



User Guide

for the GaitReady™ App.

Contents

SECTION A: INSTALLING THE APP

4

Further instructions for
iPhone / Ipad

4

SECTION B: USING THE INSOLES

6

Unboxing the insoles

7

Charging the insoles

8

Wearing the insoles

10

SECTION C: USING THE APP ON SMARTPHONES

11

The app overview

12

Connecting the insoles

14

Setting up insoles

16

Assessing your fall risk

18

Getting your reports

20

Performing exercises

21

Recording steps, gait & balance

23

SECTION D: USING THE APP ON TABLETS (IPAD) 25

The app overview	26
Connecting the insoles	28
Setting up insoles	30
Assessing your fall risk	32
Getting your reports	34
Performing exercises	35
Recording steps, gait & balance	37


Section A: Installing the App

Download the iPhone / iPad / Android app from the GaitReady website from your phone or tablet.

A pop-up opens up confirming the installation. Click on Install.

Further instructions for iPhone/ iPad

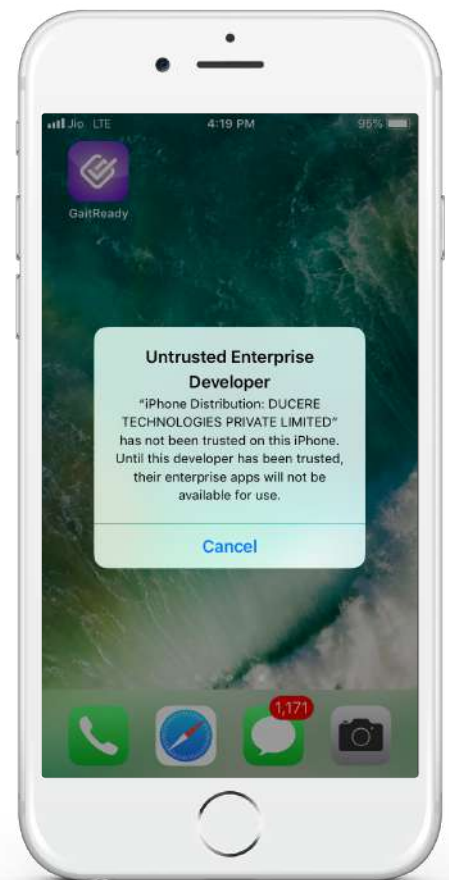
If you go back to the home screen, you will see that the Gaitready app begins downloading.

Once downloaded, click on the  app icon.

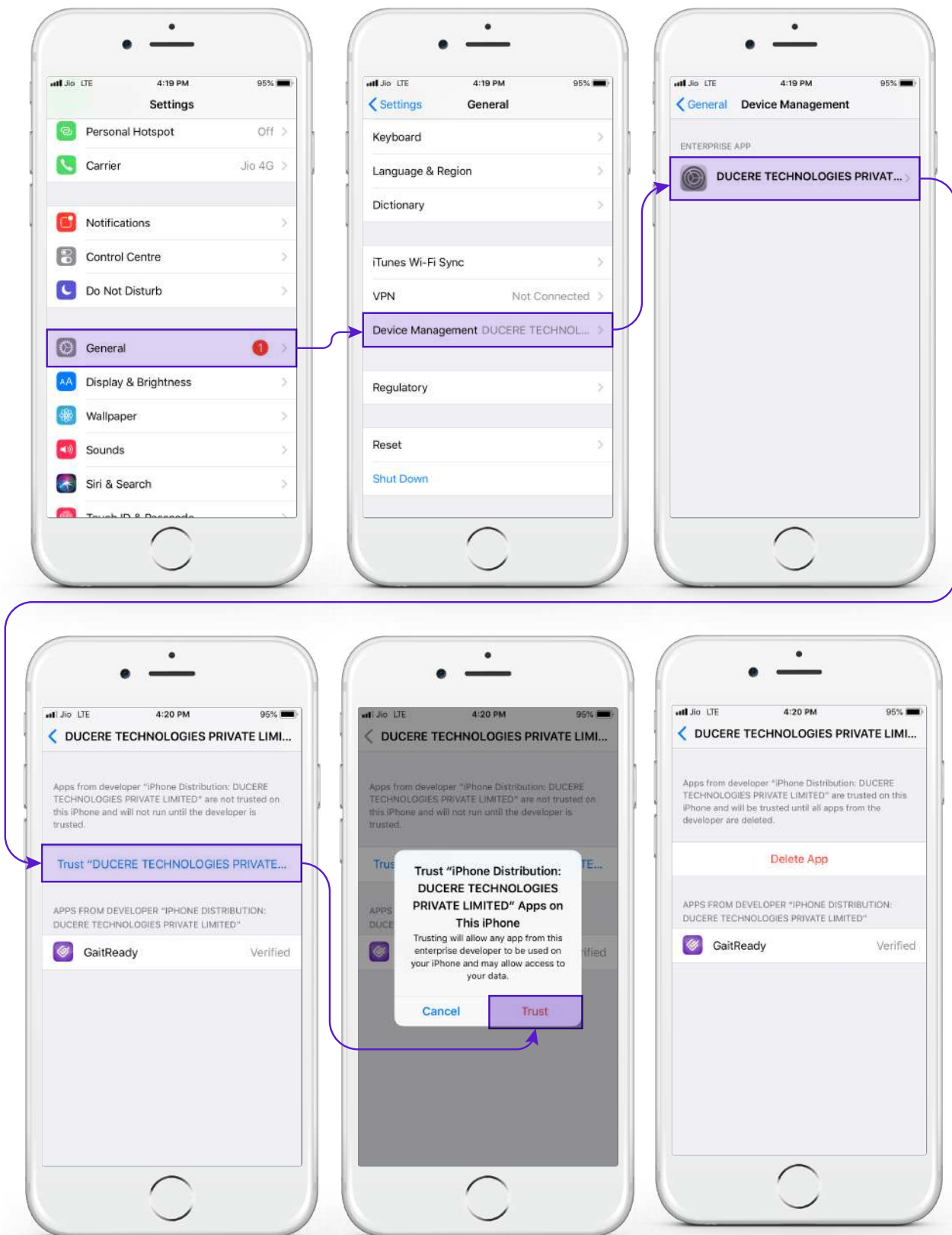
An alert window shows that the app needs to be trusted on the device, click **Cancel**.

Now go to **Settings**. 

Follow the steps illustrated in the next page.



Follow the below steps:



Click on **Trust** "DUCERE TECHNOLOGIES PVT...". A pop-up window opens to allow the phone to trust the app. Click on **Trust**. You will see that the Gaitready app is now verified. **Continue to the Home screen** and begin using Gaitready app.

