PODOSmart®

User's manual

& technical documentation

Always read the instructions carefully before use.

Content

Product characteristics

Product description

Contents of the box:

- 1 case with storage compartments for accessories

- 6 pairs of connected PodoSmart insoles in different sizes:

36/37 - 38/39 - 40/41

42/43 - 44/45 - 46/47

- 6 white USB cables

- 1 black USB cable

- 1 shoulder strap

- 1 PodoStation: connection box

- 1 identification label with insole serial number

- 1 user and safety manual

N° de série

6x2 câbles USB

Kit comprenant 6 paires de semelles connectées

Boîtier Bluetooth

N° de série

6 pairs of connected insoles

Note: The latest version of the documentation can be downloaded from :

http://www.podosmart.tech/help

Battery characteristics

- Rechargeable lithium-ion battery

- Rated voltage: 3.6 V

- Load voltage: 70 mA

- Life cycle ~ 500 loads

- Full charge time: 2h30

- Active mode: 33 h

- Total standby time (without use): 2000 hrs.

Charging equipment

⚠

The charging equipment must meet the requirements of IEC60601-1 or IEC 60950-1.

Input: 100-240 V - 50/60 Hz

Output: 5.0V 2000mA

Radio module

Frequency band:	2400-2483.5MHz
Max power:	10mW

Recommended minimum Computer requirements

The PodoSmart interface works on computers and tablets.

Interface: MacOS / IOS - Windows - Android.

Browser: Mozilla Firefox - Google Chrome

⚠ Latest version of the software:

29/07/2020 - Version PodoSmart 2.1.5

> Added: German language

> Update: Calibration of soles removed to simplify the use of stroke analysis

> Overall improvements

The latest software update is available at

https://www.podosmart.tech/update-logs

Refresh the page of your web browser in order to update the software automatically.

Safety instructions

Under normal use, there is no identification of hazards or dangerous situations and damage when using the PodoSmart device.

The base plate is tightly sealed, the battery and conductive components are sealed in a box made of insulated material.

> No modifications of the device are permitted.

Warning

- Do not use the insoles during charging.

- Do not open, pierce, knock

- Do not attempt to repair them if they are damaged - contact the seller.

- Do not dispose of in the fire

- Do not use with shoes having a metal plate in the lower part of the shoe.

- Do not bend or twist your insoles.

- Do not use your insoles if they have deteriorated (worn, holes ...).

- Do not use the insoles if they are likely to interfere with other equipment.

Using the PodoStation junction box:

- Do not open the box.

- Do not use it if it is damaged (open, broken, etc.).

- Do not puncture, bump or damage the box.

- Do not attempt to repair it if it is damaged - contact the seller.

RF Warning

The device has been evaluated to meet general RF exposure requirements. The device can be used in a portable exposure condition without restriction. This device complies with CE and FCC, and with Industry Canada RF radiation exposure limits established for the general public (uncontrolled exposure). This device must not be co-located or operate in conjunction with any other antenna or transmitter.

This device complies with Industry Canada's licence-exempt RSS standards. 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.

Operating Instructions

Intended use: PodoSmart is a device for transferring, converting and displaying running parameters. You collect data from the insole, and the dedicated web interface displays an overview of the gait data on your computer.

