

## myBioness™ User's Guide Copyright

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Service personnel are advised that when changing any part of the L100 Go, L300 Go, or L360 Thigh System, care should be taken to dispose of those parts in the correct manner; where applicable, parts should be recycled. For more detailed information regarding these recommended procedures, please contact Bioness Medical, Inc. Bioness Medical, Inc. is committed to continuously seeking and implementing the best possible manufacturing procedures and servicing routines.

myBioness Mobile Application, Model Number: LG4-8000

myBioness Application (Android), Model Number: LG4-8100



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# USER'S GUIDE

myBioness™





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## myBioness™ Mobile Application Introduction

The myBioness application is an optional software application for use with the L100 Go, L300 Go, and L360 Thigh Systems that can be downloaded onto a smartphone. When used with compatible L100 Go, L300 Go, and L360 Thigh Systems, the myBioness app provides functional controls, activity tracking capabilities, and system error messages. Refer to the User Guide provided with your system for information on the operation, use and maintenance of the L100 Go, L300 Go, and L360 Thigh Systems.

### Pairing myBioness with Your L100 Go, L300 Go, and L360 Thigh Systems

1. Press the myBioness icon on your mobile device to launch the app.

**IMPORTANT:** Bluetooth must be turned on to pair the app with your L100 Go, L300 Go, and L360 Thigh Systems.

2. myBioness will automatically open to the User Instructions screen. Follow the pairing instructions to have your L100 Go, L300 Go, and L360 Thigh Systems ready for the next step. Press Done. See Figure 1-0.
3. When the Setup screen opens, press the green bar with the Bluetooth icon. See Figure 1-1.
4. myBioness will enter pairing mode. See Figure 1-2.

PAIRING INSTRUCTION SCREEN



Figure: 1-0

INITIAL PAIRING SCREEN



Figure: 1-1

ACTIVE PAIRING SCREEN



Figure: 1-2

5. Put the Lower Leg EPG into pairing mode:
  - Make sure the EPG is attached to the Cuff cradle. Press the Power button to turn the EPG on.

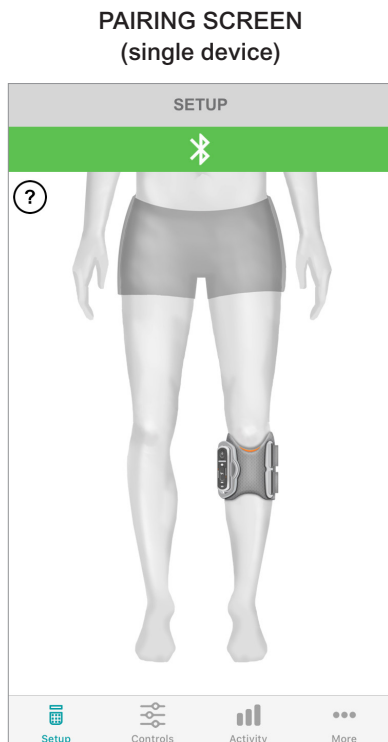


Figure: 1-3

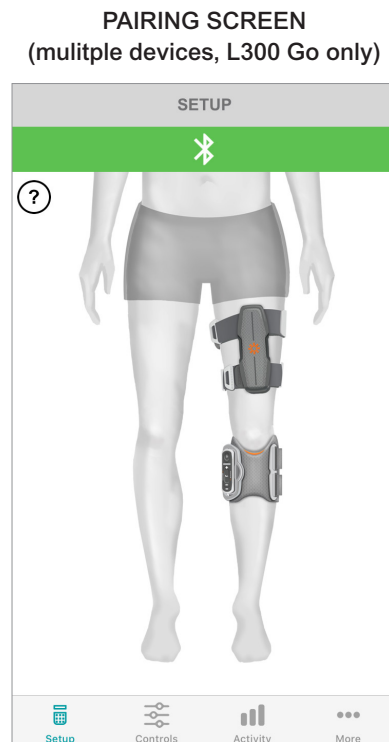


Figure: 1-4

- Simultaneously press the Plus and Minus buttons on the Lower Leg EPG. The EPG will go into pairing mode and the EPG Indicator Light will display an alternating green, yellow, and red light.