Section B: Using the Insoles

Wear the Lechal insoles to perform fall risk assessments, access your Gait and Balance Data. These insoles connect to the GaitReady™ mobile app via Bluetooth.



POWERED BY  LECHAL



What's included in the Lechal insole box.


1. A pair of **Lechal insoles**.
2. A **USB splitter cable** that connects type-C usb slot in the insoles. The **USB power adapter** is included.
3. A **wireless charger**.
4. A printed **quick start guide** with instructions on assessments & exercises.



How to charge your Lechal insoles directly.

1. Connect the USB cable into each insole slot.
2. Plug the cables into a USB wall charger.
3. You will get a **short vibration** in each of the insoles as soon as you plug them to indicate they are charging,

When charging for the first time, leave the insoles on charge for at least **3 hrs**. For subsequent charging, you can charge the insoles for **2 hrs**.

Make sure you plug in both your insoles for charge. Your app will indicate the amount of charge left on your insole. Click on the  icon, located on top right to go know the battery percentage and other insole settings.




Using the wireless charger.

1. Connect both ends of the USB cable into each wireless charger.
2. Plug the USB cable to a power source.
3. Wait for the LED light on the wireless charger to **start blinking**.
4. Place the wireless charger on the Ⓢ mark of the insoles.
5. The **LED light will turn solid** to indicate the insoles are charging properly.

You do not need to remove your insoles from the shoes to charge them wirelessly.

When charging for the first time, leave the insoles on charge for at least **3 hrs**. For subsequent charging, you can charge the insoles for **2 hrs**.

Make sure you plug in both your insoles for charge. Your app will indicate the amount of charge left on your insole. Click on the  icon, located on top right to go know the battery percentage and other insole settings.

