



User Manual for V0,9 version

by **Regulsmoke**

# LOAD YOUR CASE'

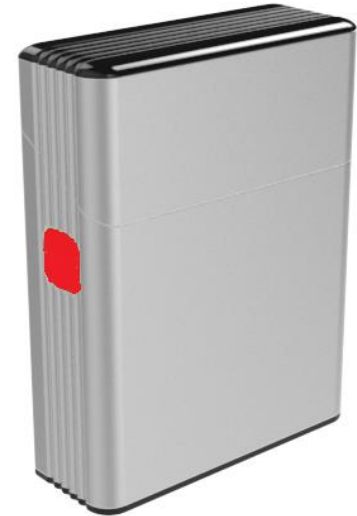
Connect your case with  
micro USD cable to your PC  
For minimum 2 hours



Make a short pressure on  
the side button



Control you see a red  
light blinking twice:  
Your case in "ON"

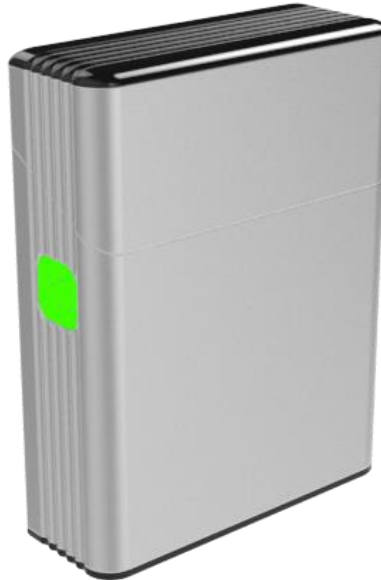


# CHECK YOUR CASE "ON"

Make a short pressure on  
the side button



Control you see a green  
light blinking twice

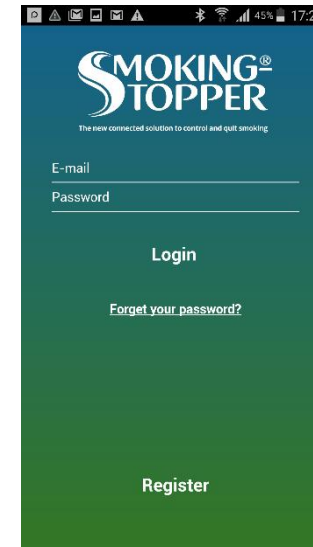
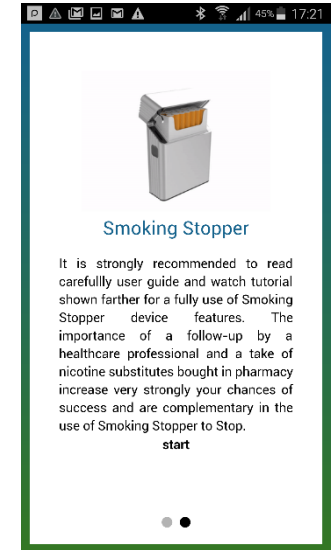


The case opens,  
you can close it



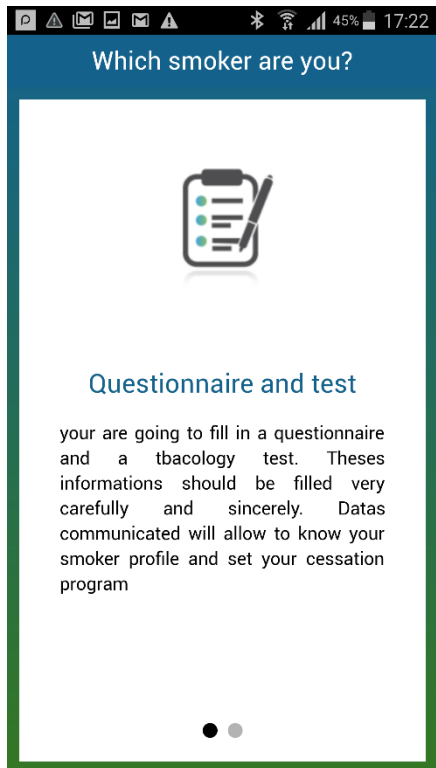
# INSTALL YOUR APPLICATION

- Download app from server: APK files for Android version only
- Or collect it by email
- Launch the application
- Pass 2 first screens
- Register with your email and create your password