**Note for L300 Go and L360 Thigh System Users Only:** For Thigh Stand Alone users, perform the instructions listed in step 5 using the Thigh EPG.

6. The Bluetooth Pairing Request window will appear. Press Pair to complete the process. Once paired, the EPG State Indicator Light will display a flashing green light and the paired L100 Go, L300 Go, and L360 Thigh Systems will be displayed on the Setup Screen. See Figure 1-3 for single device or Figure 1-4 for two devices on one leg.
7. Once your L100 Go, L300 Go, or L360 Thigh System and myBioness have been paired, the app will automatically recognize and connect to your system the next time the app is opened.

**Note for L300 Go Users Only:** If a Thigh EPG and/or Foot Sensor is paired with the Lower Leg EPG, icons for those items will automatically appear on the Setup screen.

## Controls Screen

The Controls screen can be accessed by double-tapping one of the device icons from the Setup screen or by tapping the Controls icon in the menu bar at the bottom of the screen. If only one device is connected, the screen will appear as shown in Figure 1-5. If more than one device is connected, the screen will appear as shown in Figure 1-6.













Device Management Icons	Description
 Gait icon	Double-tap the Gait icon to activate Gait Mode. Double-tap it again to disable Gait Mode before entering another mode.
 Cycle Training icon	Double-tap the Cycle Training icon to activate Cycle Training Mode. Double-tap it again to disable Cycle Training Mode before entering another mode. (L300 Go and L360 Thigh System Users Only)
 Training icon	Double-tap the Training icon to activate Training Mode. Double-tap it again to disable Training Mode before entering another mode.
 Manual Stim icon	Double-tap the Manual Stim icon to activate stimulation
 Cycle Training Settings icon	Tap the Cycle Training Settings icon to make adjustments to the timing settings. (L300 Go and L360 Thigh System Users Only)
 Intensity Controls	This control is only available while a mode is active. Press either the Plus or Minus icons to adjust the Stimulation Intensity as desired. Press the "set default" button to save your preferred stimulation intensity each time you use the myBioness app. Gait, Cycle, and Training modes all have separate default settings that may be set at different stimulation intensity levels.
 Speaker icon	Tap the speaker icon to toggle between three settings: 1) Audio off  , 2) Audio on for the EPG buttons  , 3) Audio on for the EPG buttons and audio feedback on during stimulation 
 Vibrate icon	Tap the Vibrate icon to enable or disable vibration feedback during stimulation.
 Battery icon	Status of remaining battery life of EPG.

Table 1: Icon Descriptions

**Note:** A green icon indicates when a mode is active.



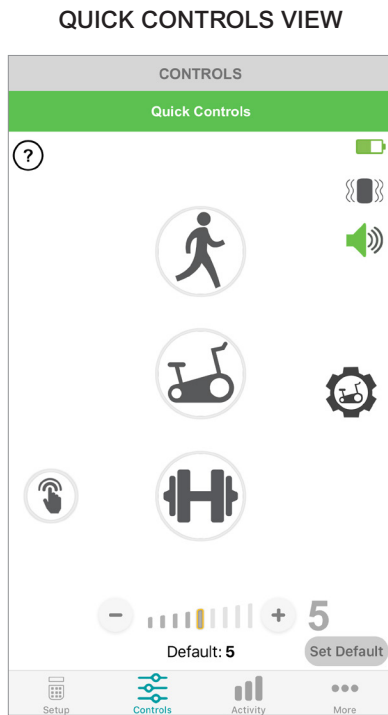


Figure: 1-5

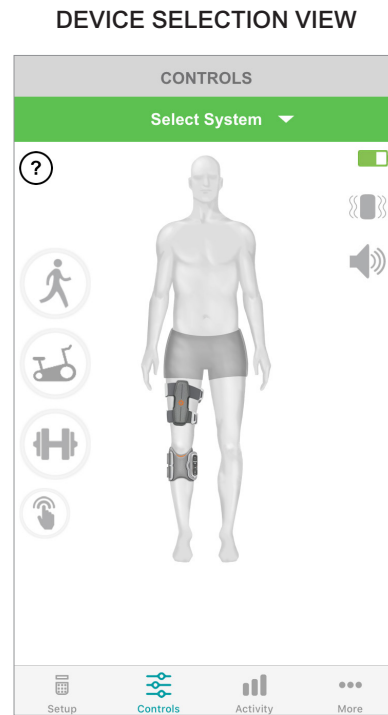


Figure: 1-6

## Managing Multiple Devices

If you're connecting more than one device, open the Controls screen which will appear as shown in Figure 1-7. You can manage each device individually or make universal changes to all connected devices. Select a device by tapping on the green bar at the top of the screen, and select from the drop-down as shown in Figure 1-8. Selecting universal controls will allow management of limited settings for all connected devices.

