

MOCAheart



MOCACARE

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Good to Know

1. Before we start, let's see what's included!

1) The following components are included in the package:

- **MOCAheart**
- Micro USB cable
- Quick Guide
- Welcome cards

2) Accessories for purchase:

- MOCAheart leather keychain

Leather keychain are used for easy to carry. To use device on leather is not available.



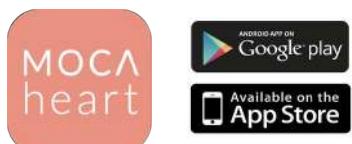
2. Compatibility

- The MOCAheart app is available for iPhone 5 and above, iPod Touch 3 and above
Compatible with iOS 8.0 or later, Bluetooth 4.0 or later
Android 4.3 and later
Supports iOS 8 Health Kit
- For a list of compatible mobile devices, please visit www.mocacare.comCompatibility

Getting Started

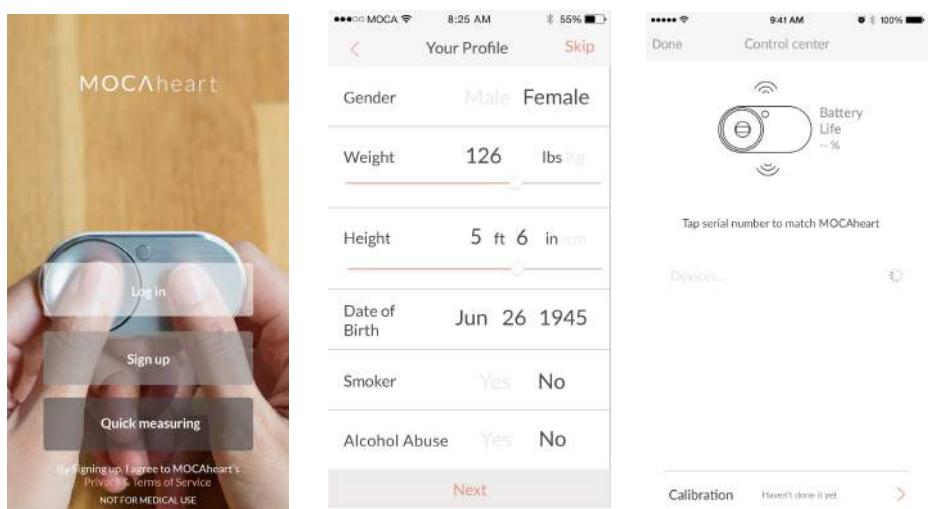
1. Set up an account

Install the **MOCAheart** app by downloading “MOCAheart” from the App Store or Google Play.



Open the app and follow the instructions to create an account

Welcome picture on start page of app

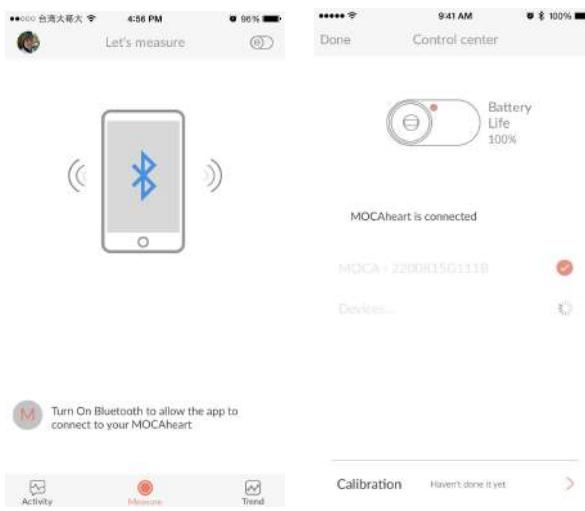


- 1) Launch MOCAheart app. Log in, Sign up for an account, or tap “Quick Measuring” to start measuring without account (data will not save).
- 2) Follow the instruction to set up account.
- 3) If you skip profile setup, jump to next step: **Link MOCAheart**

2. Link MOCAheart

Link MOCAheart device to your smartphone to start measuring.