# COMPLETE THE QUESTIONNAIRE

Read and pass two first screens



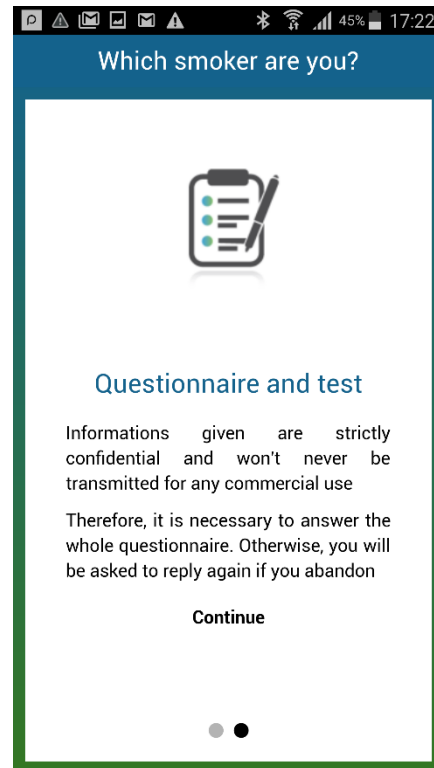
Which smoker are you?




**Questionnaire and test**

you are going to fill in a questionnaire and a tbacology test. Theses informations should be filled very carefully and sincerely. Datas communicated will allow to know your smoker profile and set your cessation program

● ●



Which smoker are you?



**Questionnaire and test**

Informations given are strictly confidential and won't never be transmitted for any commercial use

Therefore, it is necessary to answer the whole questionnaire. Otherwise, you will be asked to reply again if you abandon

**Continue**

● ●

Set your date of birth




 Birthdate

What is your birthdate?

14/06/2017 ▼

**Next question >**

Set your Gender



 Gender

You are...

A man \_\_\_\_\_

A woman \_\_\_\_\_

# COMPLETE THE QUESTIONNAIRE

## Set your status

Enceinte

Are you pregnant?

Yes

No

Next question >

## Set your Height

Height

How tall are you?

3.7

3.8

3.9 ft

4.0

4.1

Next question >

## Set your weight

Weight

How much do you weigh?

1

2 lb

3

4

Next question >

## Set your smoking trials

Quit smoking trials

How many time did you try to quit smoking before using Smoking Stopper?

0

1

2

3

Next question >

# COMPLETE THE QUESTIONNAIRE

Set your treatment help

Did you ever used any quit smoking treatment, if yes, which one

E-cigarette	<input type="checkbox"/>
Health profession help	<input type="checkbox"/>
Nicotinic substitute	<input checked="" type="checkbox"/>
Other	<input type="checkbox"/>

Next question >

Set private entourage

Does your private entourage smoke ?

Yes \_\_\_\_\_

No \_\_\_\_\_

Set prof. entourage

Does your professional entourage smoke ?

Yes \_\_\_\_\_

No \_\_\_\_\_

Set the pack price

How much do your pack of cigarettes cost?

0.00

0.05

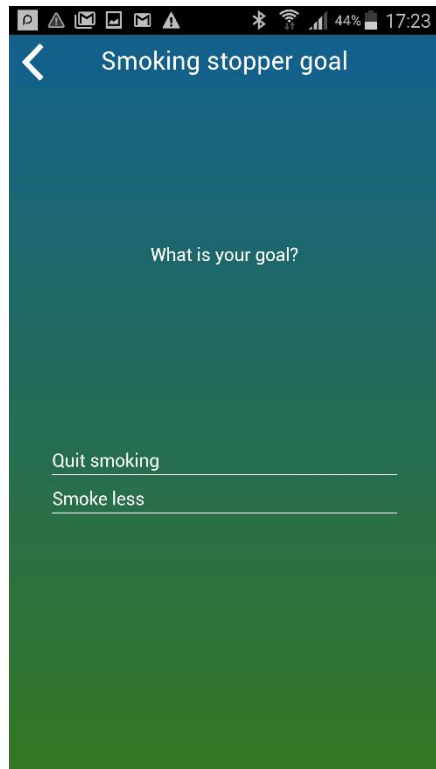
**0.10**

0.15

Next question >

# COMPLETE THE QUESTIONNAIRE

## Set your goals 1




Smoking stopper goal

What is your goal?

Quit smoking

Smoke less

## Set your goals 2



Smoking stopper goal

How many cigarettes do you want to reach?