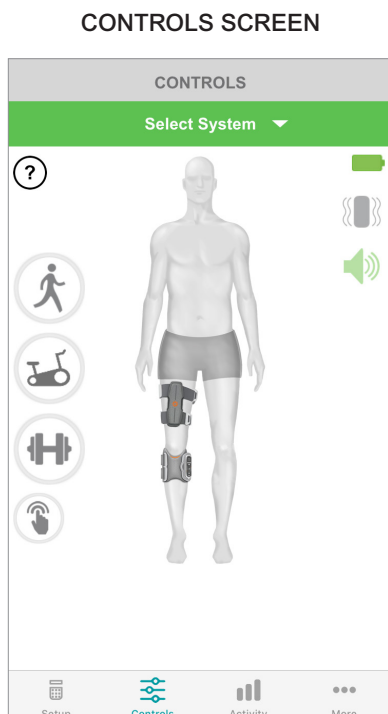


Figure: 1-7

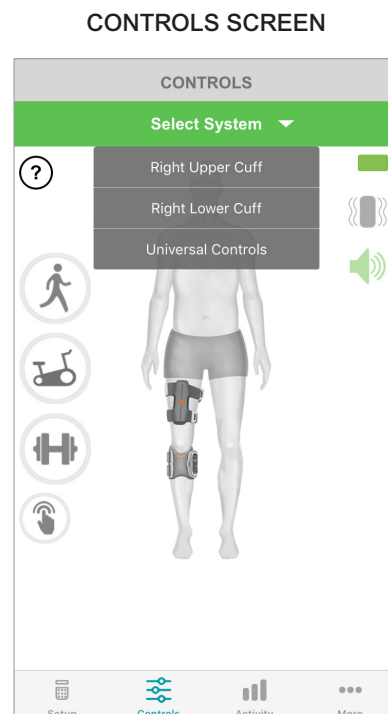


Figure: 1-8

**IMPORTANT:** Stimulation intensity is an individual device management function only. Select the desired device from the “Select System” drop down menu and adjust as necessary.

## Cycle Training Mode

### (L300 Go and L360 Thigh System Users Only)

Cycle Training mode is used to train muscles only while using a stationary bicycle. In Cycle Training mode, the stimulation is synchronized with the rotational position of the cycle crank. Stimulation during Cycle Training mode is initiated by the motion of pedaling to achieve dorsiflexion and knee extension or flexion while cycling. Cycle Training Mode must be activated by your health care provider in the clinic before you can use it at home with the myBioness App.

### Cycle Training Settings

The stationary bicycle at the clinic may be a little different from the one at home, so the stimulation timing may need to be adjusted. This can be done in the Cycle Training Settings.

**Note:** It is not likely that large changes in stimulation start and stop position will need to be made. Make small adjustments until you are comfortable with the controls for Cycle Training Mode.