- 1) Turn on bluetooth setting on your phone to detect MOCAheart.
- 2) When the screen pops up with your device, tap “MOCAheart”

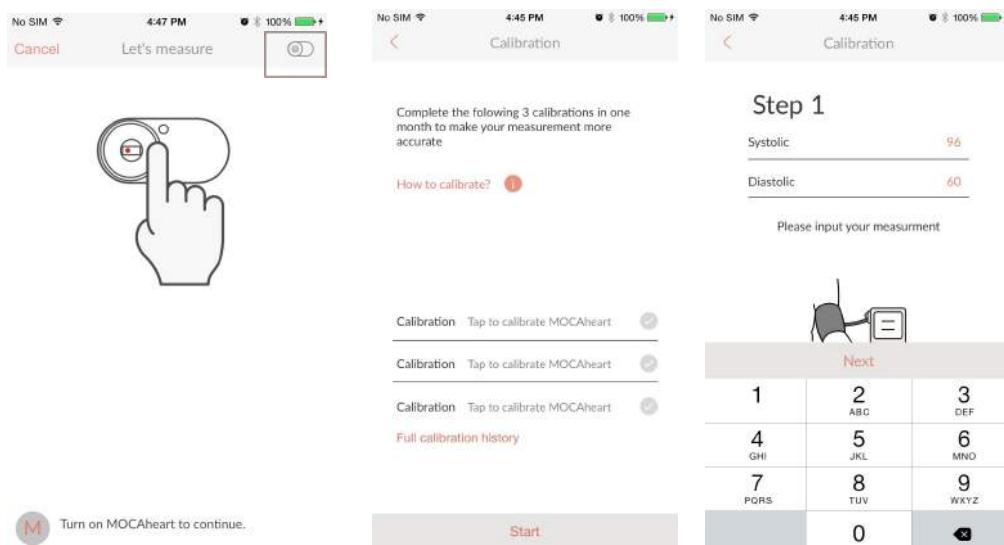


3. Calibration

Due to individual differences such as height, weight, etc., we strongly recommend that you perform calibrations before you begin using MOCAheart. By conducting calibrations, you should expect to receive more accurate measurement results from the device based on its algorithms.

Follow the steps below to begin calibrating:

- 1) Press "Calibration" to enter the calibration interface.
- 2) Press "Start" to begin calibration.
- 3) Use a Blood Pressure Monitor to measure your blood pressure.
- 4) Input the systolic and diastolic values, then perform another measurement with MOCAheart immediately.
- 5) This concludes the calibration.

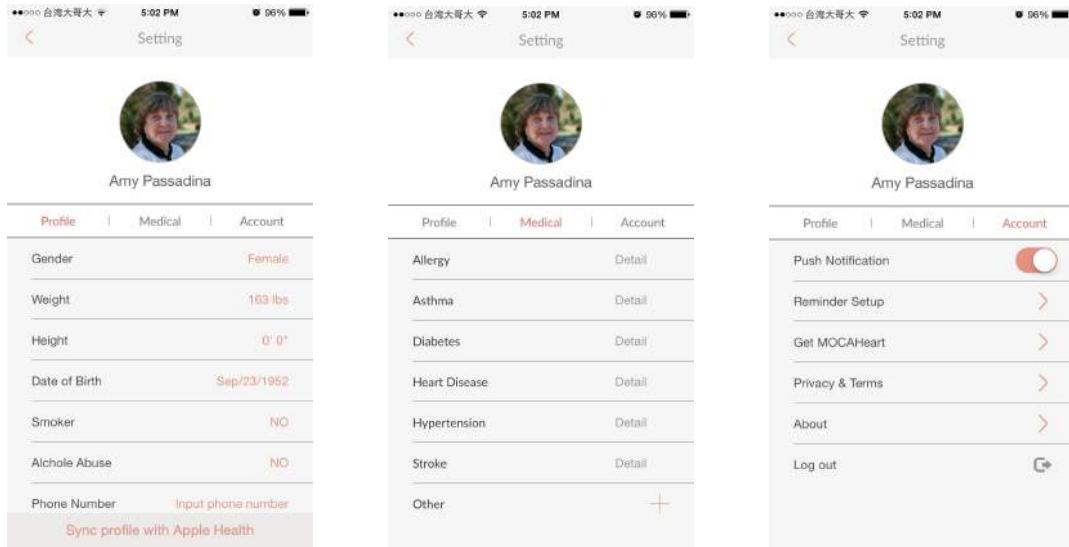


To maintain the accuracy of your measurement results, please perform a calibration every 6 months.

Account Settings

There are 3 different settings in MOCA:

Personal Info, Health Info, and Account Settings.