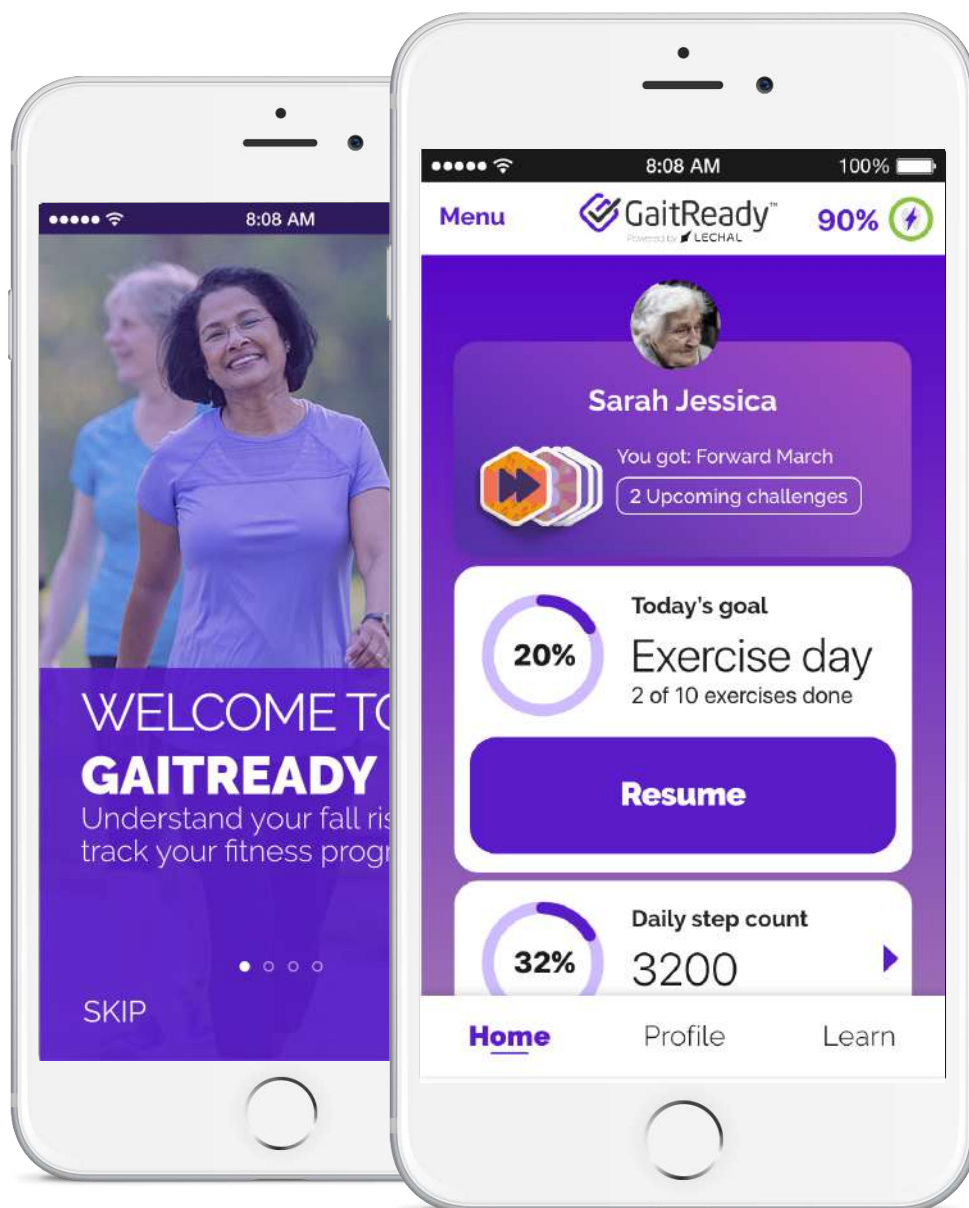


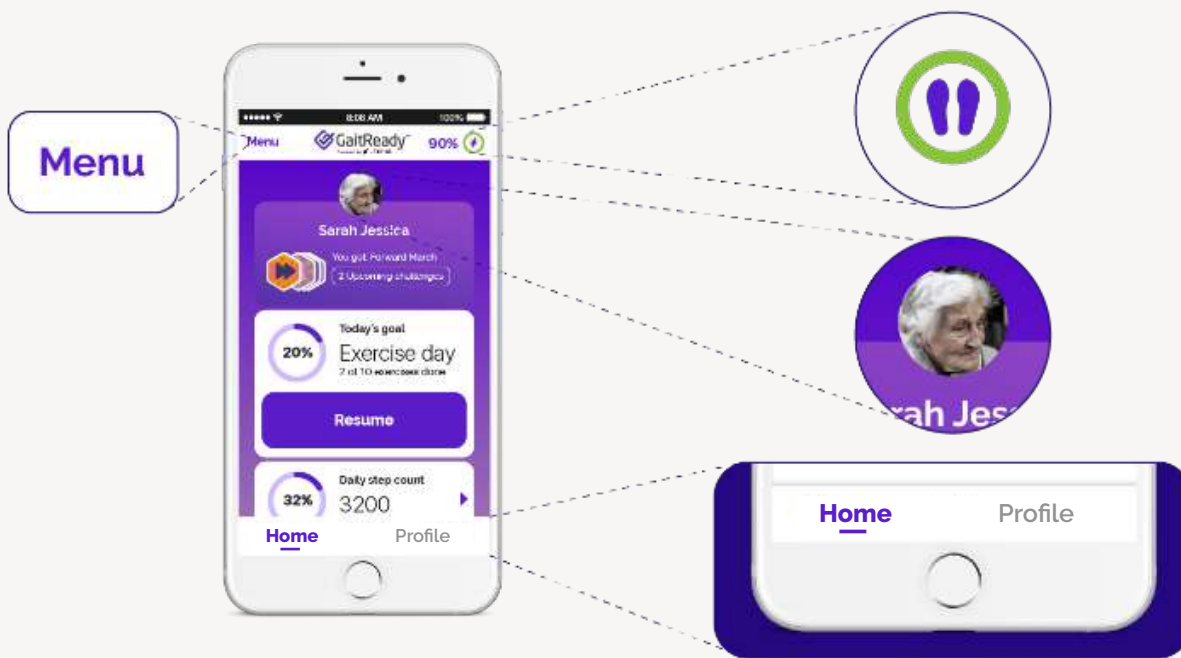
Wearing the insoles.

1. Use **closed shoes with laces**, preferably sports shoes.
2. Loosen your shoes by untying the laces and **remove existing insoles** (if they are removable).
3. Insert Lechal insoles into your shoes. You can loosen the laces in order to fit the insoles properly.
4. Make sure the fit isn't too snug for the insoles. Make sure you are using the correct shoe size and insole size.
5. Do not twist the insole excessively, as this may damage the embedded sensors.

Section C: Using the Mobile App

Use the GaitReady™ mobile app to perform monthly fall risk assessments, connect and view insole status, and monitor your daily activity data.





A brief overview of the Gaitready app.

The Gaitready app is split into 2 tabs.

1. **Home Tab:** This contains your daily exercises, your step count information and data about your last assessment showing weekly exercise adherence, weekly gait score, weekly balance & monthly fall risk in 3 tiles. Click on any of these tiles see more information.
2. **Profile tab:** This is where you can see and edit your profile. You can access all the achievements and finish upcoming challenges to earn more badges.

The other areas of the app are:

3. **Insole button:** Located on top right of the app, you can see your insole battery level and percentage.



Insoles need to be added for the first time pairing



Insoles are connected and charged.



Insoles are connected but need to be put on charge.



Insoles are not connected. Click on this icon to find connection options.



Insoles are charging. Check for at least 30% charge to use them.

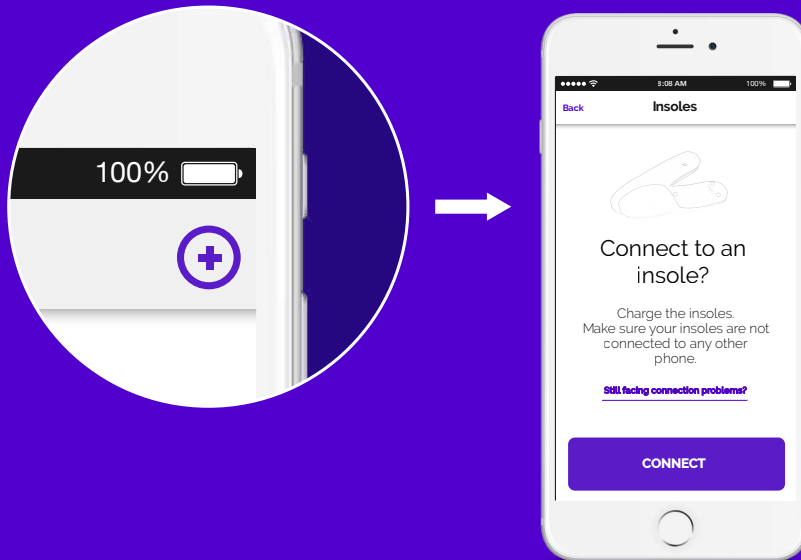


Insoles are having connection problems due to very low battery.

Clicking on the insole icon takes you to options like connect, disconnect, setup and insole settings.


4. **Menu button:** Click on the menu for Offline mode, Troubleshooting, Tutorials and other options.

5. Click on your profile picture to access the profile tab which shows your profile information, upcoming challenges and earned badges.




Connecting to your Lechal insoles.

Upon registering, you may have received an option to connect to your insoles. If you didn't connect then, follow the instructions below to connect to the insoles.

1. Click on the insole  icon from Home.
2. Make sure your Bluetooth® is on.
3. Click on **Connect** option on the insole page.
4. Match the insole number on the packaging with the option that is displayed.
5. Your insoles will be connected.

Checking whether the insoles are connected.

A simple test to check whether the insoles are connected is to press the  icon. Click on the **L** to check whether the left insole vibrates. Press on **R** to check whether the right insole vibrates. If one of them doesn't vibrate, try disconnecting the insoles and connecting again.

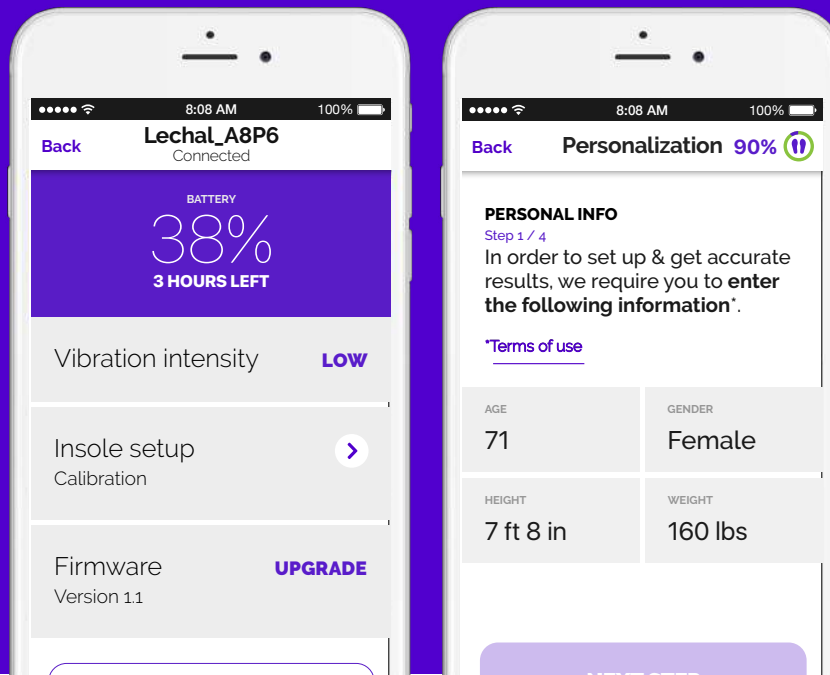
Disconnecting / Removing insoles from the app.

