



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

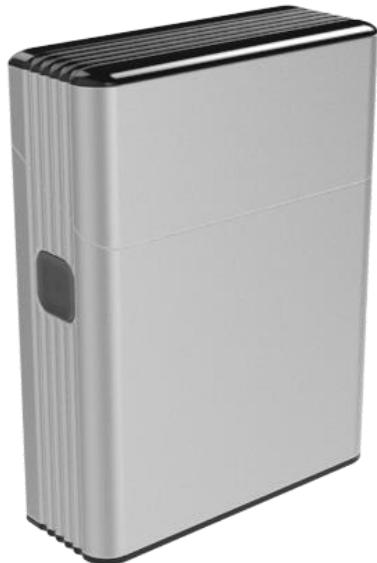


Control you see a red
light blinking twice:
Your case in "ON"

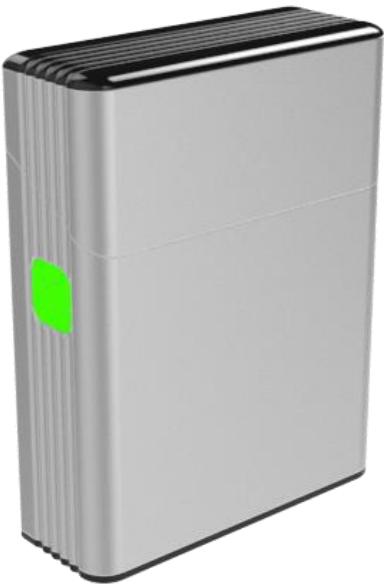


CHECK YOUR CASE "ON"

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

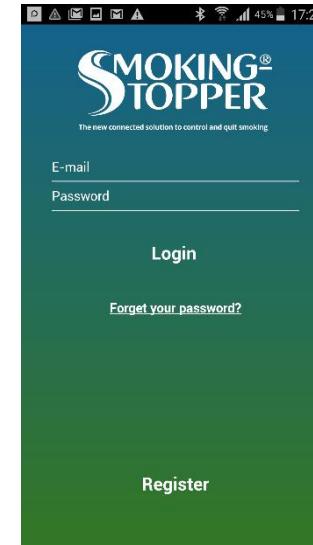
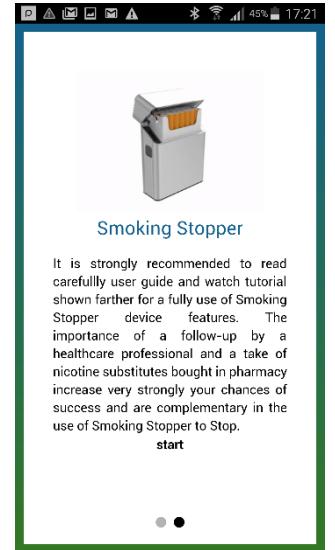
➤ Download app from server: APK files for Android version only