- 1. Profile:** Information includes personal information
- 2. Medical:** Personal medical health conditions
- 3. Account:** Account Settings

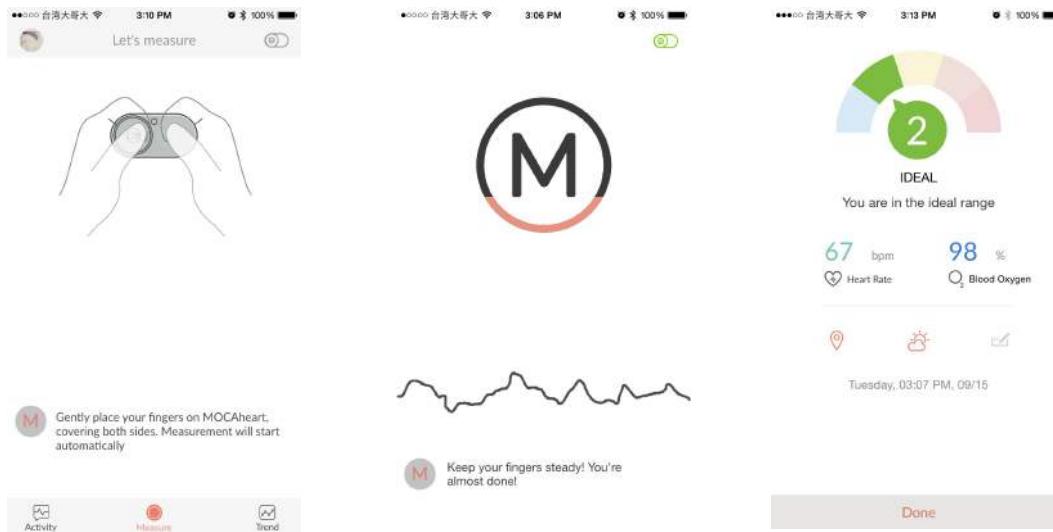
- Push Notification
- Reminder Setup
- Get MOCAheart
- Privacy & Terms
- About
- Log out

Start Using MOCAheart

1. Take a Measurement

Before we start, please turn on Bluetooth first, and then turn on MOCAheart.

- Gently put your fingers on MOCAheart device to activate measuring,
- *then read instant results on the MOCAheart app



- 1) Place one finger from each hand on each sensor area. Be still for 30 seconds.
- 2) Measuring will commence on-screen.
- 3) Read measurements on the screen.
- 4) In addition to measurements, location and weather are automatically recorded to trace environmental factors. If you don't want your location and weather to be recorded, turn them off in iOS Settings.
- 5) You can note how you are feeling and any recent activity that would be useful for future analytics and reference.

2. Activity

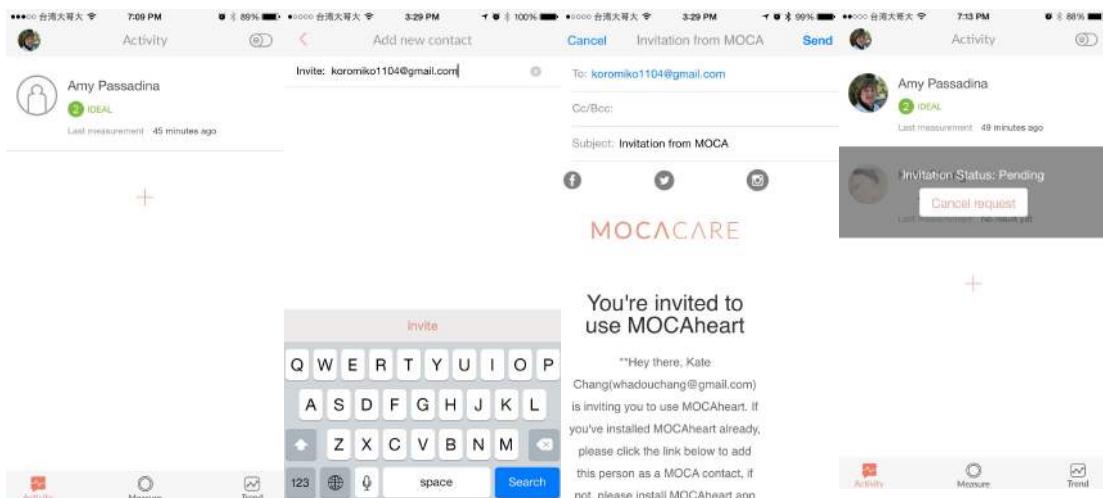
Recent measurements, reminders and health tips from MOCAheart.