In order to solve any connection problems, or to connect to a new insole, you might have to **disconnect** the insole. This option is available in insole page as well as in the **Settings** option on top right.

If you want the app to “forget” the insoles & delete the data, due to connection problems or to preserve insole battery, you can choose the **Remove** option on top right in the **insoles main page** after disconnecting that insole.

If you still have connection problems, view the troubleshooting guide.


If you want assistance contact us at support@gaitready.com



Setting up/calibrating your Lechal insoles.


The Lechal insoles need to be personalized & calibrated to provide accurate feedback. This is required before taking assessments.

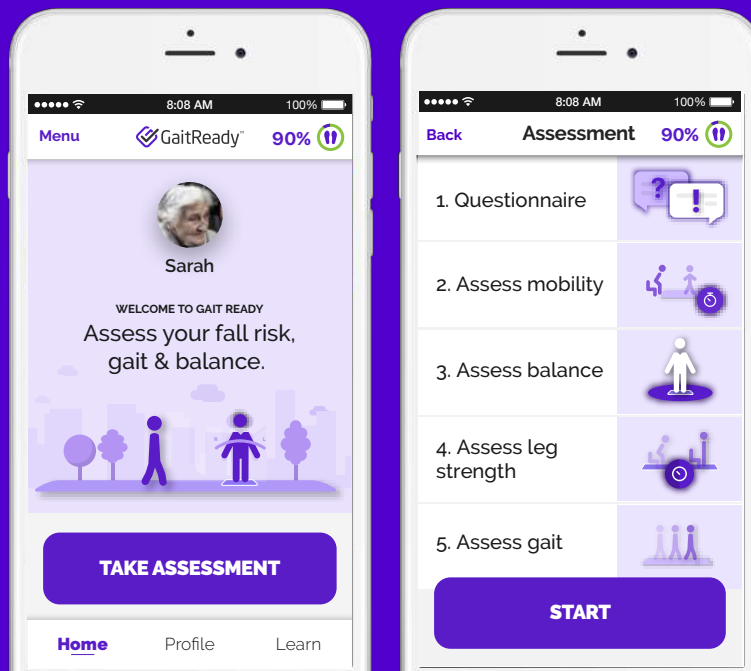
When you connect your insoles for the first time, you will find the **insole setup** option on the connected insole page.

1. Click on the insole  icon from Home.
2. Make sure your insole is connected.
3. Click on **Settings** option on the top right of the connected insole page.
4. Click on **Insole Setup**.
5. Follow instructions that follow to setup your insoles.

Changing vibration intensity of your Lechal insoles.

According to your comfort level, you can change the vibration intensity of the insoles.

1. Click on the insole  icon from Home.
2. Make sure your insole is connected.
3. Click on **Settings** option on the top right of the connected insole page.
4. Click on **Vibration intensity** option.
5. You will find various options ranging from **Low** (vibrations that will be lightly felt) to **Very High** (vibrations that will be strongly felt). Select and press OK.



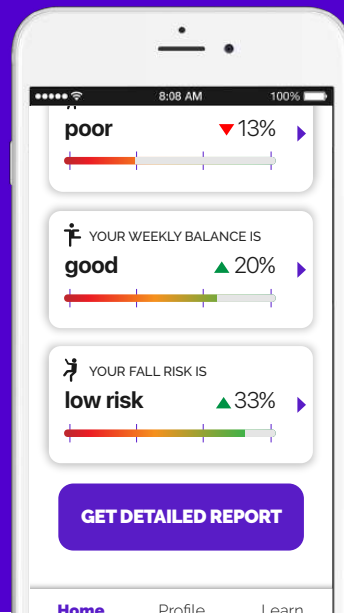
Taking the monthly fall risk assessment.

The monthly fall assessment includes a series of 5 activities, which have to be performed in one go. This is a monthly assessment which gives the fall risk results for the month.

1. Make sure your insoles are connected.
2. Make sure you perform Insole Setup / Calibration before taking the assessment.
3. From the home tab, click on **Take Assessment** button.
4. If you have already taken an assessment before, scroll down on the home tab to see a **Retake Assessment** button. You can click on that anytime to do the assessment again.
5. Please read the Disclaimer before you start the assessment.
6. Follow all the steps. This will take about 10 minutes.

7. The assessments need to be done once a month.
8. Once you do the assessment, you will get access to exercises & reports.

If you get High Fall risk alert after taking the tests, please do not continue the assessments or exercises. You will need to contact us at support@gaitready.com.

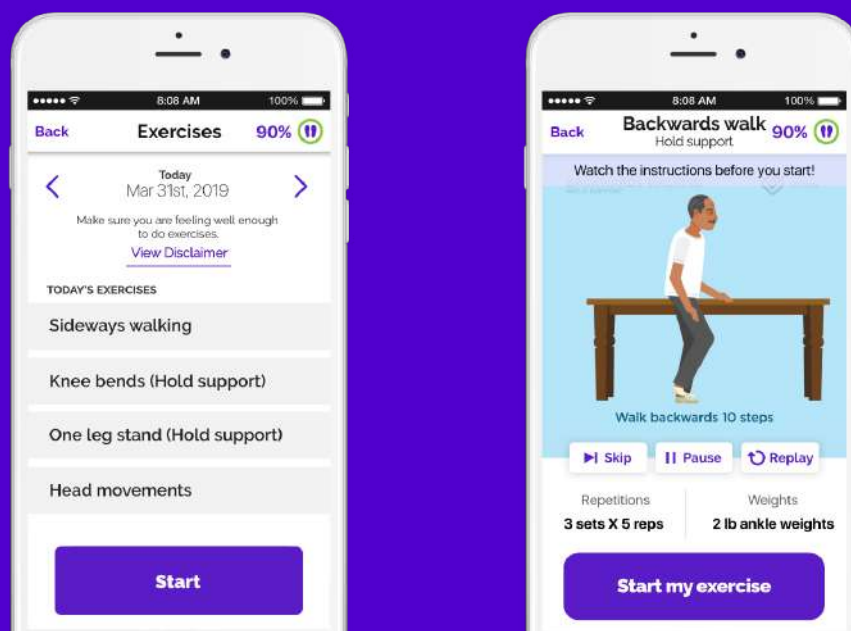


Getting the assessment report.

To quickly check how you did on the last assessment, scroll down on the home tab and click on the Fall Risk tile. A pdf report for last assessment can also be accessed.

1. Your most recent report will be available to access via email from the **Home** tab.
2. Scroll down on the home tab & Click on **Get Detailed Report**.
3. Enter the email address on which the report should be sent.