The patient positions the insole in his or her shoe and walks for at least 30 seconds.
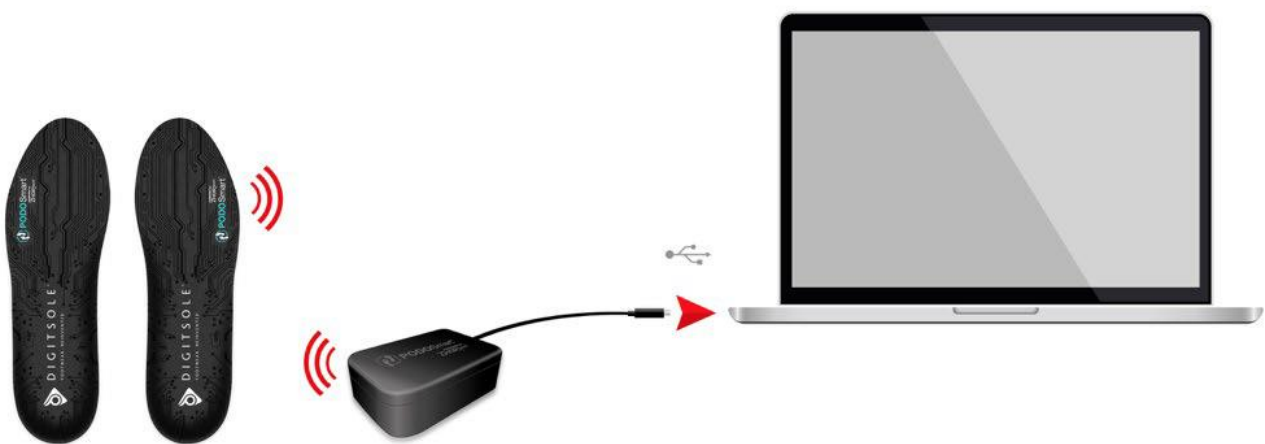
No additional training is required to install and operate this device.

The information in this manual should be read carefully.

Environmental operating conditions

⚠

- Maximum body pressure: 50 kg / cm^2 (or 500 n / cm^2)

- Maximum insole load: 200 kg

- Atmospheric pressure: between 70-106Kpa

- Recommended humidity (humidity level): 45 ~ 85% RH

- Recommended operating temperature: -10°C to 60°C (14°F to 140°F)

Configuration - Create your account / Login

1. Create your account

If you have not yet created a PodoSmart account, please register via the following link:

https://app.podosmart.tech/auth/sign-up

2. Login

If you have already created your account, simply log in via the following link:

https://app.podosmart.tech/auth/sign-in

3. Access the interface

Once you have created your account, you will have the possibility from the interface to configure your kit directly, or to do it later to directly discover the different elements of the interface.

You will be able to configure your kit at any time by clicking on "start now" at the bottom right of the home page.

> For an optimal experience, it is best to use the Mozilla Firefox or Google Chrome browsers..

Configuration - Connecting the PodoStation

1. WIFI connection

Make sure your laptop / PC is connected to your normal / preferred WIFI network.

2. Go to the configuration page

If you have just created your account, the interface will automatically suggest that you configure your Podostation.

If you wish to do it later, you can access the configuration page from the PodoSmart interface home page by clicking on "Start Now" at the bottom right of the screen. The configurator will automatically open in a new tab of your browser, then follow these 5 steps:

Step 1:

Connect your Podostation to the USB port of your computer.

Step 2:

Click on "Start Search".

Lancer la recherche

Step 3:

Select your usual WIFI network.

Step 4:

Enter your WIFI password (you can click on the eye symbol at the end of the password line to verify the information entered) and click "Connect".

Step 5:

Once the configuration is complete, you can close the configuration tab and return to the PODOsmart interface. It will be automatically updated with the equipment control and you will be able to make acquisitions..

You can access our help page on https://www.podosmart.tech/help

Each time you use a different unsetup device (laptop / PC) with your PodoStation or another WIFI network, you will need to repeat steps 1 to 4 and select "**Connect**" in step 5.

Charging the Insoles

Connect your insoles via a USB socket or directly to the PodoStation with the white Y-cables provided, taking care to insert the small USB plug in the right direction into the charging port on the side of each insole, behind the small cover. You can charge up to 4 pairs of insoles simultaneously. Charging time is about 2.5 hours.