➤ Or collect it by email

➤ Launch the application

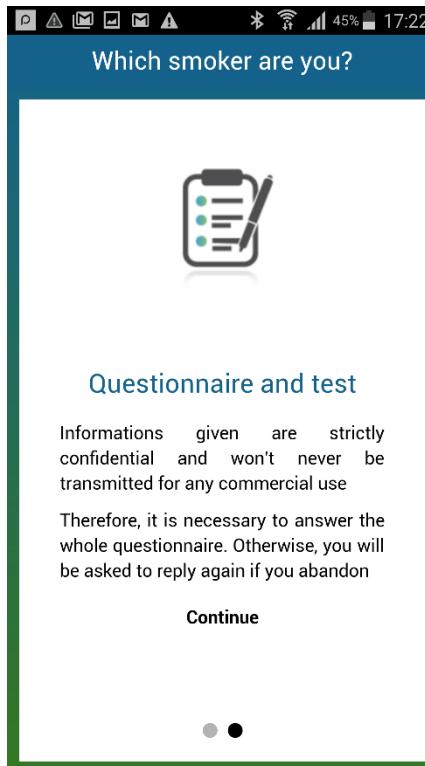
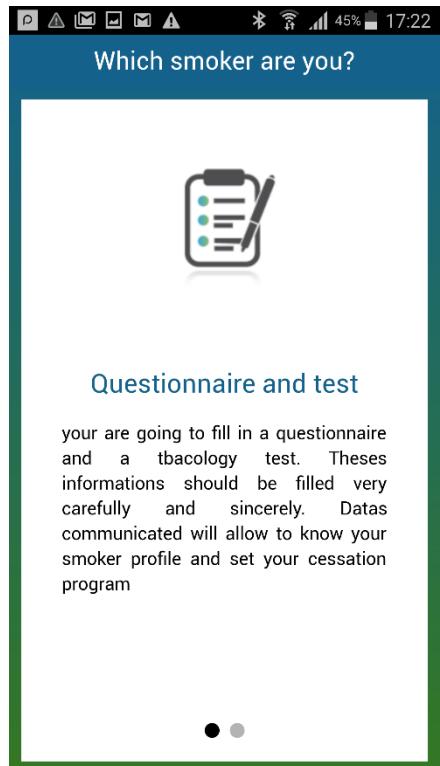
➤ Pass 2 first screens

➤ Register with your email and create your password



COMPLETE THE QUESTIONNAIRE

Read and pass two first screens



Set your date of birth



Set your Gender



COMPLETE THE QUESTIONNAIRE

Set your status



Enceinte

Are you pregnant?

Yes

No

Set your Height



Height

How tall are you?

3.7

3.8

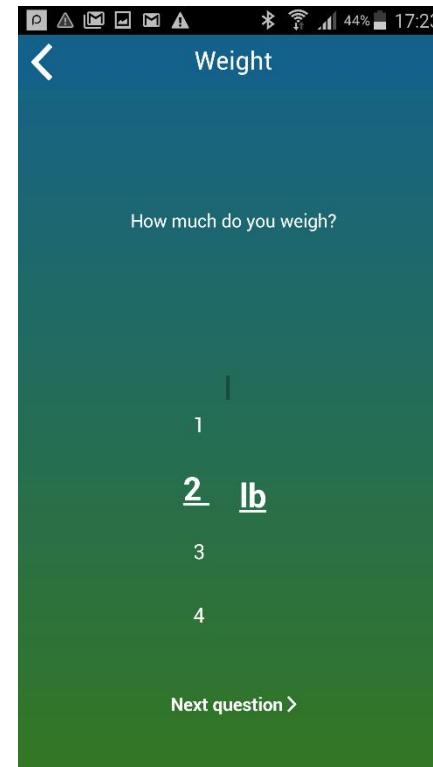
3.9 ft

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

Health profession help

Nicotinic substitute

Other

[Next question >](#)

Set private entourage



Does your private entourage smoke ?

Yes _____

No _____

Set prof. entourage

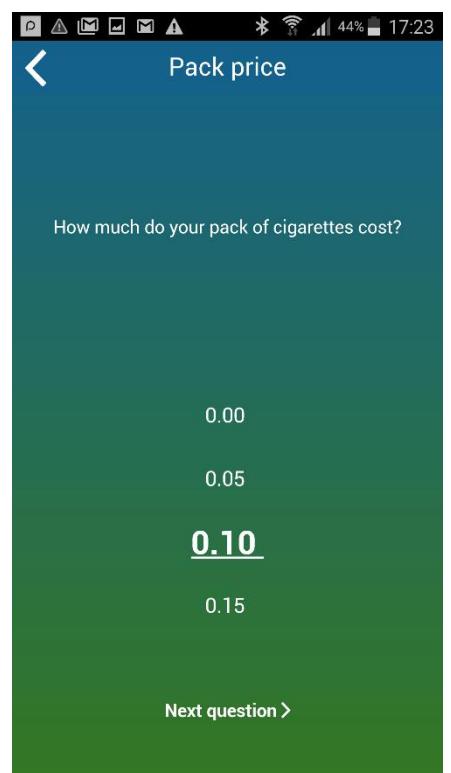


Does your professional entourage smoke ?