You can also access all historical reports by going to the **Profile tab**. You will be taken to your profile, where you can access your date wise assessment reports.



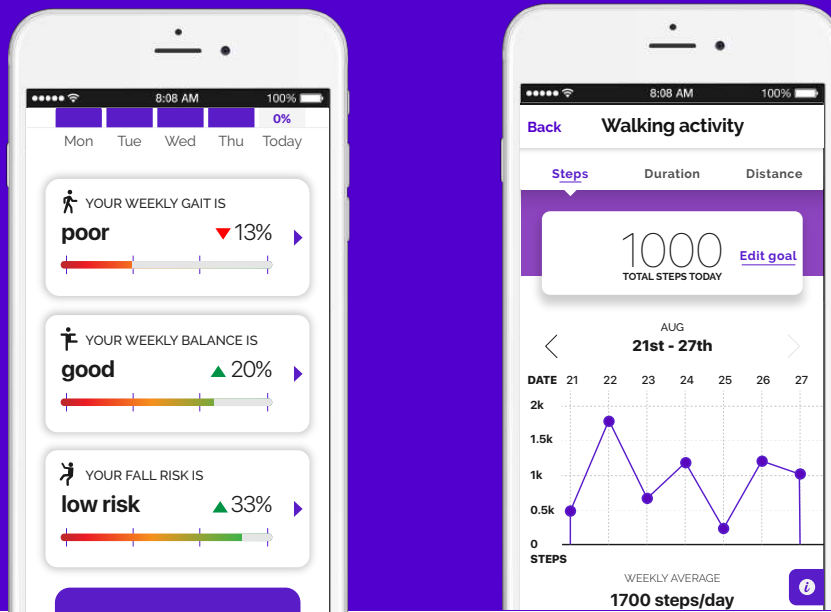
Performing the daily exercises.

Once you take the monthly assessment for the first time, the app creates an custom exercise schedule. Completing these exercises regularly may reduce your fall risk.

We recommend that you wear your insoles while performing the exercises. Mondays, Wednesdays and Fridays are exercise days & Tuesdays and Thursdays are Walk days.

1. To access the exercises scheduled for the day, you can go to **Home tab** and click Start Exercises / Start.
2. You will see a list of exercises that you have to perform that day. Click **Start** & you will see the list of exercises scheduled for the day.
3. Please understand the Disclaimer before you **Start exercises**.
4. Watch the video carefully and perform the exercises. Print instructions are also available.

4. Get ready with the required ankle weights before starting the exercise.
5. Press **Start my exercise** button to start the exercise.
6. Once you are done with the number of repetitions, please press **Exercise Done** on the app.
7. Continue with the rest of the exercises for the day.
8. If you want to pause the exercises midway, you can press **Back** button. You will be able to come back anytime during the day and finish the remaining exercises by clicking on the Resume Exercises button.
9. You can access your daily exercise regularity report by scrolling down in the Home tab,



Recording your daily steps and monitoring your gait & balance progress.

When you walk wearing the insoles, the app will be able to record the number of steps you take. It will also be able to record your gait parameters like your walking speed, cadence, stride length and stride time.

1. You can access your daily step count on the **Home tab**.
2. We have kept a daily walking goal of 10,000 steps. You can edit your goal by pressing on the Step count tile and clicking on **Edit Goal**. Steps will only be recorded when you walk wearing your insoles.
3. Please make sure that the insoles have charge in them before using.
4. The **Gait speed** is recorded automatically when you walk a minimum of 20 steps wearing the insoles.
5. You can access your **Weekly Gait** progress graphs by

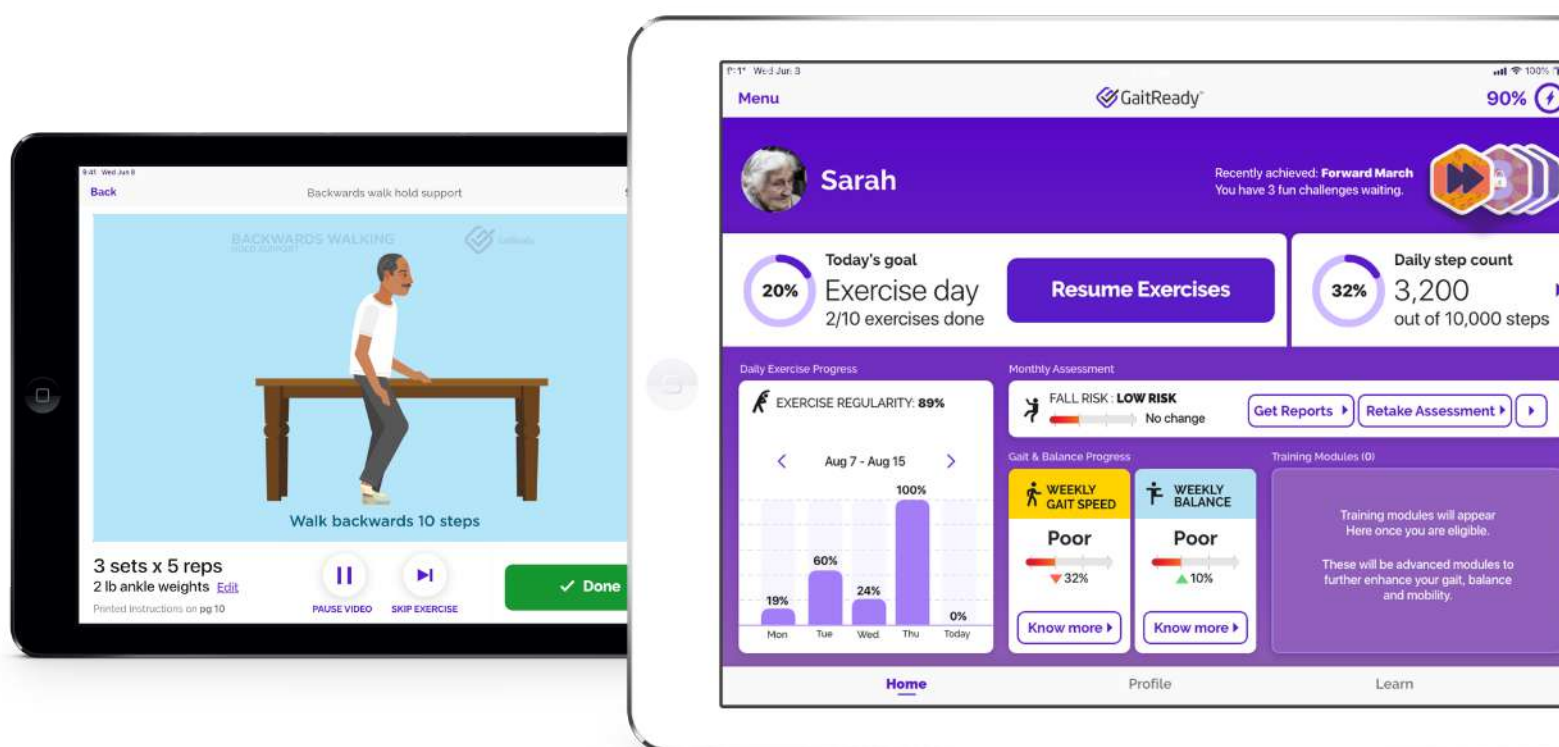
scrolling down on the Home tab and click on the Weekly Gait tile.