1

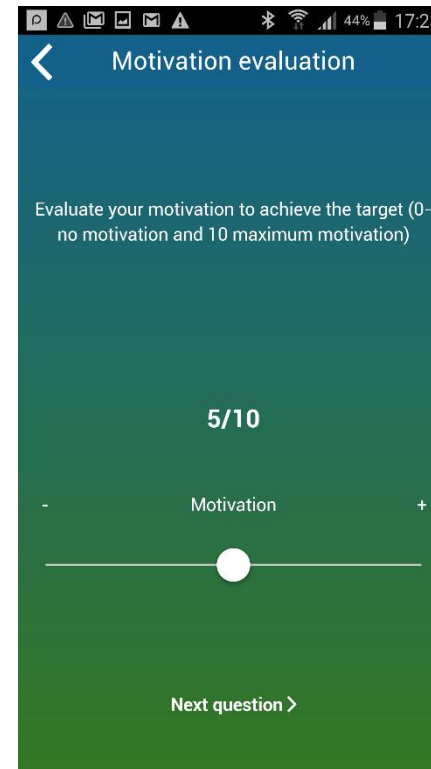
2

3

4

Next question >

## Set your motivation



Motivation evaluation

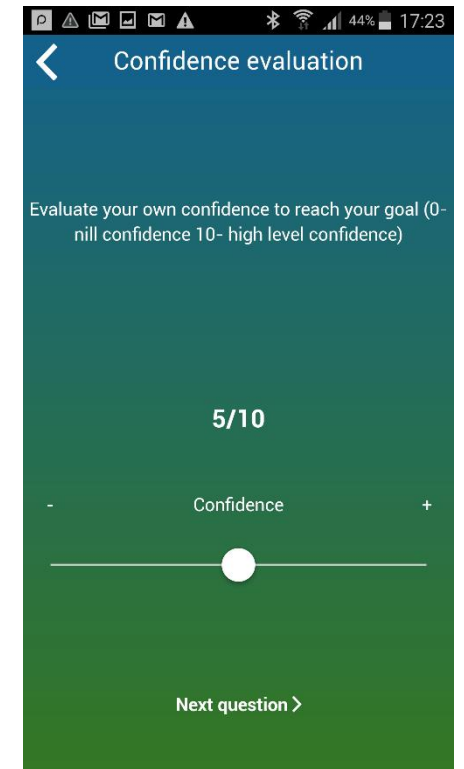
Evaluate your motivation to achieve the target (0- no motivation and 10 maximum motivation)

5/10

- Motivation +

Next question >

## Set your confidence



Confidence evaluation

Evaluate your own confidence to reach your goal (0- nill confidence 10- high level confidence)

5/10

- Confidence +

Next question >



# COMPLETE THE QUESTIONNAIRE

## Set your rituals

< Ritual

About smoking attitude, you would say, you smoke as a ritual, automatism (coffee-cigaretet, phone-cigarettes ...) 0- not as a ritual 10 high level ritual

5/10

- Ritual, Automatism +

Next question >

## Set your emotions

< Emotions

On all your cigarettes, you would say you smoke to accompany pleasant feelings like pleasure or conviviality unpleasant feelings like stress, bad moral, boredom etc..... (0 : low linked to emotions - 10 : high link to emotions)

5/10

- Emotions +

Next question >

## your type of cigarette

< Type of cigarettes

Do you smoke rolled cigarettes and/or standard pack of cigarettes ?

Standard cigarettes ☐

Rolled cigarettes ☐

Next question >

## Set treatment help

< Treatment help

If you are currently using tobacco cessation treatment, please tell us which one?

E-cigarette ☒

Health profession help ☐

Nicotinic substitute ☐

Other ☐

Next question >

# COMPLETE THE QUESTIONNAIRE

About first cigarette

When do you smoke your first cigarette after wake up?

Within 5 mins

Between 6 and 30 minutes

Between 31 to 60 minutes

After 60 minutes

Fill about abstinence

Is it difficult for you not smoking in forbidden areas ?

Yes

No

Renunciation capability

Which cigarette would be the most difficult to renounce?

The first one in the morning

Any other

Set number of cigarettes

How many cigarettes do you smoke per day average?

10 or less

11 to 20

21 to 30

31 or more

# COMPLETE THE QUESTIONNAIRE

## Daily distribution

Do you smoke more in the morning or in afternoon ?

Yes

No

## During sickness

Do you smoke when you are very sick?

Yes

No

## Contrôle and send survey

Here your responses to the questionnaire.  
By clicking on a item you can update it

**Birthdate**  
Your birthdate 6/14/1983

**Gender**  
You are... A woman

**Pregnant**  
Are you pregnant? No

**Height**  
How tall are you? 3.9 ft

**Weight**  
How much do you weigh? 2 lb

**Quit smoking trial**

?