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

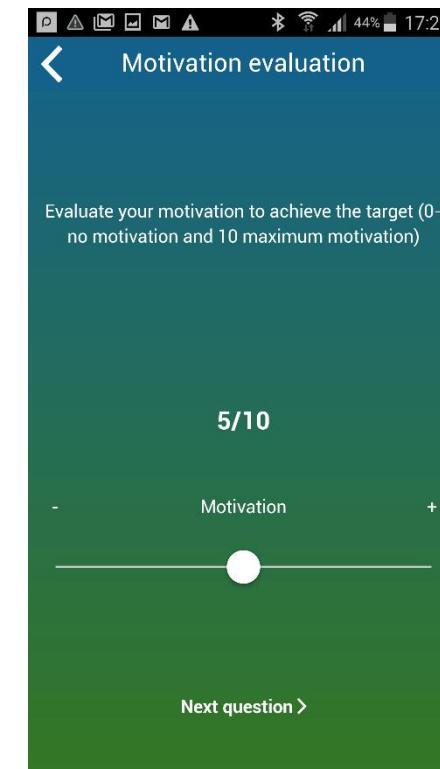
Set your goals 1



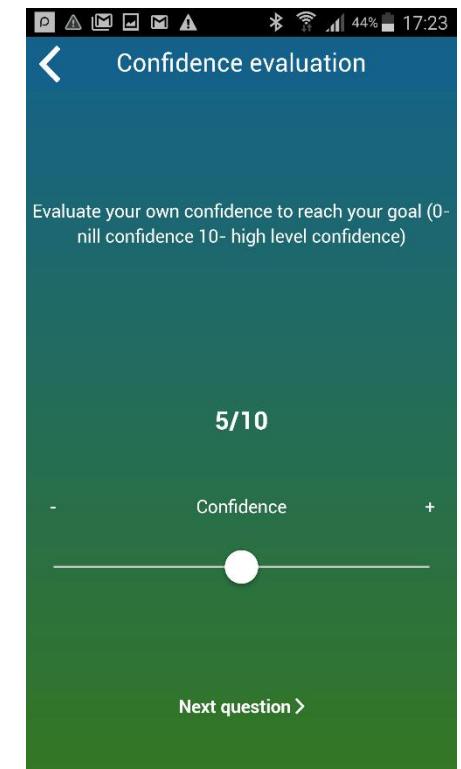
Set your goals 2



Set your motivation

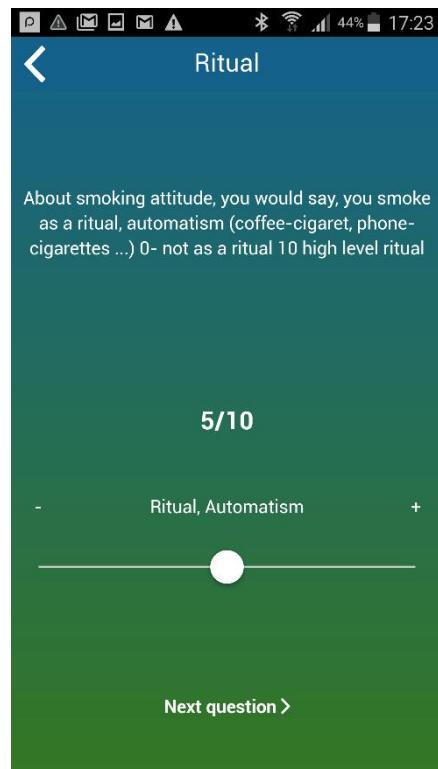


Set your confidence



COMPLETE THE QUESTIONNAIRE

Set your rituals



Ritual

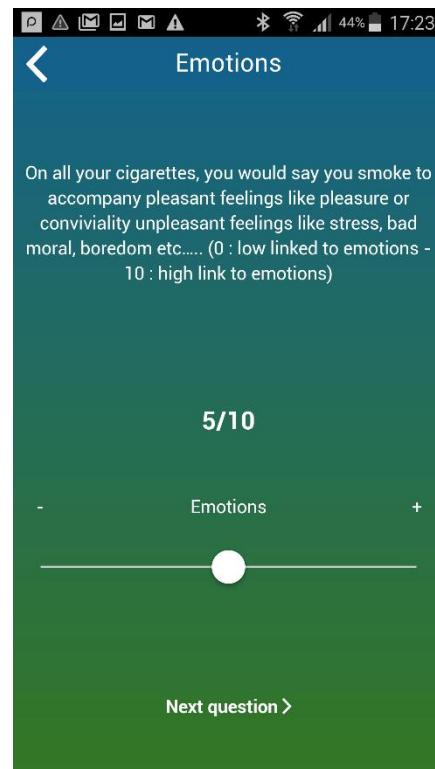
About smoking attitude, you would say, you smoke as a ritual, automatism (coffee-cigaret, phone-cigarettes ...) 0- not as a ritual 10 high level ritual

5/10

Ritual, Automatism Emotions