Charge the insole at temperatures between 15°C (59°F) and 34°C (95°F).
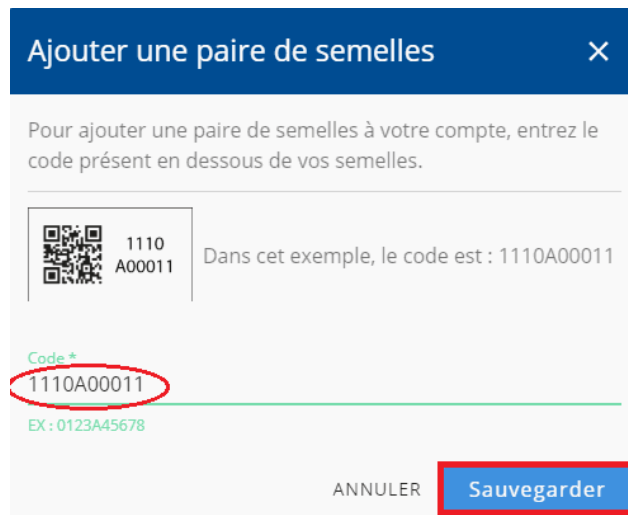
⚠️ **Warning!**

Do not use an insole during charging.

Remember to recharge the insoles before prolonged non-use to avoid damage to the battery.

Add a pair of insoles

If you are not already logged in to the software interface, log in to https://app.podosmart.tech

Click on the **Equipment** tab in the menu on the left, then click on **+** to add a pair of soles.

The "Add a pair of soles" window appears.

Enter the code located under the soles (without spaces between characters) and click on **Save**.

Check the battery level of the insoles

Note that you will NOT be able to see the charge level of your insoles when charging and as long as they are plugged in.

Go to the **Devices** tab, click **Check Status** if necessary.

The battery level of the left and right soles will appear.

> Troubleshooting:
>
> If you can't see the charge level even after clicking on the icon, your insoles may be "asleep": to save energy, they automatically turn off after about 20 minutes. To "wake them up", you must shake them firmly (please DO NOT hit them on a hard surface as this could damage the sensors). Then you can refresh the web page using F5 on your keyboard.

Update the insoles

To start the update, your soles must be charged and saved in the equipment tab.

The orange circle ③ at this level indicates the number of updates to be made.

Click on ↻ to update the soles.
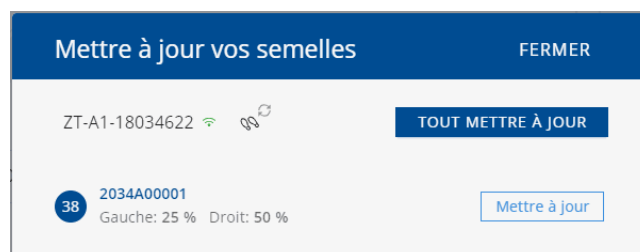
A new page appears; choose to update one pair of soles by clicking **Update** or all your pairs by clicking **Update All**.

Add a patient
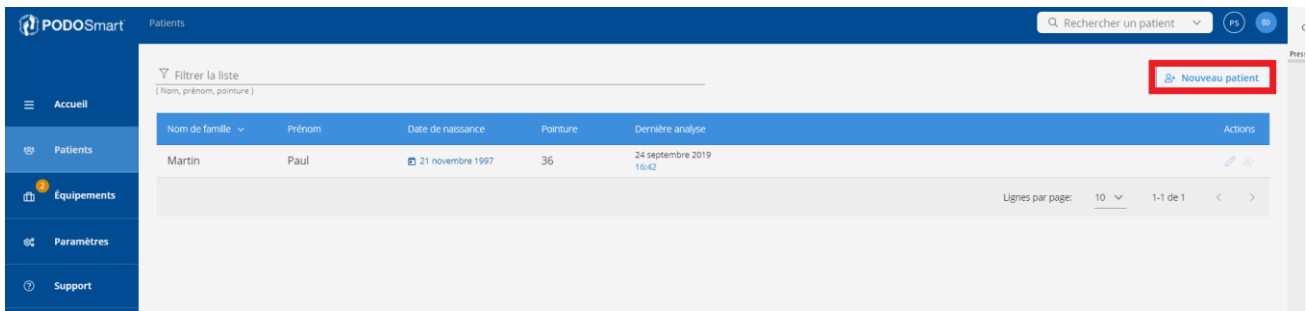
Click on the **Patients** tab, and then click on **New Patient**.