**Renunciation**  
Which cigarette would be the most difficult to renounce? Any other

**Number of cigarettes**  
How many cigarettes do you smoke per day average? 21 to 30

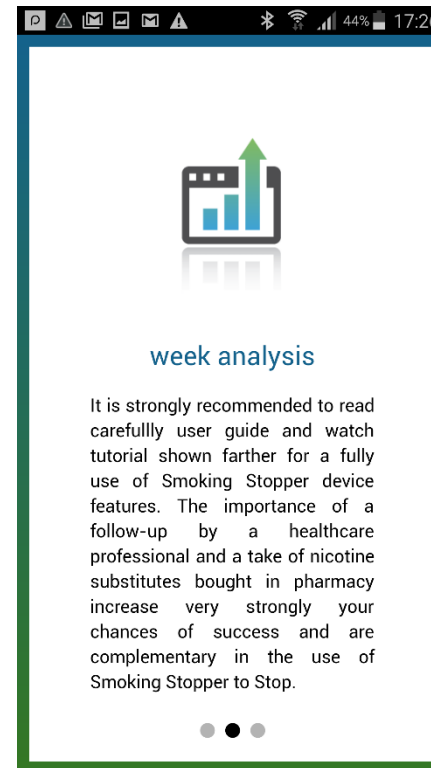
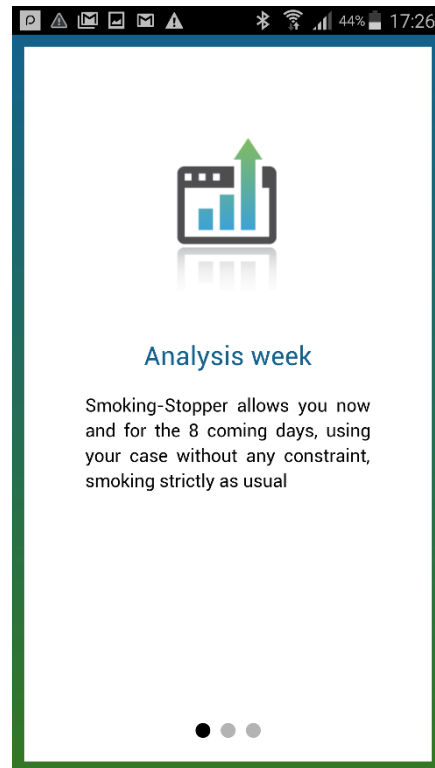
**Taking gaps**  
Do you smoke more in the morning or in afternoon ? No