Next question >

Set your emotions



Emotions

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

5/10

Ritual, Automatism Emotions

Next question >

your type of cigarette



Type of cigarettes

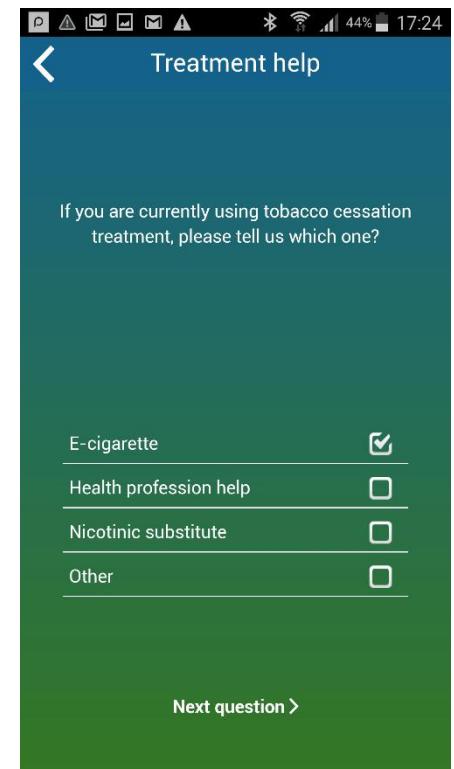
Do you smoke rolled cigarettes and/or standard pack of cigarettes ?

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



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



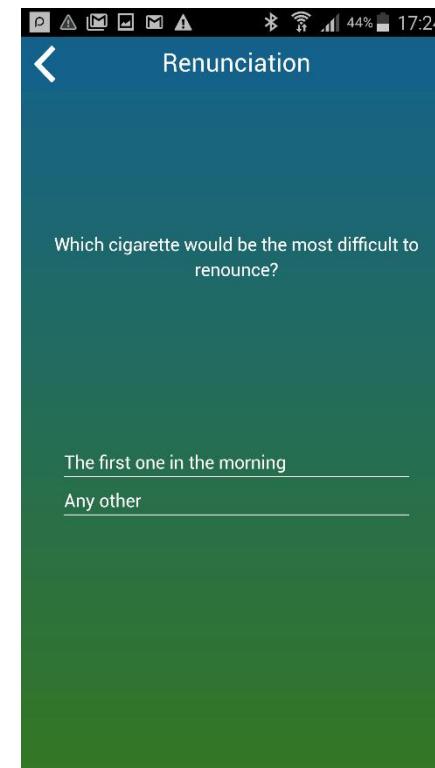
Abstinence

Is it difficult for you not smoking in forbidden areas ?