Fill in the form. Required fields are marked with *.

Once completed, click on **Save**.

Once the patient has been created, you can add a pathology, a reason for consultation and a history.
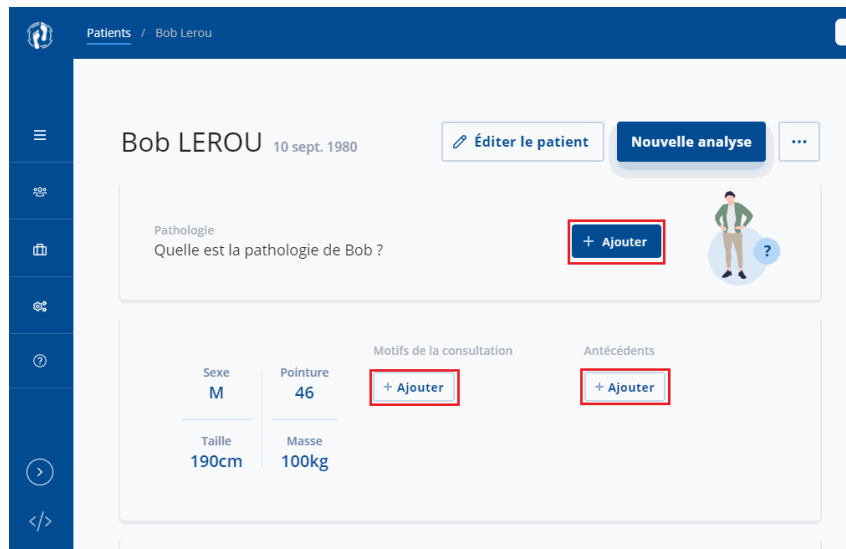
Making and stopping an acquisition

Select the appropriate patient from the patient list (assuming the patient has already been created).

Click on "**New Acquisition**".

Make sure that the patient is within 1 to 2 metres of the PodoStation.

  You can choose between 3 types of acquisitions: walking, running on treadmills and running outdoors.

In the next step, you can add the patient's pain, type of shoes and potential walking aids.

Then select the pair of soles with which you are going to make the purchase.

Finally set the acquisition time and the acquisition start time and press the blue arrow when you are ready.

Once the acquisition has started, your patient can run.

If you wish, it is possible to stop the acquisition before the time limit has expired by clicking on **Stop Acquisition**.

Once the race is completed, ask your patient to come back close to the station.

Click on **Stop acquisition**.

The PodoStation will send the data to our servers for analysis.

Once this step has been completed, you will be automatically redirected to the acquisition analysis.

Data visualization charts

Once the acquisition is over, the report is displayed on the main results presentation page with the 5 steps of data analysis.

An interpretation manual is available for you to download, to help you have a better understanding of the results and add some meaning to your interpretation.

Troubleshooting

Podosmart uses a self-testing system. The error message is designed to assist you in identifying the action to be taken in case a problem is encountered.

Error	Action to be taken
Equipment	
No Podostation is currently available online.	Connect to the Internet / power supply.
No pair of insoles is currently available.	Add the insole in the database.
Acquisitions	
The acquisition is not valid.	Insufficient steps to restart the acquisition.
An error occurred when starting the acquisition.	Click on restart acquisition.
The insole was disconnected during the operation.	Bring the insole closer to the PodoStation.
This task is already running on these insoles.	The insole is already in use. Take another insole and click on start acquisition.
Error when connecting to the insoles.	Make sure you're close to the PodoStation.
A communication problem with the insoles has occurred.	
No insoles have been scanned.	Select a patient and start a new acquisition.
You have no acquisition.	

