

VITAMINS.IO

Smart Vitamins Cap

User Manual



by

Water.IO

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Version 1.0

Vitamins.io

Vitamins.io includes a smart bottle cap and the mobile app. Attach the smart cap to your vitamins bottle and download the app to your phone. Once downloaded, follow the onboarding instructions in order to connect the smart cap to your app. From here on you will get reminders to take your next dose, you will be able to see all your historical data and statistics. You can fill your personal profile and get customized content through the app.

Downloading the app

Search for the Vitamins.io app on
Google Play or Apple App Store.



Vitamins.io App

Chapters

- On-boarding wizard >
- Using the app >
- More tips >

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First Use



On-boarding wizard

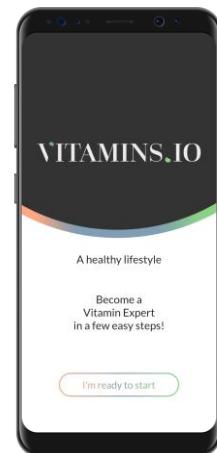


Welcome to Vitamins.io App!

Turn your mobile device Bluetooth to on, and have your smart vitamin cap near to you.



Launch the app and follow the 4 steps simple guide.



First, select the vitamin type you are taking.

You can choose one of the commonly used vitamins list by tapping on it. Or, you can type any free text you wish.





On-boarding wizard

Second, select how many times a day you want to take your vitamins. The app and cap reminders will be set accordingly.



Third, use the rolling picker to set the time for each dose. You can tap the arrows or roll the picker up and down to reach the desired time. The app will repeat the time selection as the number of reminders you have selected.



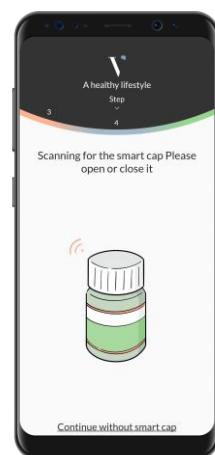
It's time to connect the app and the smart cap. If you don't have a smart cap or prefer to connect it later, click on "skip for now" button. You will be able to connect the smart cap in the app settings later, whenever you want. To connect the smart cap, click on "connect" button.





On-boarding wizard

Forth, connect the cap. Open or close the smart cap, so the app can create the connection with the cap, and update it with the reminder times you set.



The app moves to the next page after finding a cap. Is your cap blinking?

If it is, great! Click on the “yes” button. The app is now connected to your smart cap. If your cap doesn’t blink, the app didn’t recognize it. Click on the “no” button and open or close the cap again as the app guides you.

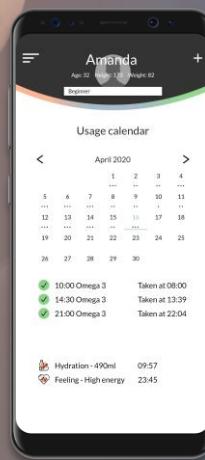


After a successful connection you are ready to start using the app and the smart cap. Click on the “finish” button and the app will pass you to the main screen.



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Day-to-day app usage



Using the app

Top bar options and navigation – There are 2 buttons in the top bar.

The one in the left is the menu button, it opens the drawer from the left, where you can navigate to other screens in the app. You can also navigate between screens by swiping left and right.



The second button is the plus on the right top corner, it opens a small menu with shortcuts to add things to your app and profile. If you are not connected to a smart cap, you can go to the connection screen from this plus menu. The ranking bar shows your rank in taking vitamins, as long as you will keep on with taking your vitamins on time, it will get higher.

Home screen



On this screen you are able to see your daily vitamin plan. You can see what time the reminders are set to, the hour you took your dose, and if you missed one.



Home screen

There are 3 useful buttons on the bottom of the screen.

The “Hydration” button opens a popup window, where you are able to enter how much water you drank today.



The “Feeling” button opens a popup window where you can enter how you are feeling today.

These two reports are available for viewing in the calendar screen.



The “Manual pill” button opens the popup window and allows you to mark a dose as taken. Select the dose you want to mark – morning/ evening, etc., then select the hour you took the dose.