Yes

No

Renunciation capability



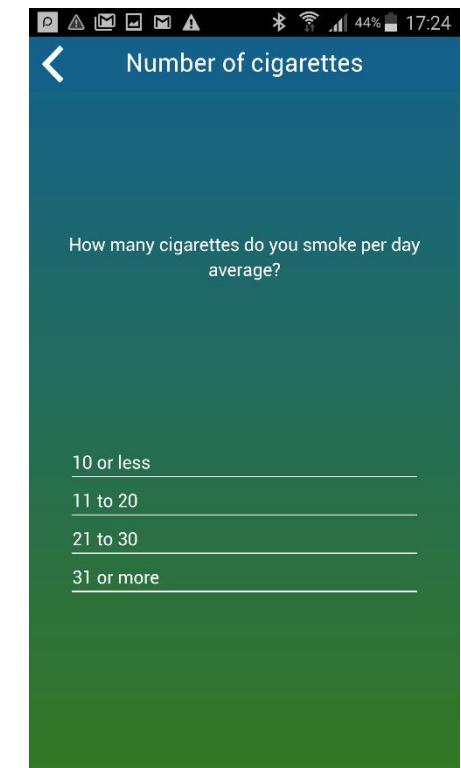
Renunciation

Which cigarette would be the most difficult to renounce?

The first one in the morning

Any other

Set number of cigarettes



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

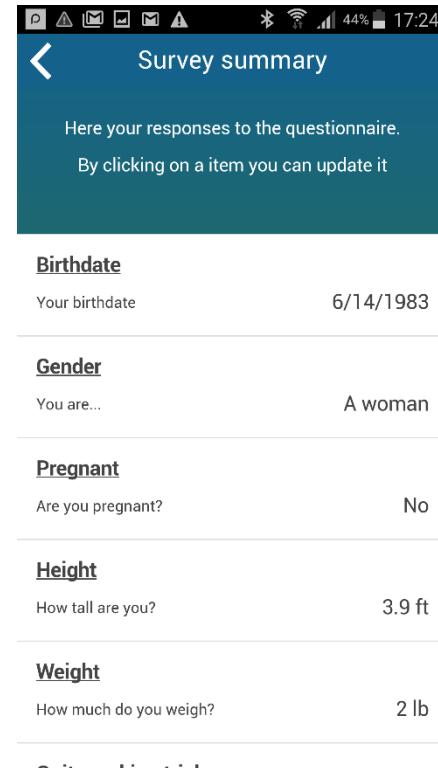


Do you smoke when you are very sick?

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

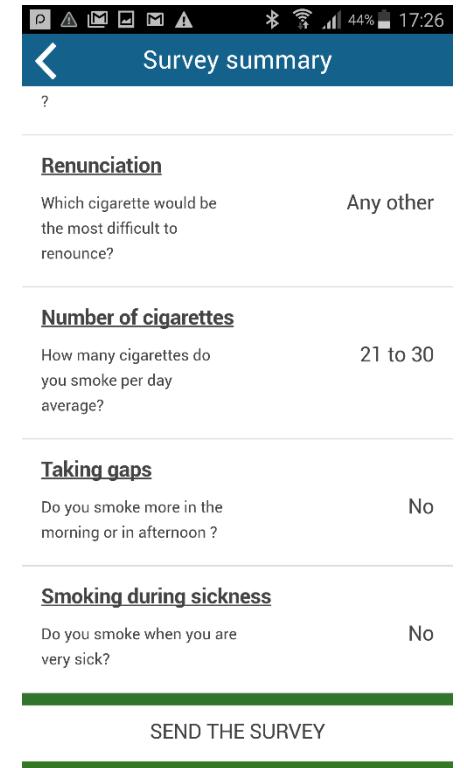
Gender
You are... A woman

Pregnant
Are you pregnant? No

Height
How tall are you? 3.9 ft

Weight
How much do you weigh? 2 lb

[Edit questionnaire](#)



?