- 1) User can review recent measurement history.
- 2) MOCAheart will show you tips and information with images, sound, and text.
- 3) Add notes with text, image, or soundtrack

3. Contacts

Contacts are loved ones who want to know how you are feeling. Contacts can receive a measurement.

- 1) Add contacts
 - Tab plus button.
 - Search by Name or Email to add contacts.
 - Send invitation to your friends.
 - Waiting for your friends request.



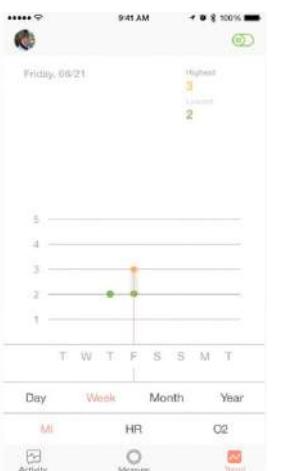
- 2) Your contacts will be able to exchange text, image and voice messages with you after they install the MOCAheart app, even if they don't have a MOCAheart hardware device.
- 3) View your contacts recent measuring activity.



4. Trend View

Review your status over the course of a day or a month.. Become better informed of your overall health.

1. See how your measurements change by hour in a single day.
2. Read your daily, weekly, monthly and yearly trends for each statistic.
3. Swipe on the trend which will display the measurement result with each measuring.



Important Information

1. Caring for MOCAheart

- Keeping the unit clean:
Use a soft dry cloth to clean your **MOCAheart**. Use a moist (but not wet) cloth or wipes to remove stains. Do not use solvents or alcohol.
- Keep away from water and moisture.
MOCAheart's main sensor is extremely sensitive to liquid. Liquid will damage the sensor and render it unusable.

2. Charging Battery

- Use a micro USB to charge your **MOCAheart** by plugging it into the USB power source.
- Please charge your **MOCAheart** for 2 hours before using it for the first time.
- A battery capacity is displayed on **MOCAheart** app.
- When the battery gets low, the light on the device will flash and the device won't be able to connect to the app. . Please charge your device as soon as possible.
- A depleted battery will take about 60~70 minutes to fully recharge.
- The red light is on while the battery is charging. It turns green when the device is fully charged.

3. General Precautions

- Do not disassemble or attempt to repair **MOCAheart** yourself. Only authorized service personnel are qualified to repair **MOCAheart**.
- Do not drop your **MOCAheart** or subject it to strong shocks or vibrations.
- Keep the unit in cool and dry conditions. Do not expose the unit to high temperatures or extreme moisture for extended periods.
- **MOCAheart** is not waterproof.
- Touch the sensor gently and do not shake or move the device when taking measurements.
- Avoid taking measurements under strong light.
- Do not take measurements with wet hands/fingers.
- Avoid touching any conductive objects during measurement.
- Do not press the sensor with extreme force.
- If the sensor or electrode gets dirty, use a soft cloth to clean it before taking measurement.
- Do not expose the device to locations with strong electromagnetic forces (such as an MRI) when taking measurement as this may interfere with the recording.

4. Disposal & Recycling

- **MOCAheart** device is considered electronic waste that should not be disposed of as common household waste. Please be aware that improper disposal of e-waste may cause serious health and pollution problems. It should be disposed of at any local e-waste collection sites or disposed and recycled properly in compliance with local regulations.

5. Intended Use and Contraindication

- **MOCAheart** is intended to measure heart rate, blood oxygen level and MOCA INDEX, a qualitative measurement of your blood flow that provides you with simple insight into your vascular health.
- **MOCAheart** is intended to track the daily trends of your physical condition.. It is not intended to be used for medical purposes such as diagnosis or treatment of medical conditions. It is not a replacement for recommended medical testing.
- **MOCAheart** should not be used with pacemakers or implanted defibrillators, during an MRI scan, or in the presence of flammable anesthetics, drugs or pressurized oxygen.

- **MOCAheart** cannot predict or diagnose a heart attack or be used for chest pain monitoring. It is not to be clinically used and used on intended patient population.