**Smoking during sickness**  
Do you smoke when you are very sick? No

SEND THE SURVEY

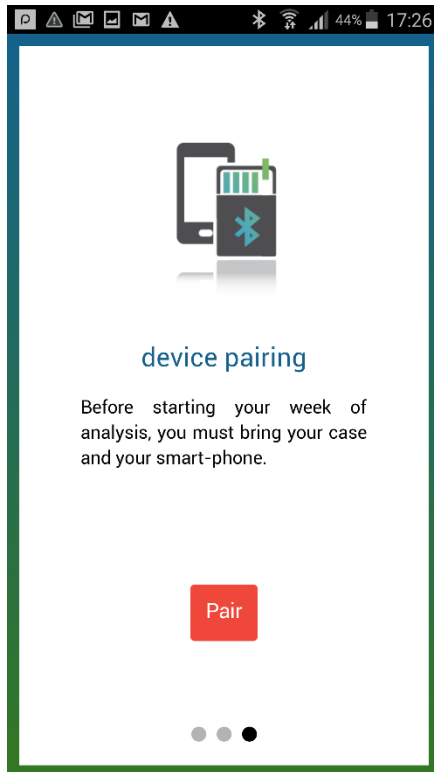
# WEEK ANALYSIS

Read and pass those two screens

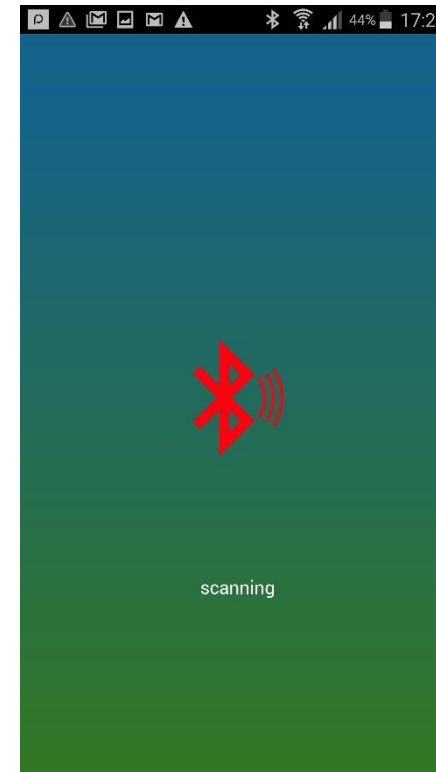


# PAIRING DEVICE WITH APP.

Click on red button to start pairing



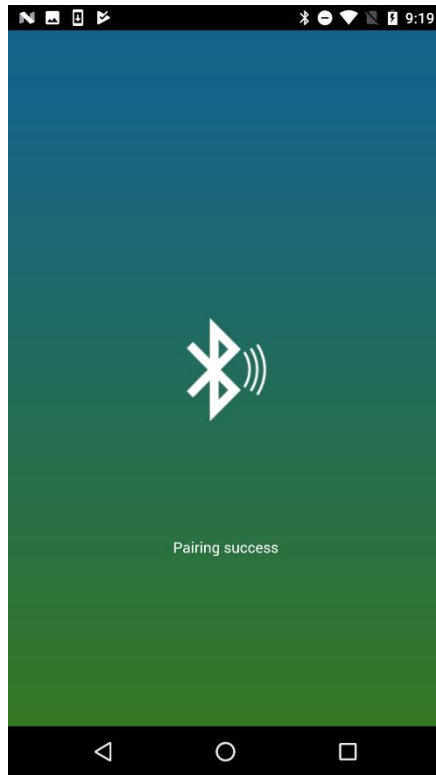
Wait while red button is blinking



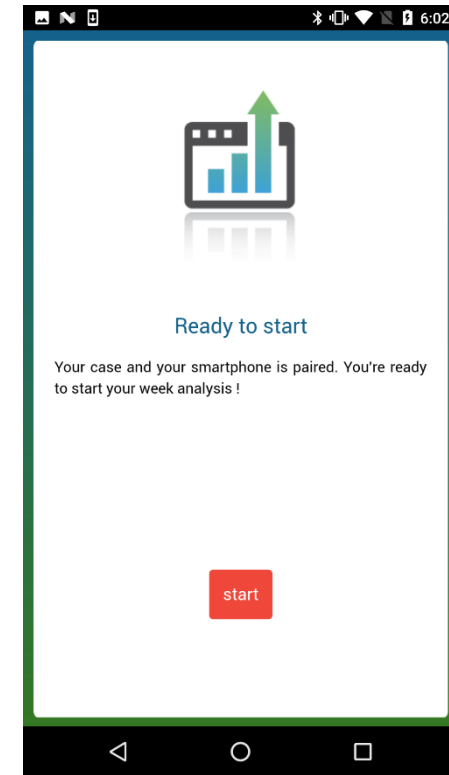
Make sure your case is close to your smartphone and  
it's better if it is lying on you desk

# PAIRING DEVICE WITH APP.

When the symbol become white and fixes, then you are synchronized with the case !!!!



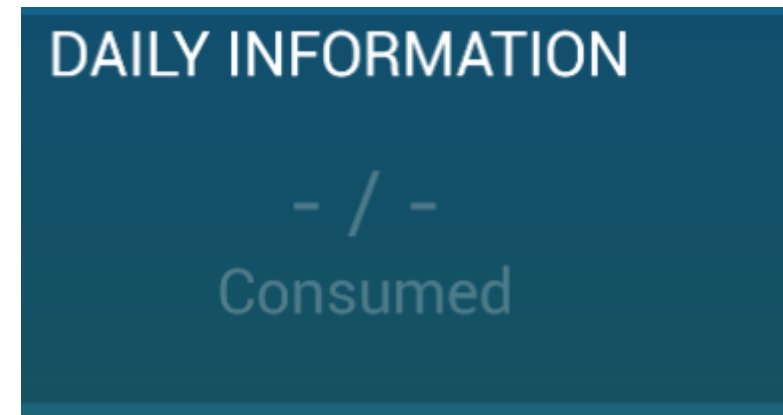
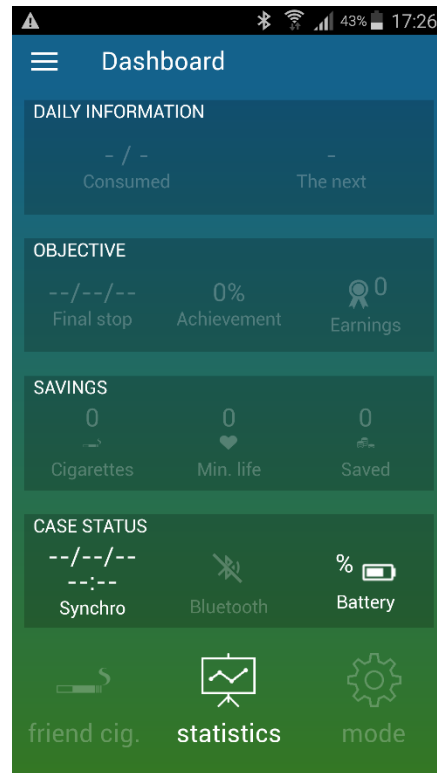
Then you're ready to start, you automatically switch to Dashboard