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

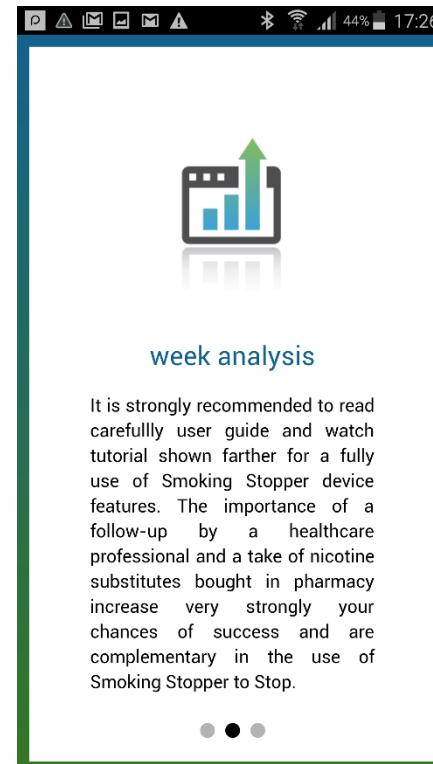
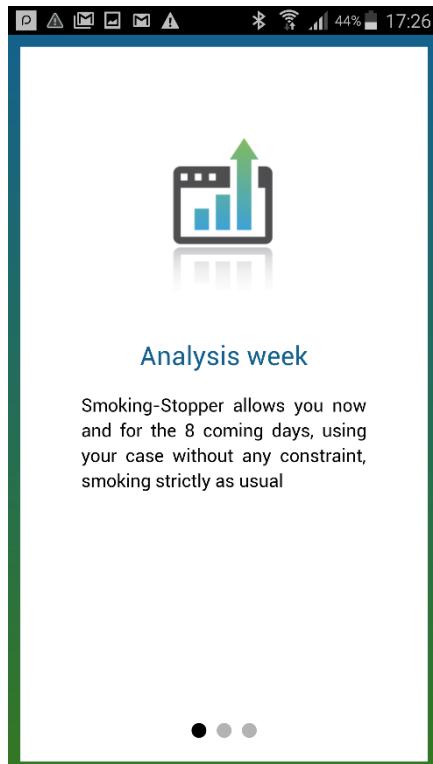
Taking gaps
Do you smoke more in the morning or in afternoon ? No

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

SEND THE SURVEY

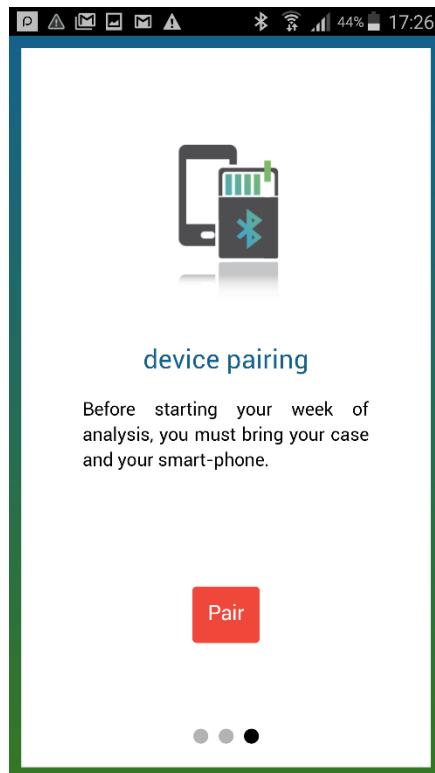
WEEK ANALYSIS

Read and pass those two screens

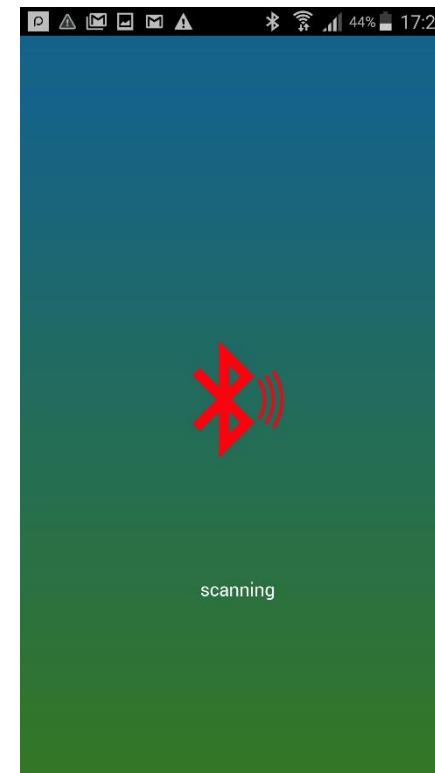


PAIRING DEVICE WITH APP.

