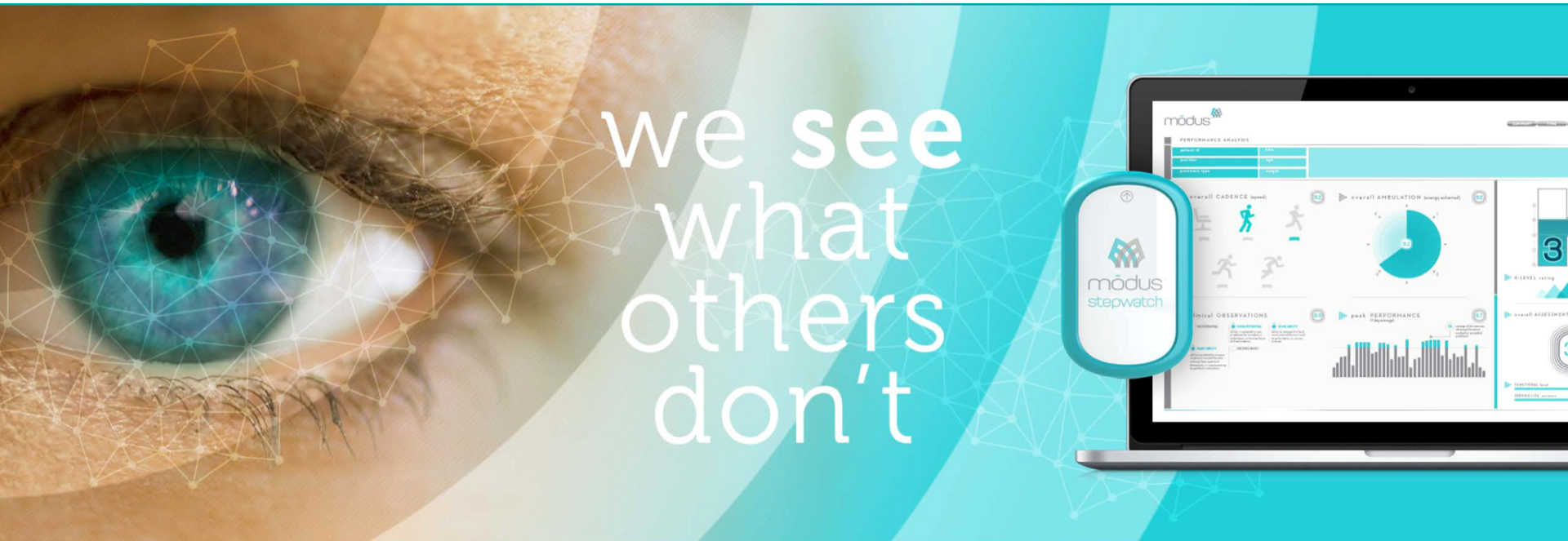


Measure what Matters™



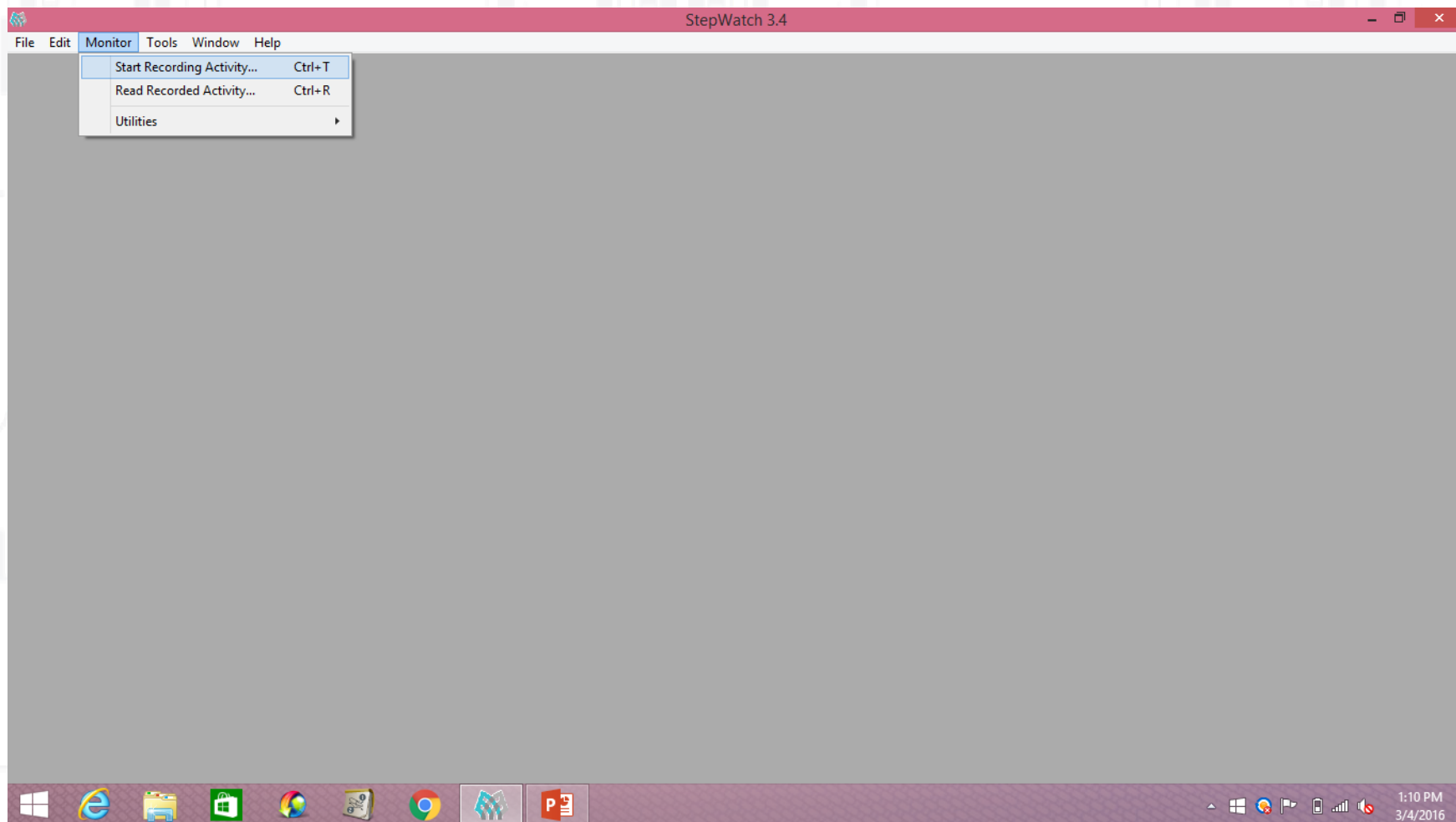
Programming the StepWatch™

modus health, llc
202.830.1100





After your StepWatch™ monitor and dock are connected, click to proceed.



Under the “Monitor” menu, select “Start Recording Activity”.

StepWatch 3.4

File Edit Monitor Tools Window Help

Start StepWatch

1. Describe Client

Height 71 Inches

Quick Stepping Does the client regularly participate in activities that involve short quick movements? (Examples: child's play, vigorous dancing, basketball, running with short steps) No

Walking Speed Relative to people of similar height, the client's normal walking speed is: Normal

Range of Speeds What is the client's range of walking speeds? Uses a moderate range of speeds

Leg Motion Describe the appearance of the client's leg motion: Normal

2. Set Start Time, Recording Interval and Duration

Start recording steps ☒ Now or ☐ Later... 12/31/2016 hh:mm Timezone
 00:00 EST.CDT