1. Begin by placing your feet on the pedals with the foot of the affected side at the top of the crank. See Figure 1-9.




Figure 1-9: Starting Foot & Pedal Position

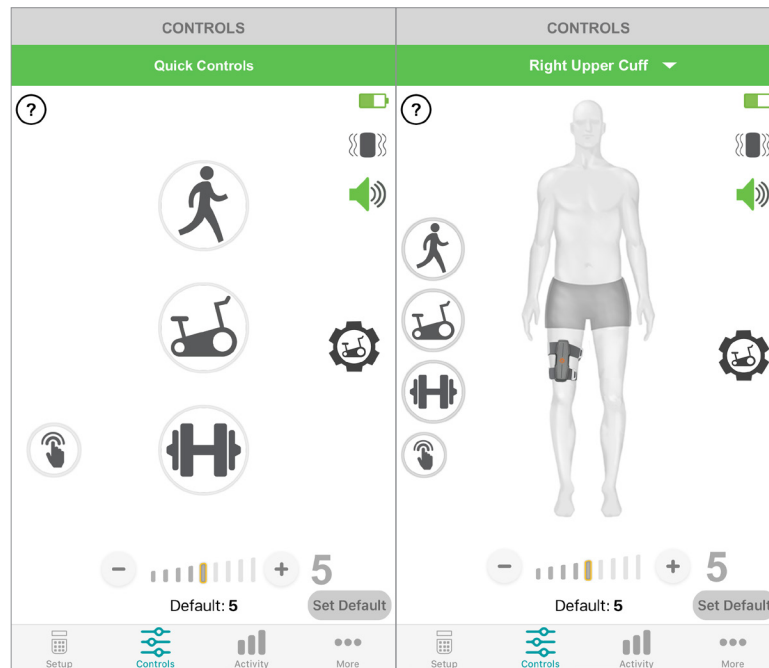
2. Activate Cycle Training mode by double-tapping on the Cycle Training icon. See Figure 1-10.
3. Begin pedaling. Stimulation may take up to three rotations to begin.
4. Tap the Cycle Training Settings icon on the Control Screen. See Figure 1-10.
5. Use the arrow buttons to adjust the position at which the stimulation will start and stop.

**Note:** The green pedal indicates the position in the cycle at which the stimulation will start, and the red pedal indicates the position at which the stimulation will stop.

6. If using multiple devices (e.g. Upper & Lower Cuff), follow steps 1-5 to program each device individually. See the "Managing Multiple Devices" section above.

1. To close Cycle Training Settings, tap the X button . See Figure 1-11.
2. When finished exercising, turn off Cycle Training mode by double-tapping the Cycle Training icon.

#### CONTROLS SCREEN

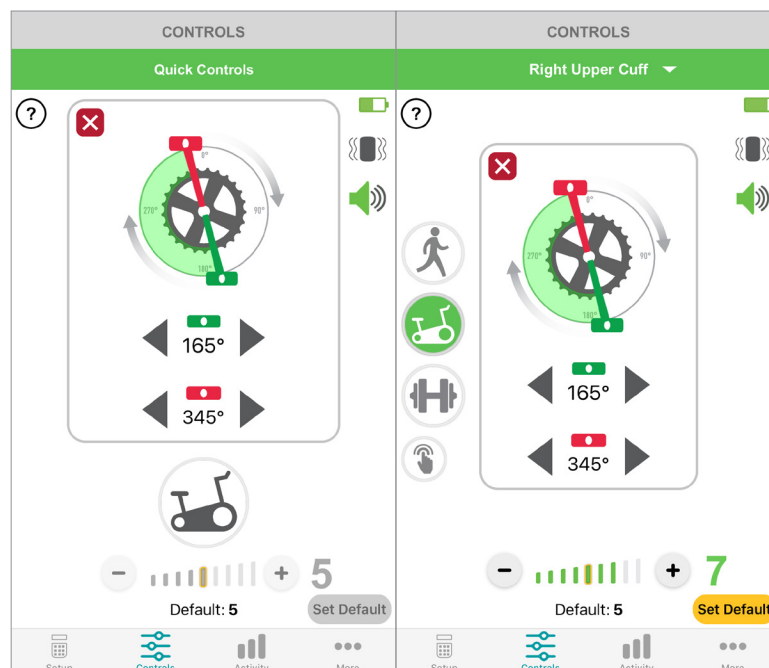


Quick Controls View

Manage Device Controls View

Figure: 1-10

#### CYCLE TRAINING CONTROLS



Quick Controls View

Manage Device Controls View

Figure: 1-11

## Screens

### Activity Screen

myBioness communicates with your L100 Go, L300 Go, or L360 Thigh System and records the steps you take while you're wearing the system. To see your daily totals, access the Steps screen and press the Steps icon. Your information is shown in graph format. View the information by days, weeks or months. See Figure 1-12.

myBioness records your distance, as well. Daily distance is displayed on the Distance screen. To access this screen, press the Distance icon.

