while training for skill of correct posture, the "Posture Coach" mode may be temporarily switched off.

11 In the "Settings" menu there is access to your "Account", where a detailed individual training program is located, as well as other useful materials

12 Wear and care

When caring for your iBACK, follow these tips:

- Do not use abrasive cleaners, such as bleach, to clean your iBACK.
- Do not expose your iBACK to any chemicals such as flammable liquids, etc.
- If you experience any kind of discomfort or notice signs of skin irritation where your iBACK touches your back, please discontinue use and contact our support team.
- Do not attempt to disassemble or service your iBACK yourself.
- Protect your iBACK from any shocks or impacts.
- Do not expose your iBACK to extremely high temperatures above 40°C/104°F or low temperatures below -20°C/-4°F.
- Do not expose your iBACK to direct sunlight for extended periods of time.
- Do not leave your iBACK near an open flame.

13 Regulatory information

CAUTION	Contains small parts! Keep out of reach of children.
NOTICE	<ul style="list-style-type: none"> - Use this appliance only for its intended use as described in this manual. - Only place on dry surfaces. Do not place on a surface wet from water or cleaning solvents. - Do not enter areas where the use of transmitters is prohibited.

iBACK very effectively measures and trains your posture, though it is not a medical device.

FCC ID: 2AW7K-IBACK1 contains FCC ID: 2ALTYIMM-NRF52832.

US Federal Communications Commission (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.

FCC Caution

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

FCC Statement

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.

14 Disposal and Recycling Information

For disposal and recycling of iBACK, please contact your local recycling authority. If you have any questions on the matter, please contact our support team at:

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15 iBACK limited warranty

SMART Solutions LLC warrants the iBACK product to be free of defects in material and workmanship when used as intended for a period of thirty (30) days from the original date of purchase.

This limited warranty is extended to the original purchaser only, and excludes coverage of any damage resulting from improper use or handling, accidental damage, modifications or unauthorized repairs, normal wear & tear during use as intended or other causes that are not defects in material and workmanship.

In case of a covered defect, you must return the product and purchase receipt to the point of sale to obtain warranty coverage. SMART Solutions LLC will repair or replace the defective product, or issue a refund, at its sole discretion. This limited warranty extends only to authentic iBACK product manufactured by SMART Solutions LLC.

This product is otherwise sold AS IS WITH ALL FAULTS. SMART Solutions LLC specifically disclaims all other warranties, conditions, representations, and the provision of or failure to provide any support or other service, information, software, or related content through the product. This limited warranty excludes all other express or implied warranties of any type, all of which are specifically disclaimed.

Any warranty imposed by operation of law, or course of trade or dealing, shall be limited to the thirty (30) day term of this limited warranty. SMART Solutions LLC liability for any direct or indirect, incidental or consequential damages arising out of the use of the product, or the failure or inability to use the product shall be limited to the original purchase price of the product. No person may change or expand the terms of this limited warranty.

Some jurisdictions do not allow a limitation on implied warranties or the amount or type of damages, so these limitations may not apply to you. This limited warranty gives you specific legal rights, and you may have additional rights that may vary.

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