Save recorded steps every 60 seconds and stop recording after 15 Days

3. Optional Client Information (Unless Required by Preference Settings)

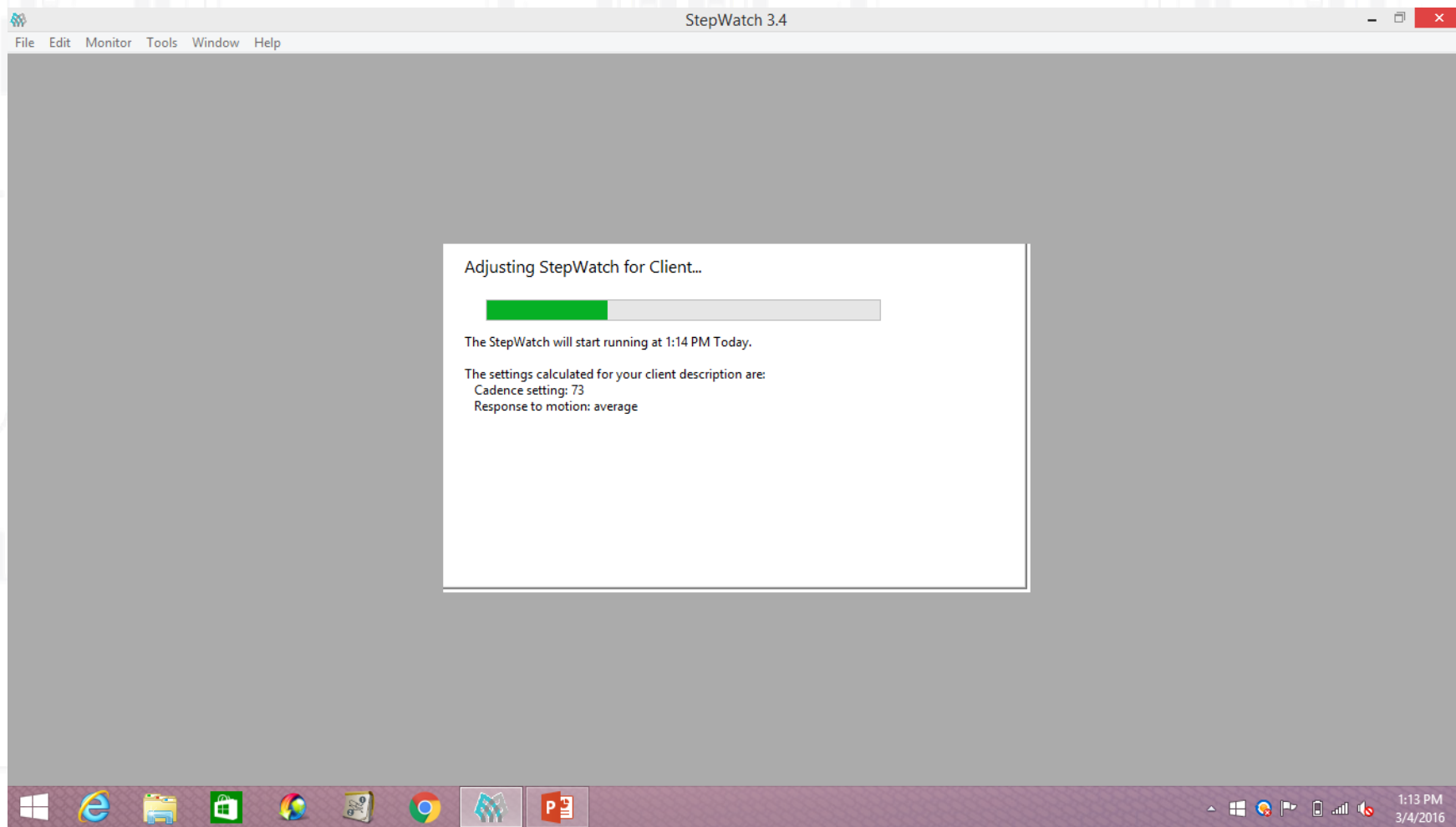
Client ID Trial ID Age 27 yr Weight 155 lb Gender Female

User Notes (64 character limit)