Important notice

Insole cleaning instructions

Hygiene of the insoles:

You may use disposable socks - Do not use the insole without clean socks.

We recommend you to perform the following operations on a regular basis:

- Clean with a damp cloth, a slightly damp microfiber cloth, sanitizer, or an antifungal spray.

- Allow to air dry or wipe with a clean, dry, lint-free cloth.

⚠ **WARNING!**

Cleaning:

- Do not use corrosive products, oil, acetone or petroleum-based products to clean PodoSmart insoles.

- Do not put the PodoSmart insoles in the washing machine, tumble dryer, hand dryer or any other equipment.

- Do not soak the insoles in water.

Storage Requirements

- Recommended battery rate for storage: between 75% and 100%.

- Storage and transport temperature: between -10 ° C and 60 ° C (between 14 ° F and 140 ° F)

- Remember to recharge the insoles before prolonged non-use to avoid damage to the batteries.

- Atmospheric pressure: between 70-106Kpa

- Recommended humidity (humidity level): 45 ~ 85% RH

Recycling

The device contains electronic components and lithium-ion batteries. The PodoSmart insoles may not be disposed of in household waste. The device must be taken back by your health care provider, distributor, manufacturer.

Label Symbol Explanation

📖	Always read the instruction for electrical products carefully before use. It will help you understand your product more easily and avoid unnecessary risks. Keep this instruction manual in a safe place for future use.
CE	Directive 2014/53/EU of the European Parliament
FC	USA: Federal Communications Comission (FCC) Statement.
🗑	Discarded electronic equipment have to be collected at the appropriate recycling locations
🧍	Type B applied part (the device is protected from leakage currents and electric shocks)
⊜ R 214-10 5146	Product complies with the certification by Type of the Ordinance concerning Technical Regulations Conformity Certification of Specified Radioequipment. (Japan – MPT Ordinance N°37 of 1981)
♻	Contribute financially to a qualified national packaging recovery organization set up in accordance with the principles defined in European Packaging and Packaging Waste Directive 94/62 and the respective national law.

CE

EU Directive 2014/53 / of the European Parliament and of the Council of 16 April 2014 on the harmonization of the laws of the Member States relating to the availability on the market of radio equipment (RED).

Directive 2011/65 / EU of the European Parliament and of the Council of 8 June 2011 on the restriction of the use of certain hazardous substances (ROHS) in electrical and electronic equipment.

EU Directive 2012/19 / of the European Parliament and of the Council of July 4 2012 on waste electrical and electronic equipment (WEEE).

EU EMC Directive 2014/30 / and MDD Directive 93/42 / EEC.

The complete standard and declaration are available on :

www.podosmart.tech/help

FCC-FCCID: 2AQ4H-DSI

United States: Statement by the Federal Communications Commission (FCC). This device complies with Part 15 FCC rules. Operation is subject to the following two conditions:

"Changes or modifications not expressly approved by Digitsole 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 set 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, no guarantee can be made regarding interference to radio communications 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 asked to try to correct the interference by one or more of the following measures:

- Redirect or move the receiving antenna.

- Increase the distance between the equipment and the receiver.

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

- Cotact the retailer or an experienced radio / TV technician for assistance.

IC:24304-DSI

The equipment has met the requirements and complies with Canadian regulations:

RSS-247 issue 2; February 17

RSS-102, number (March 2015)

RSS - Gen, number March 5 2019

Help and support

Help – PodoStation

Detailed information is available at:

https://podosmart.tech/help

Contact

A question, a suggestion? Do not hesitate!

Contact us:

+33 (0)3 83 36 72 72

contact@podosmart.tech

DIGITSOLE

13 Rue Héré

Place Stanislas

54000 Nancy

France