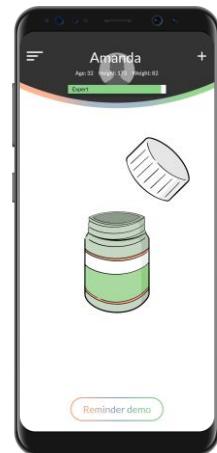
Calendar

The main view of your history in the app. There is a small dot for each dose taken in each day, below the date. You can click on a day and view the day's records, taken and missed doses, the time you took the dose and the hydration and feelings reports.



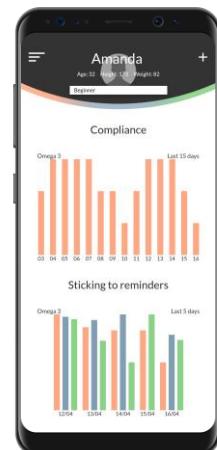
Bottle screen

An animated screen shows the bottle opening and closing according to the smart cap status. You can try to open and close the bottle and see how it changes. The best is to try it out during the reminder time – open and close the cap will be considered as taking a dose.



Graphs statistics

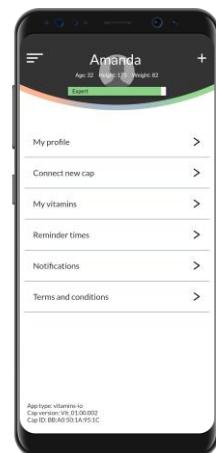
We summarize your taken dosage history and in two charts. The “compliance” chart shows how many doses you took out of your daily dosage. The “sticking to reminders” chart shows how close to the reminder time you actually took the dose. The main purpose of the chart is to allow you to understand what times you tend to forget, and maybe change the reminder time to a more suitable hour for you.





Settings

Here you have many options to control and set the app to your personal needs.



Profile

This is where you tell us about yourself so we will be able to customize the app for you. Fill in the fields as written: name, age, height, weight, email address and phone number.



At the end, view your full profile. You can edit the fields by clicking on the small pencil icon whenever you wish to.





Connect to cap

Connect to cap – in case you have a new smart cap, or you want to switch the cap, click on this option. Now open or close the smart cap, so the app can create the connection with it.



The app moves to the next page after finding a cap. Is your cap blinking? If it is, great! Click on the “yes” button, the app is now connected to your smart cap. If your cap doesn’t blink, the app didn’t recognize it. Click on the “no” button and open or close the cap again as the app guides you.



My vitamins

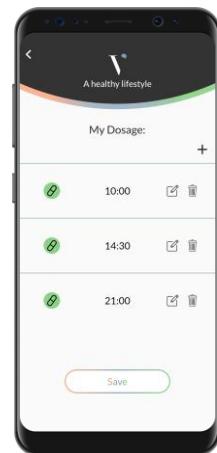
Here you can see which vitamins you are taking, and edit them if you want, by clicking on the small pencil icon. You can choose one of the commonly used vitamins list by tapping on it or you can type free text as you wish.





Reminder times

Shows the list of reminders you set. You can delete a reminder time by clicking on the small bin icon or edit by clicking on the small pencil icon.

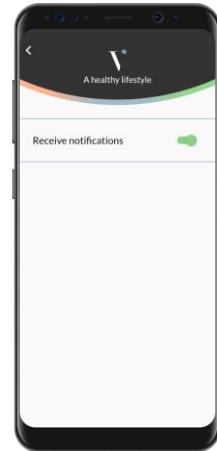


You can add a new reminder by clicking on the plus button. Then, use the rolling picker to set the time for each dose. You can tap the arrows or roll the picker up and down to reach the wanted time. Click "save" to make sure you saved the times. The app will update the cap with the new reminder times in the next connection.