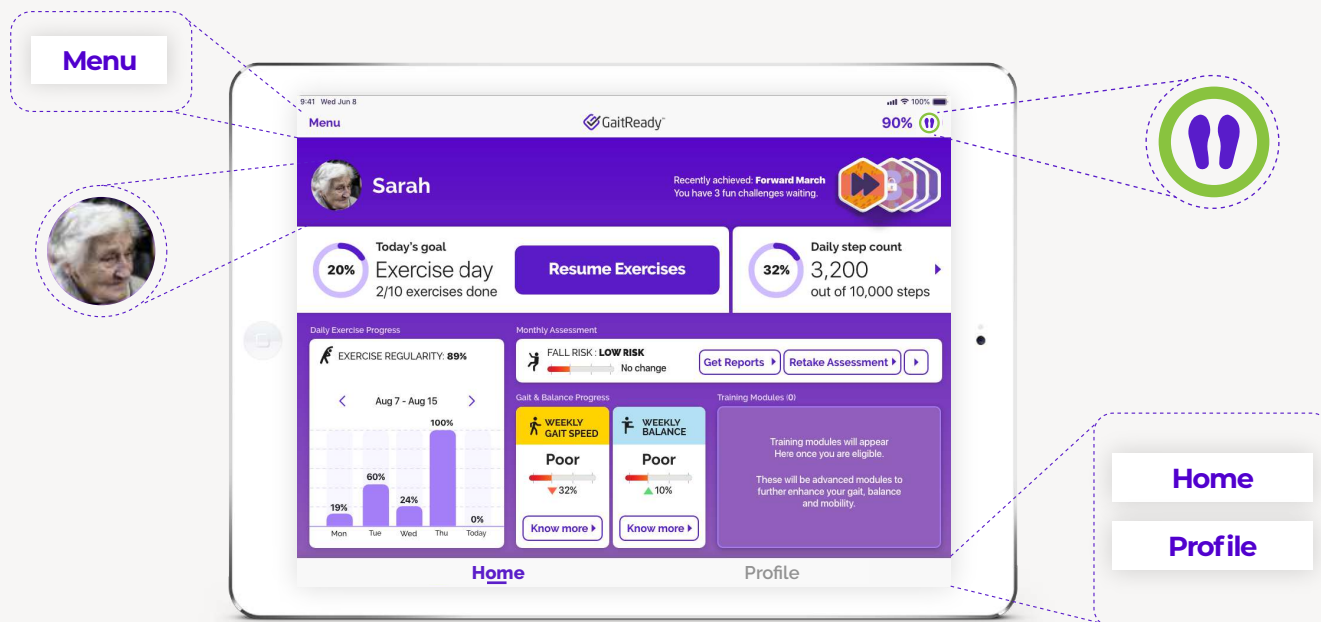
6. Your **Balance** is recorded twice a week on Walk days before the walking session.

7. You can access your **Weekly Balance** progress graphs by scrolling down on the Home tab and clicking on the Weekly Balance tile.

Section D: Using the iPad App

Use the GaitReady™ app for iPad to perform monthly fall risk assessments, connect and view insole status, and monitor your daily activity data on a larger screen than a smartphone.





A brief overview of the Gaitready app.

The Gaitready app is split into 2 tabs.

1. **Home Tab:** This contains your daily exercises, your step count information and data about your last assessment showing weekly exercise adherence, weekly gait score, weekly balance & monthly fall risk in 3 tiles. Click on any of these tiles see more information.
2. **Profile tab:** This is where you can see and edit your profile. You can access all the achievements and finish upcoming challenges to earn more badges.

The other areas of the app are:

3. **Insole button:** Located on top right of the app, you can see your insole battery level and percentage.



Insoles need to be added for the first time pairing



Insoles are connected and charged.



Insoles are connected but need to be put on charge.



Insoles are not connected. Click on this icon to find connection options.



Insoles are charging. Check for at least 30% charge to use them.

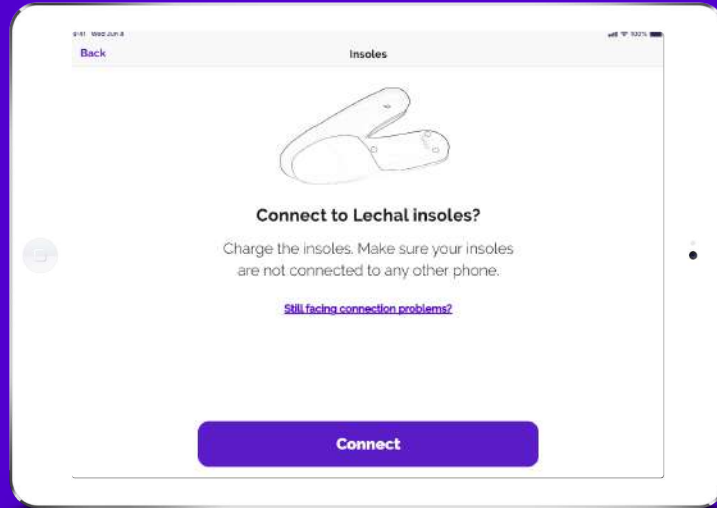


Insoles are having connection problems due to very low battery.

Clicking on the insole icon takes you to options like connect, disconnect, setup and insole settings.


4. **Menu button:** Click on the menu for Offline mode, Troubleshooting, Tutorials and other options.

5. Click on your profile picture to access the profile tab which shows your profile information, upcoming challenges and earned badges.




Connecting to your Lechal insoles.

Upon registering, you may have received an option to connect to your insoles. If you didn't connect then, follow the instructions below to connect to the insoles.

1. Click on the insole  icon from Home.
2. Make sure your Bluetooth® is on.
3. Click on **Connect** option on the insole page.
4. Match the insole number on the packaging with the option that is displayed.
5. Your insoles will be connected.

Checking whether the insoles are connected.

A simple test to check whether the insoles are connected is to press the  icon. Click on the **L** to check whether the left insole vibrates. Press on **R** to check whether the right insole vibrates. If one of them doesn't vibrate, try disconnecting the insoles and connecting again.

