

## 1 Contents

Please make sure you have all the following contents in your kit:

- HxM2 wearable device with electrode connector.
- Small packet containing 2 electrodes.
- Large resealable packet containing 6 electrodes.
- Extra battery for Zephyr Device.
- Sticker to mask green light if desired.
- Quick start guide.

### IMPORTANT:

You will need an Internet connection and either:  
- iOS 9.0 or above  
- Android 5.0 or above

## 2 Install the App

Install the Medibio app on your iOS or Android device. To install the Medibio app, please follow these steps:

- Make sure you have updated your operating system to iOS 9.0 or Android 5.1 or later.
- Make sure you have a WIFI internet connection or enable Mobile Data on your iOS or Android Device.
- Open the App Store app or the Google Play store and search for 'Medibio ZBLE'.
- Select 'install' to install the app on your iOS or Android device.
- The Medibio app should install and appear on your iOS or Android Device.



App Store



Google Play

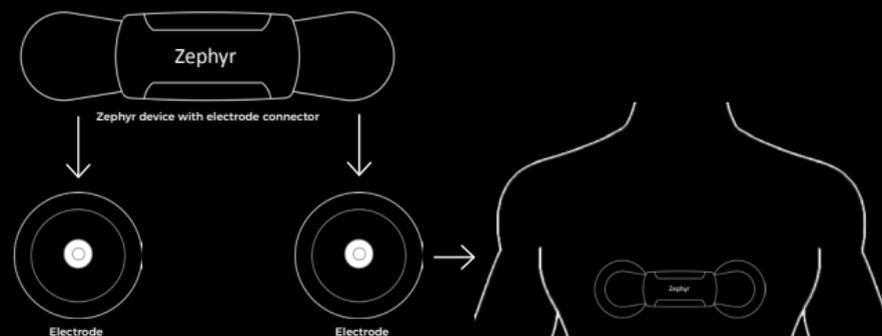


Medibio  
ZBLE App

## 3 Fit your Device

Follow the steps below in order to fit your device properly.

- Fit the electrodes onto the connector being careful not to peel off the paper backing.
- Peel the paper backing off the electrodes and place the Zephyr Device in the center of your torso as illustrated below:



### IMPORTANT:

Ensure the Zephyr Device is fitted right way up with "Zephyr" text facing up.

## 4 Create your Account

Before starting your scan it is necessary to create a Medibio account. To create your secure, private account, please perform the following steps:

- Open the Medibio ZBLE app.
- Enter your 9-digit Program Code.
- Enter your email address and password to create your private account and login credentials (this maybe your personal or work email).
- Confirm your password, if you have not previously created an account.
- You should receive a verification message that you have successfully created your account and are now ready to perform an overnight scan. We recommend you to complete a test scan for a few minutes. You will receive an 'test scan complete' notice after you upload your scan.
- If you do not receive this notice after 10 minutes, please contact Medibio.

## 5 Running a Scan

Follow the prompts on the Medibio App for starting and completing a scan. Here are a few important things to remember when starting your scan:



- Ensure your phone or tablet is fully charged and/or plug in overnight to a nearby charger within Bluetooth range.



- Check the battery in your Zephyr device has greater than 50% charge. (The Medibio app displays this information when the device is connected to your phone).



- Complete a scan for 20 - 22 hours. Ensure you begin your scan 2 hours before sleep

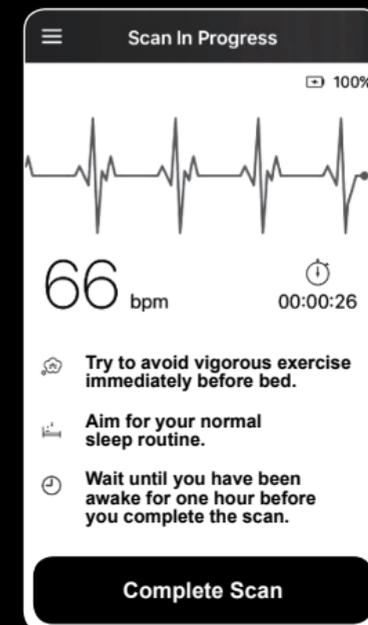


- We recommend beginning a scan at noon

## 6 Completing a Scan

When completing your scan follow these steps to ensure that your scan is successfully uploaded.

- After finishing a scan, push the "Complete Scan" button.
- Complete the questionnaire.
- Your scan will upload automatically.



## 7 Results

Your results will be available within 24 - 48 hours.

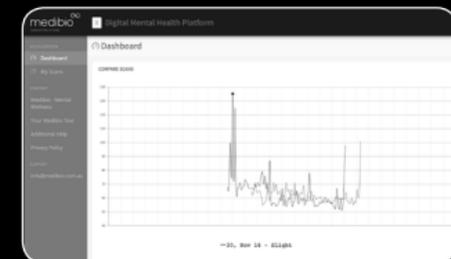
Results from your scans can be viewed and analysed on the Medibio Portal.

To access the portal, open your web browser and go to: <https://app.medibio.com.au/>

Use your Medibio Account details for Login.

Know your numbers at the Medibio Portal:

- View and compare all your personal scans and biometrics
- Identify changes and progress over time
- Compare results relative to all others
- Mental Wellness insights

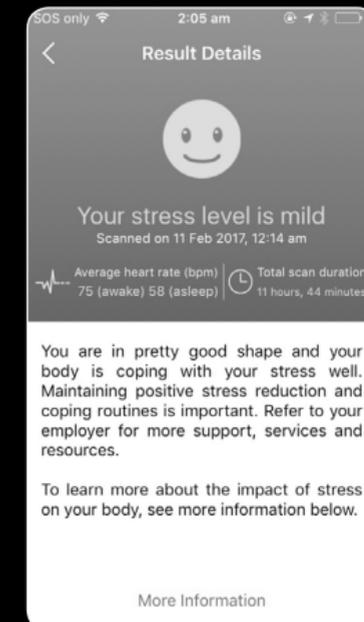


## 8 Mental Wellness Solution

Medibio provides you with an objective analysis of Mental Wellness.

We measure and assess your Circadian Heart Rate profile and other key biometrics to detail and categorise the impact of stress

- Know your Mental Wellness.
- Provide early identification of potential risks.
- Measure progress and change.



## 9 Medibio's philosophy

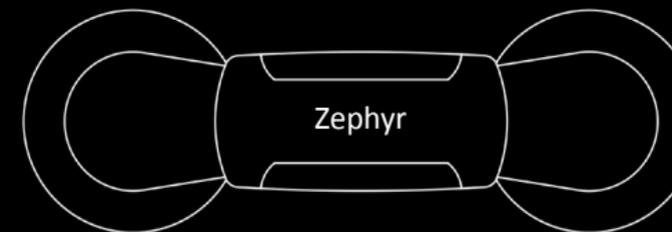
Knowing the impact of stress on your body is important. Long lasting or overwhelming stress can have negative impacts on your health, relationships, work, quality of life and can lead to chronic stress and mental illness. Medibio's objective Mental Wellness rating, data, graphs and reporting show the impact of stress and give you information to set goals, track activity and base your follow up action

We work towards assisting your trusted care providers to connect you with personalised services and resources to help change.

If you are in possession of this device please notify your program coordinator as this guide is only relevant to the Zephyr HxM device



[www.medibio.com.au](http://www.medibio.com.au)



Zephyr™ HxM

QUICK START GUIDE

\*If you have a different device, please refer to final page