6. Troubleshooting

Situation	Cause	Action
Measuring has been interrupted	The signals are not stable	Keep your hands steady and don't remove your fingers during measurement .
		Avoid taking measurement under strong light.
Measuring has been discontinued	The device is detecting the signals	Keep your fingers steady and make sure the lamp is completely covered.
The lamp on the device is not on	The device has run out of battery	Charge the device immediately.
	The lamp breaks out	Contact us to send your device back. Do not try to repair the device yourself.
The measurement results are incorrect	The measurement was not taken correctly	<ul style="list-style-type: none"> * Gently press your finger on the sensor. Do not apply extra force on it. * Make sure the lamp is completely covered and keep hands still during measurement. * Please avoid having your body touch any conductive objects during measurement.
The lamp on the device keeps flashing	The battery is low	Charge the device immediately.
The MOCAheart app is running slowly	Too many applications open on your phone	Close other applications not in use or restart your smartphone.
There is no measurement history or some measurements are missing	The measurement results were not sent to the server	Connect your smartphone to the internet to send your data to the server.

Specification

1. MOCAheart Device

Dimension: 1.42" x 2.81" x 0.28" (36.0 x 71.5 x 7.05 mm)

Weight: 7 oz (20 grams)

Communication: Bluetooth 4.0

Standards	Bluetooth 4.0 BLE
	

Operating System	iOS 8.0/ Android 4.3
Throughput	Up to 1Mbps
Modulation	GFSK
Transmit Power	BLE: 0 dBm
Frequency Band	2.400 ~ 2.4835 GHz
Frequency Range	2.402 ~ 2.480 GHz
Antenna Type/ Gain	Integral Printed Antenna / 1.86337 dBi

2. Battery

Battery Type/Info: Lithium-ion Battery, 3.7V/ 110mAh/ 0.4Wh

Battery Life: 7 days for normal use. (~30 seconds each time, ~3-5 times a day)

Charging cable: **MOCAheart** uses micro USB cable to charge

3. Water Resistance

MOCAheart is not water resistant. Do not exposure the unit to water or any liquids. Do not use **MOCAheart** in extremely humid environments like saunas, steam rooms and hot tubs.

4. Environmental Condition

Operating Temperature: 50° - 104° F (10° - 40° C)

Storage Temperature: -4° - 140° F (-20° - 60° C)

Return Policy & Warranty

Return Policy

If you are not happy with your purchase for any reason, we will gladly accept your return within 30 days of the shipping date. To return your **MOCAheart**, please contact support@mocacare.com to initiate the return process and your refund will be processed within 7 business days of receipt at our warehouse.

Your refund (minus shipping and handling fees, if any) will be issued in the form of your original payment method. Please allow 1 – 2 billing cycles for the refund to appear on your physical credit card statement.

Limited Warranty

We provide a one-year limited warranty period for **MOCAheart** from the date of purchase. The warranty does not cover damage or consequential damage caused by unauthorized service, any improper use or maintenance of **MOCAheart** or non-compliance with the safety and precautions.

Standards & Compliances

United States: FCC

This product is compliant with Federal Communications Commission (FCC)

FCC ID: 2AFQC22008

European Union: CE

This product is compliant with R&TTE Directive 1999/5/EC

Warning

FCC CAUTION:

FCC ID: 2AFQC22008

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference, and
(2) This device must accept any interference received, including interference that may cause undesired operation

To assure continued FCC compliance:

Any changes or modifications not expressly approved by the licensee of this device could void the user's authority to operate the equipment.

Exposure to Radio Frequency Radiation:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC Label Compliance Statement:

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) this device may not cause harmful interference, and
(2) this device must accept any interference received, including interference that may cause undesired operation.

NCC CAUTION:



本產品符合低功率電波輻射性電機管理辦法 第十二條、第十四條等條文規定

1. 經型式認證合格之低功率射頻電機,非經許可,公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。
2. 低功率射頻電機之使用不得影響飛航安全及干擾合法通信;經發現有干擾現象時,應立即停用,並改善至無干擾時方得繼續使用。前項合法通信,指依電信法規定作業之無線電通信。低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Customer Service

You can check out our FAQ at mocacare.com/faqs or reach us directly via email at support@mocacare.com. We will try to answer you as soon as possible.

Other way to keep up to date and get additional support:

Follow us on twitter.com/mocacare

Check out facebook.com/mocacare