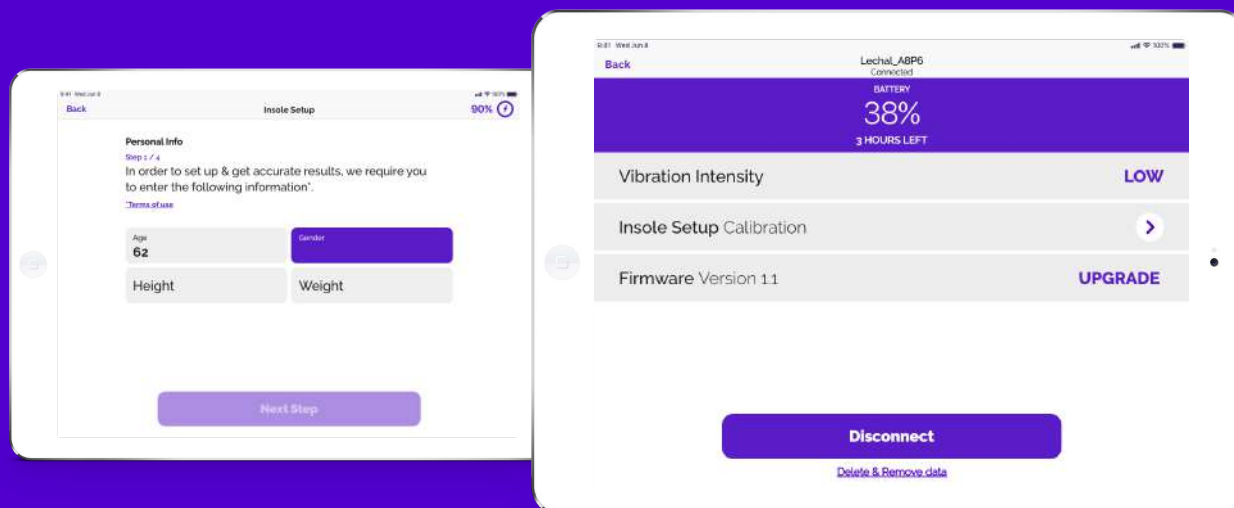
Disconnecting / Removing insoles from the app.

In order to solve any connection problems, or to connect to a new insole, you might have to **disconnect** the insole. This option is available in insole page as well as in the **Settings** option on top right.

If you want the app to “forget” the insoles & delete the data, due to connection problems or to preserve insole battery, you can choose the **Remove** option on top right in the **insoles main page** after disconnecting that insole.

If you still have connection problems, view the troubleshooting guide.


If you want assistance contact us at support@gaitready.com



Setting up/calibrating your Lechal insoles.

The Lechal insoles need to be personalized & calibrated to provide accurate feedback. This is required before taking assessments.

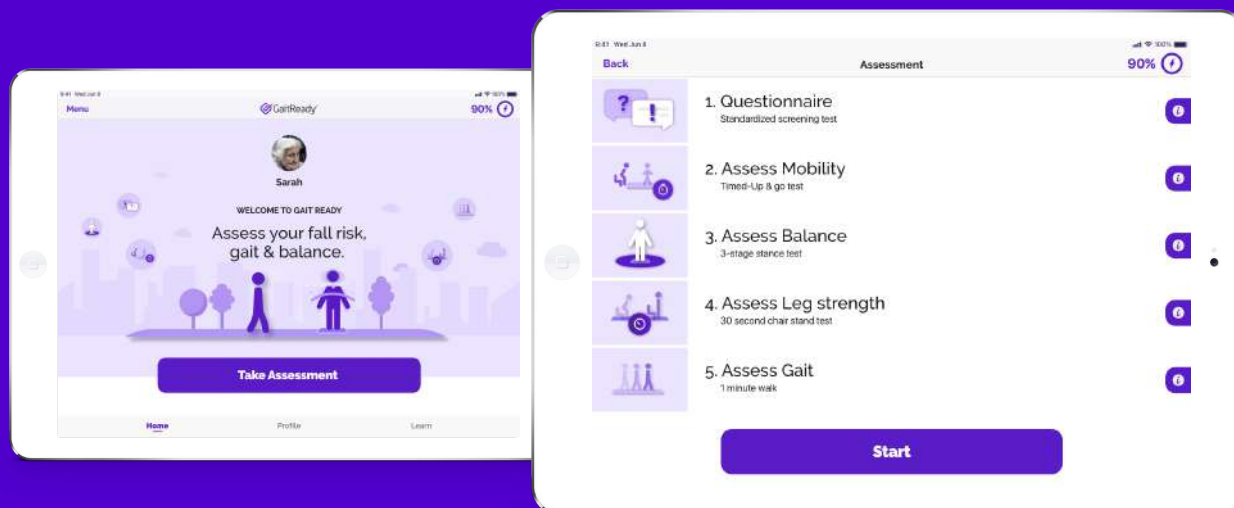
When you connect your insoles for the first time, you will find the **insole setup** option on the connected insole page.

1. Click on the insole  icon from Home.
2. Make sure your insole is connected.
3. Click on **Settings** option on the top right of the connected insole page.
4. Click on **Insole Setup**.
5. Follow instructions that follow to setup your insoles.

Changing vibration intensity of your Lechal insoles.

According to your comfort level, you can change the vibration intensity of the insoles.

1. Click on the insole icon from Home.
2. Make sure your insole is connected.
3. Click on **Settings** option on the top right of the connected insole page.
4. Click on **Vibration intensity** option.
5. You will find various options ranging from **Low** (vibrations that will be lightly felt) to **Very High** (vibrations that will be strongly felt). Select and press OK.



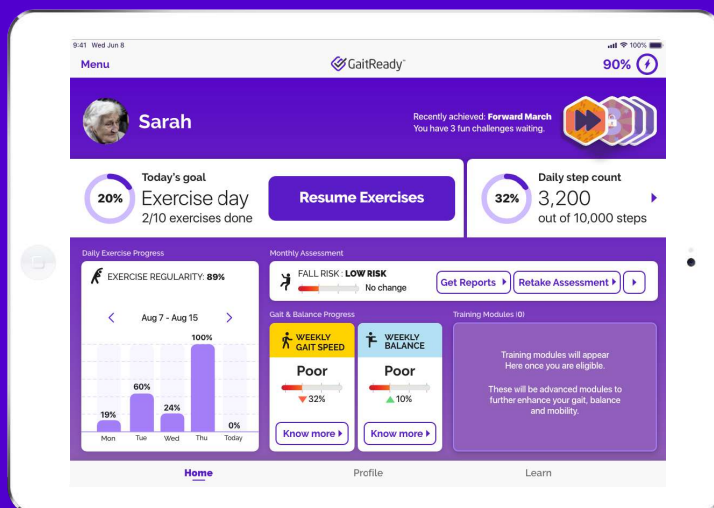
Taking the monthly fall risk assessment.