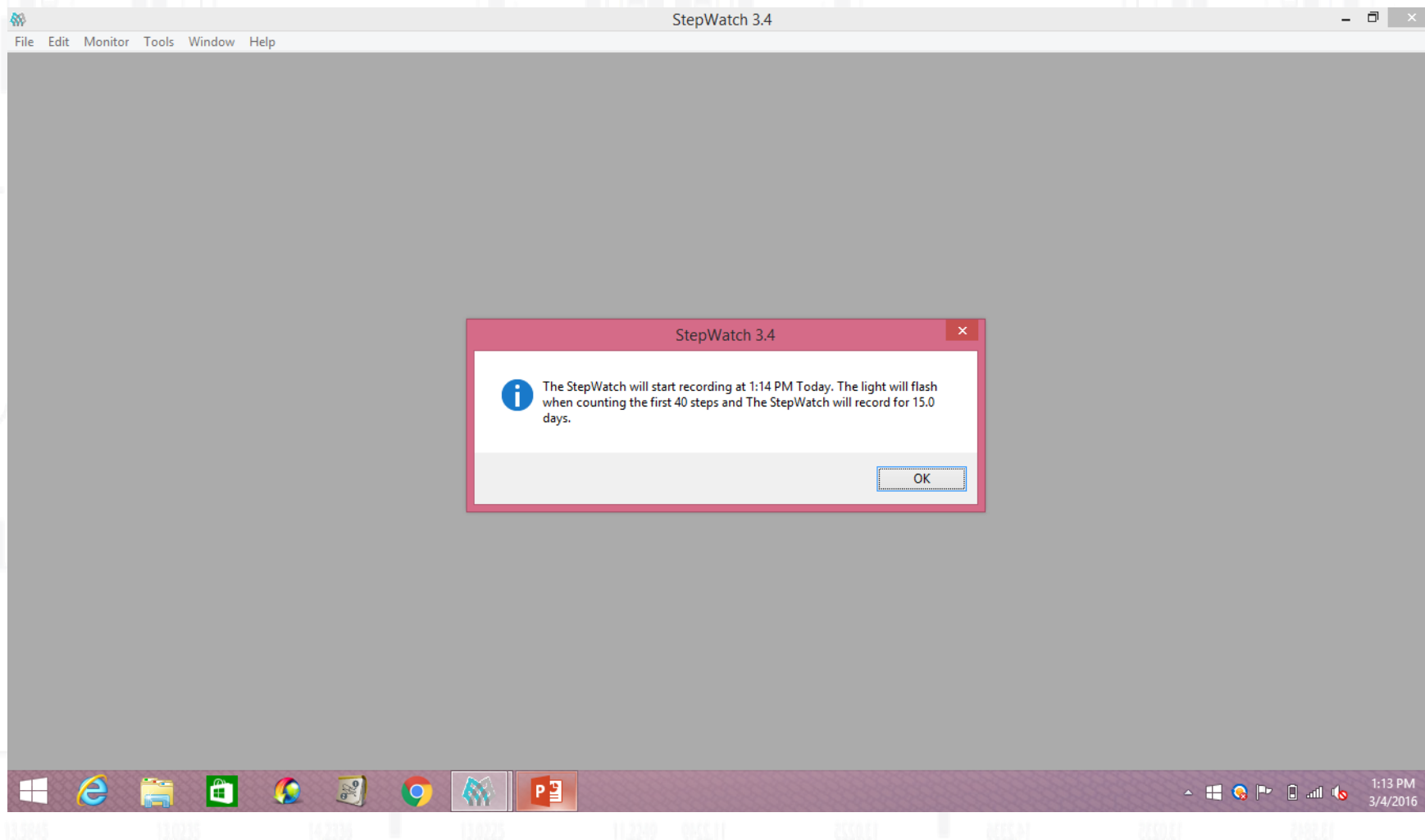
* Some characters cannot be used (particularly accents in languages other than English)

Cancel Start

Program the correct settings.



Allow the StepWatch™ to finish programming before removing from the dock.



Review your settings and attach the monitor to your ankle.
Recording will begin at the designated time.