Click on red button to start pairing



Wait while red button is blinking



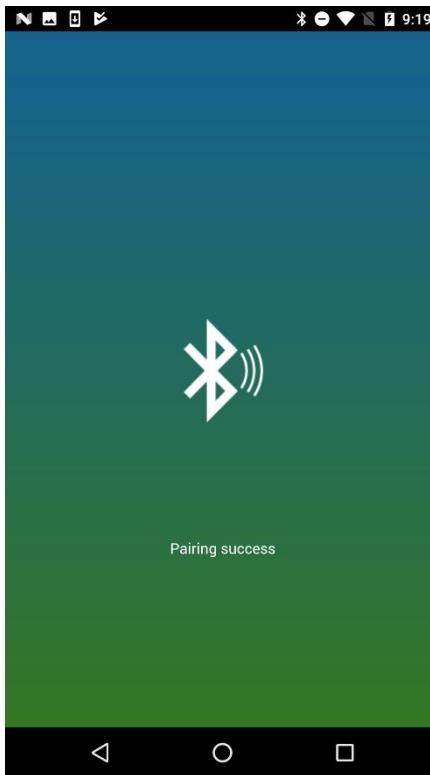
Make sure your case is close to your smartphone and



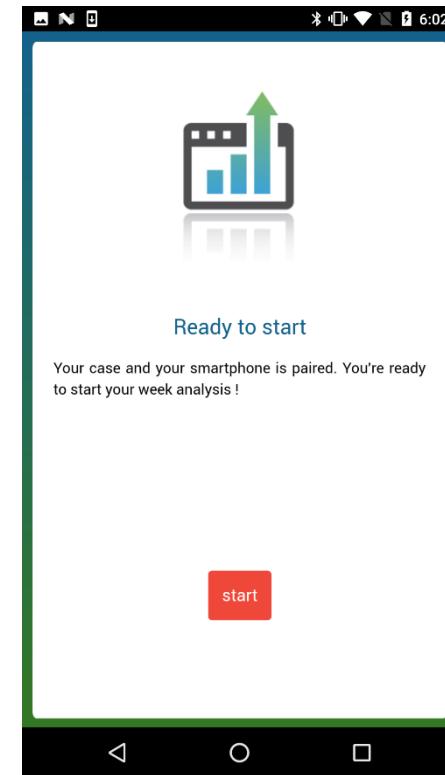
it's better if it is lying on you desk

PAIRING DEVICE WITH APP.