# DASHBOARD

You automatically get your dashboard screen

Check your daily information: should be nil

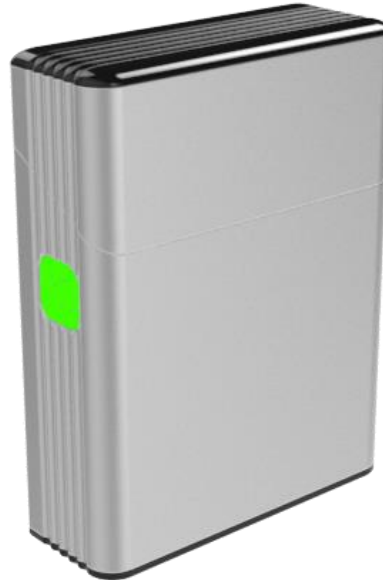


# CONSUME A CIGARETTE

Make a short pressure on  
the side button



Control you see a green  
light blinking twice



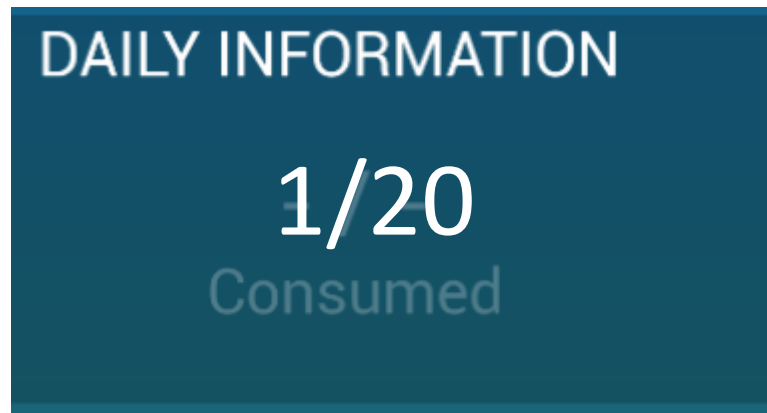
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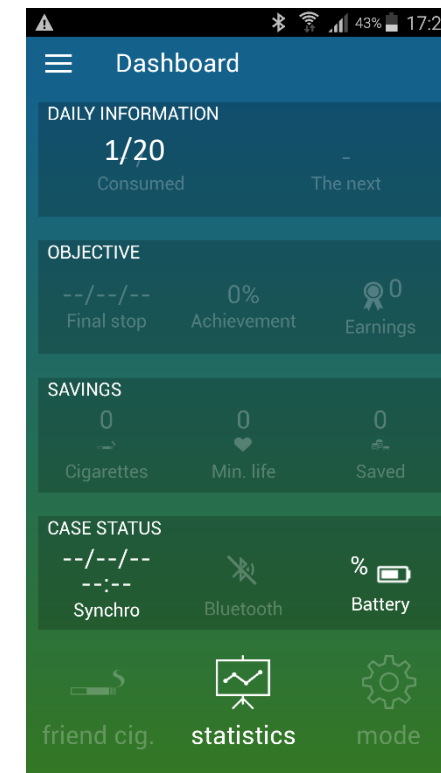


# CHECK YOUR DASHBOARD

Control your daily information  
has increased for 1 unit



Check dashboard is updated



Bluetooth connexion has been operated between your case and app.  
Information has been transfered successfully !!

ANY QUESTION OR PROBLEM !

Contact:

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