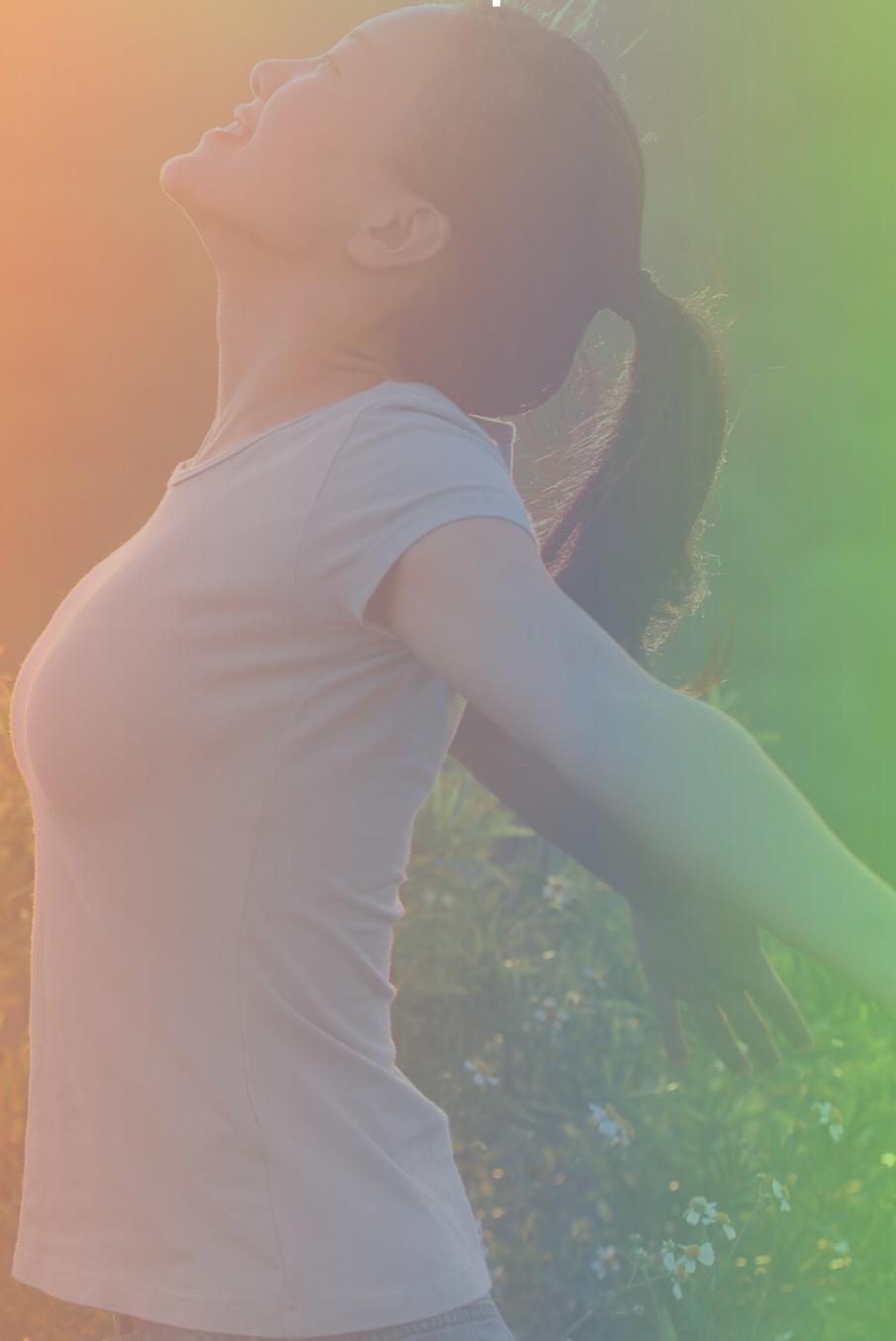
Notifications

You can turn on or off the app notifications. Pay attention, turning off the app will stop the app from reminding you to take your vitamins.



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Useful tips





Some tips

- You must allow all the permissions the app requested, Bluetooth, notifications.
- To make sure the app and the cap are in sync, keep the Bluetooth on your phone on. Advanced Android devices also requires the location to be enabled.
- The smart cap detects when you open and close the bottle, that's why it's smart. Each time you open the bottle, it counts as if a pill was taken.
- The smart cap logs all your actions, and will transfer the data to the app.
- Setting a new reminder time is saved in the app and transfers to the cap, which will remind you by blinking in the new chosen time.
- It is possible to use the app without a smart cap, just skip the connection section. You can get reminder notifications, update taken dosage and follow your dosage data.

FCC Compliance Statement

This device has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in residential installations. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio and television reception.

However, there is no guarantee that interference will not occur in a particular installation. If this device does cause such interference, which can be verified by turning the device off and on, the user is encouraged to eliminate the interference by one or more of the following measures:

- Re-orient or re-locate the receiving antenna.
- Increase the distance between the device and the receiver.
- Connect the device to an outlet on a circuit different from the one that supplies power to the receiver.
- Consult the dealer or an experienced radio/TV technician.

WARNING! *Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.*

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.

A distance of at least 0.2 cm. between the equipment and all persons should be maintained during the operation of the equipment