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

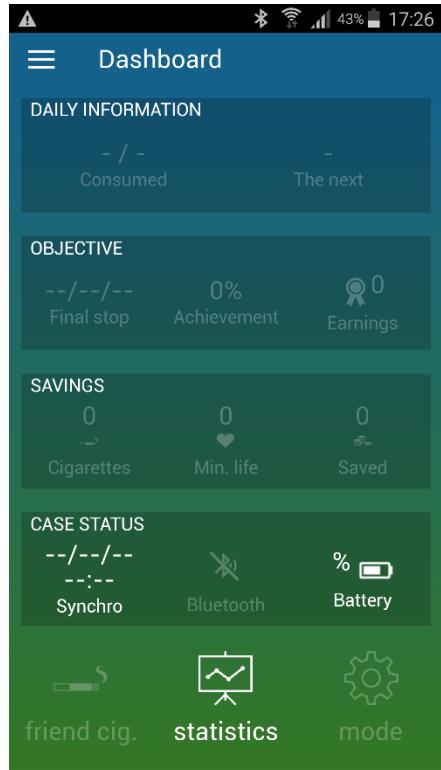


Then you're ready to start, you automatically switch to Dashboard

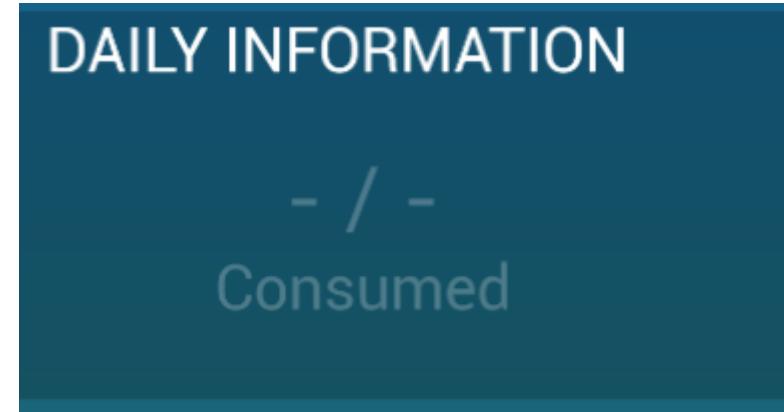


DASHBOARD

You automatically get your dashboard screen



Check your daily information: should be null

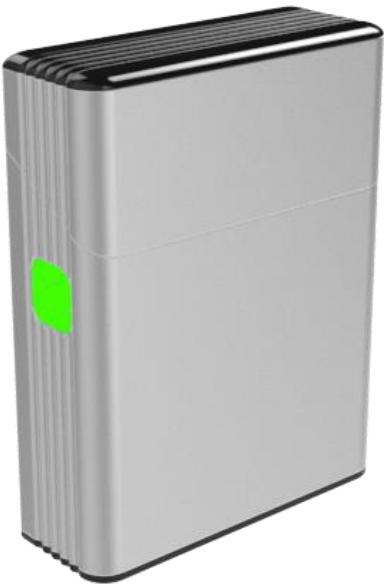


CONSUME A CIGARETTE

Make a short pressure on
the side button



Control you see a green
light blinking twice

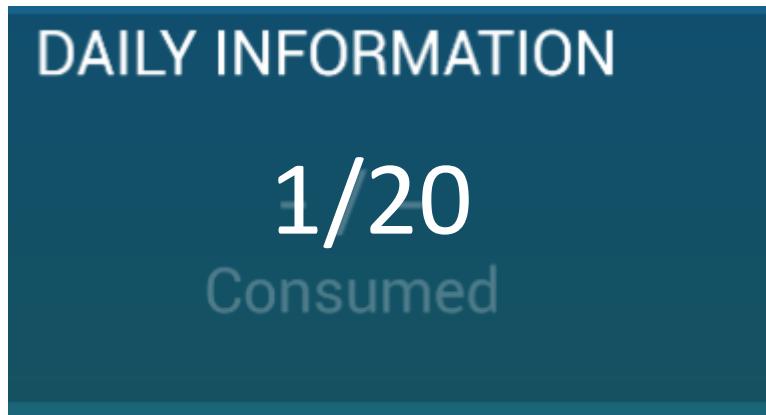


The case opens,
you can close it

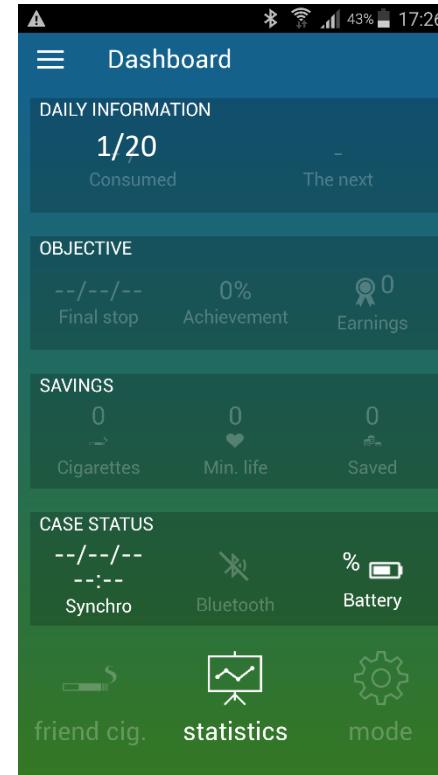


CHECK YOUR DASHBOARD

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 transferred successfully !!

ANY QUESTION OR PROBLEM !

Contact:

Thierry BIARNES

tbiarnes@regulsmoke.com