The monthly fall assessment includes a series of 5 activities, which have to be performed in one go. This is a monthly assessment which gives the fall risk results for the month.

1. Make sure your insoles are connected.
2. Make sure you perform Insole Setup / Calibration before taking the assessment.
3. From the home tab, click on **Take Assessment** button.
4. If you have already taken an assessment before, scroll down on the home tab to see a **Retake Assessment** button. You can click on that anytime to do the assessment again.
5. Please read the Disclaimer before you start the assessment.
6. Follow all the steps. This will take about 10 minutes.

7. The assessments need to be done once a month.
8. Once you do the assessment, you will get access to exercises & reports.

If you get High Fall risk alert after taking the tests, please do not continue the assessments or exercises. You will need to contact us at support@gaitready.com.

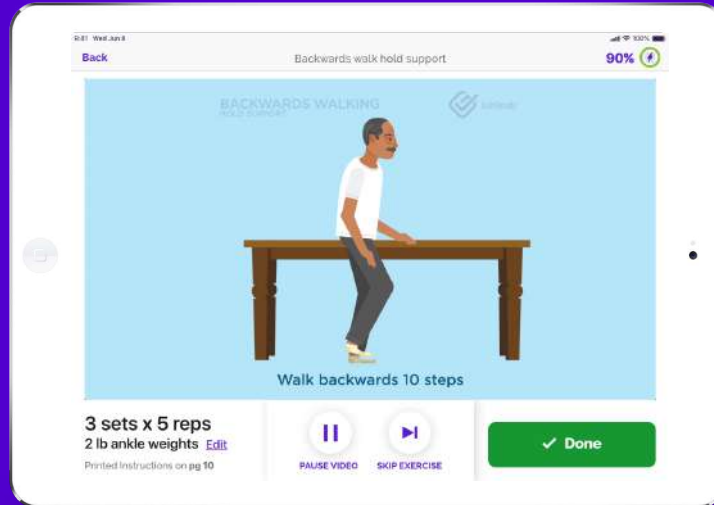


Getting the assessment report.

To quickly check how you did on the last assessment, scroll down on the home tab and click on the Fall Risk tile. A pdf report for last assessment can also be accessed.

1. Your most recent report will be available to access via email from the **Home** tab.
2. Click on **Get Reports** under the Monthly Assessment - Fall Risk Tile.
3. Enter the email address on which the report should be sent.

You can also access all historical reports by going to the **Profile tab**. You will be taken to your profile, where you can access your date wise assessment reports.



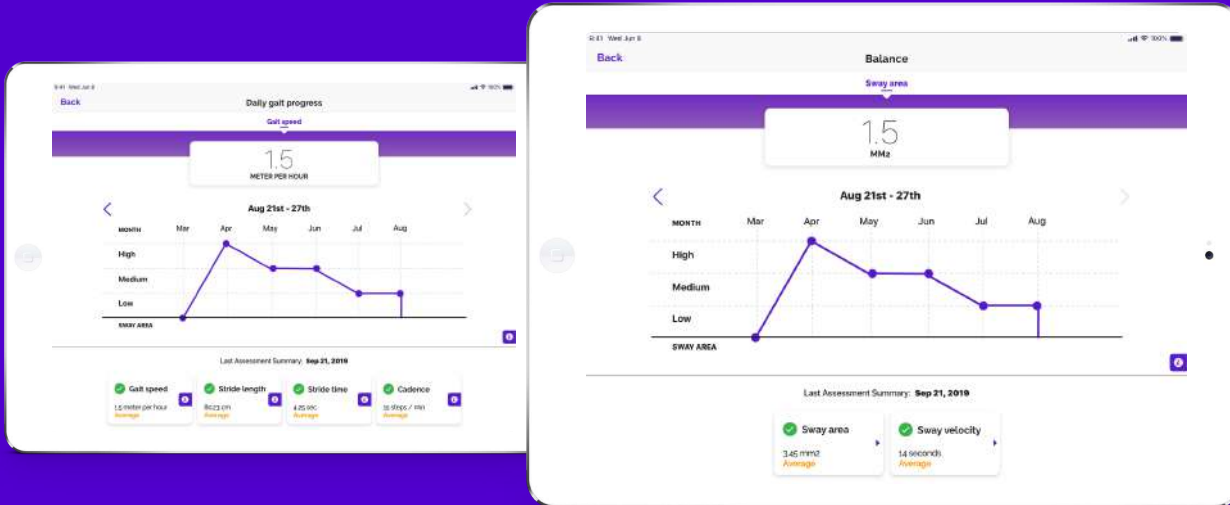
Performing the daily exercises.

Once you take the monthly assessment for the first time, the app creates an custom exercise schedule. Completing these exercises regularly may reduce your fall risk.

We recommend that you wear your insoles while performing the exercises. Mondays, Wednesdays and Fridays are exercise days & Tuesdays and Thursdays are Walk days.

1. To access the exercises scheduled for the day, you can go to **Home tab** and click Start Exercises / Start.
2. You will see a list of exercises that you have to perform that day. Click **Start** & you will see the list of exercises scheduled for the day.
3. Please understand the Disclaimer before you **Start exercises**.
4. Watch the video carefully and perform the exercises. Print instructions are also available.

4. Get ready with the required ankle weights before starting the exercise.
5. Press **Start** button to start the exercise.
6. Once you are done with the number of repetitions, please press **Done** on the app.
7. Continue with the rest of the exercises for the day.
8. If you want to pause the exercises midway, you can press **Back** button. You will be able to come back anytime during the day and finish the remaining exercises by clicking on the Resume Exercises button.
9. You can access your daily exercise regularity graphs in the home tab.



Recording your daily steps and monitoring your gait & balance progress.

When you walk wearing the insoles, the app will be able to record the number of steps you take. It will also be able to record your gait parameters like your walking speed, cadence, stride length and stride time.

1. You can access your daily step count on the **Home tab**.
2. We have kept a daily walking goal of 10,000 steps. You can edit your goal by pressing on the Step count tile and clicking on **Edit Goal**. Steps will only be recorded when you walk wearing your insoles.
3. Please make sure that the insoles have charge in them before using.
4. The **Gait speed** is recorded automatically when you walk a minimum of 20 steps wearing the insoles.
5. You can access your **Weekly Gait** progress graphs by

clicking on the Weekly Gait Speed tile in the Home page

6. Your **Balance** is recorded twice a week on Walk days before the walking session.

7. You can access your **Weekly Balance** progress graphs by clicking on the Weekly Balance tile in the Home page.