**Note:** To set your Daily Step Count goals, go to the app's More screen and access Settings.

Daily logs will update automatically. See Figure 1-12. All operational modes (e.g. gait, training, etc.) must be turned off to update the weekly, monthly, and yearly logs. To update weekly, monthly, and yearly logs, swipe down on the activity screen. See Figure 1-13.

ACTIVITY SCREEN

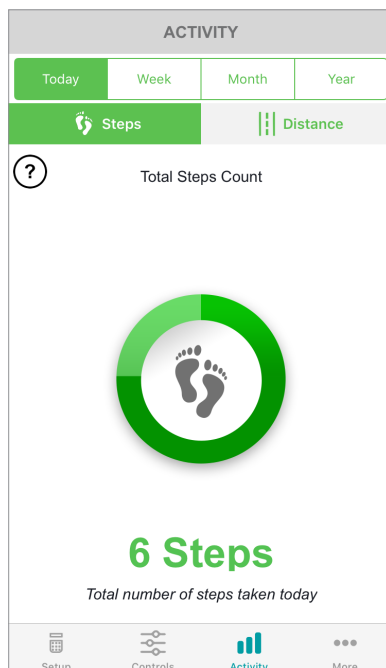


Figure: 1-12

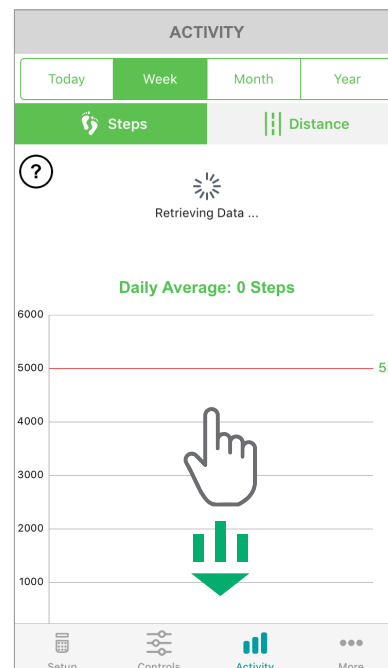


Figure: 1-13

## **More Screen**

The More screen contains access to reference information and app settings.

### **User Instructions**

The User Instructions screen provides access to information that will help you navigate the myBioness app.

### **Device Details**

The Device Details screen provides information on your connected devices. This information may be helpful for technical support related calls.

### **Settings**

The Settings screen provides access to input goals and other personalized information, including units of measurement for distance. You can set your Daily Step Goal on this screen by tapping inside the box where the numerical steps goal is displayed. Click "Refresh Logs" to clear your existing daily logs and load your most recent daily logs from your EPG.

### **About**

The About screen provides information on the myBioness mobile app version, which may be helpful for technical support.

### **Contact**

The Contact screen provides access to contact information for Bioness. If you obtained your device through a distributor, please contact them directly.

## Error Notifications

When an error occurs with the L100 Go, L300 Go, or L360 Thigh System, you'll hear an audio alert and see the Status Indicator Light flashing red. The myBioness app will show a pop-up notification with an error code. See Figure 1-14.

**Refer to the *L100 Go, L300 Go, or L360 Thigh System's User's Guide* for a complete list of error code descriptions, troubleshooting, and safety information.**

### ERROR CODE ALERT

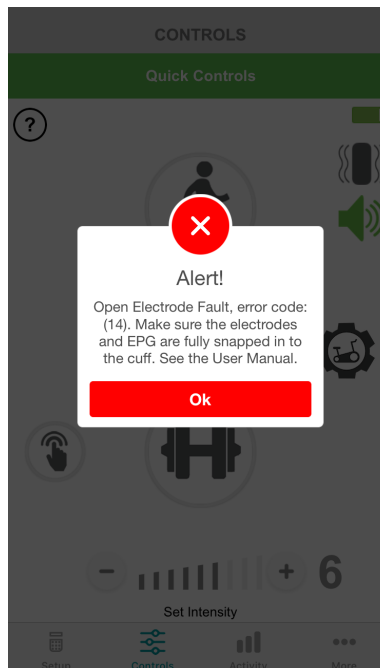


Figure: 1-14