OpticAware

OpticAware Quick Start Guide

1. Download the OpticAware app from the Apple App Store onto your iPhone or iPad.
2. Charge OpticAware band for at least two hours.
3. Wear it on the desired wrist with the button facing the knuckles.
4. Launch the OpticAware app, and follow the band setup instructions in the app.

Detailed Instructions

App Installation

Follow the instructions below:

1. Go to Settings > General > Software Update to check that your iPhone/iPad is updated to the latest version.

OpticAware Band Setup

1. Charge the band for a minimum of two hours before the first use, using the following instructions:

    a. To charge, remove the module from the silicon band, and use the provided USB charging cable. During charging, the module light blinks and turns solid when charging is complete.

Note: the module does not turn on and off. It is always ON if it has a charge.

   b. Charge the module each day, either over night or after the end of the day.

   IMPORTANT: The battery lasts about 24 hours.

2. Wear the band on the desired wrist with the button facing the knuckles.
3. Secure the band with the two provided pegs and the band loop.
4. Launch the OpticAware app, which should now be installed on your iPhone/iPad.
5. Follow band setup instructions from the app. To confirm the band is connected, look for the words "Unassigned Band" and the band serial number in parentheses, such as (U2V2), like the screenshot below.
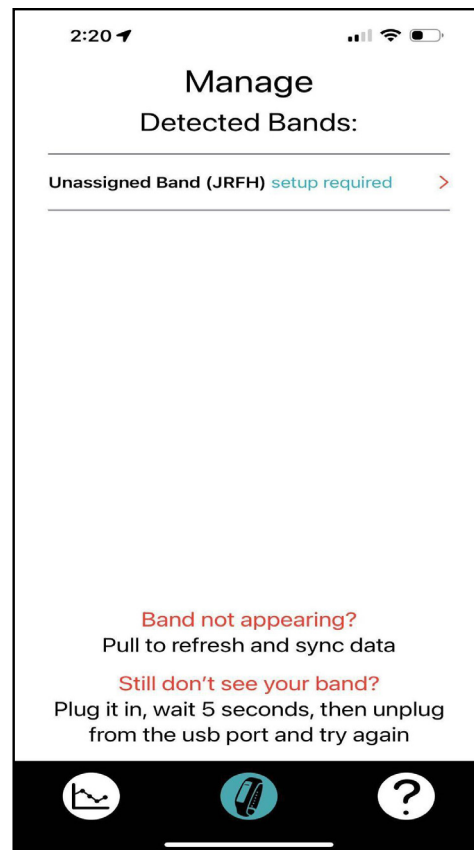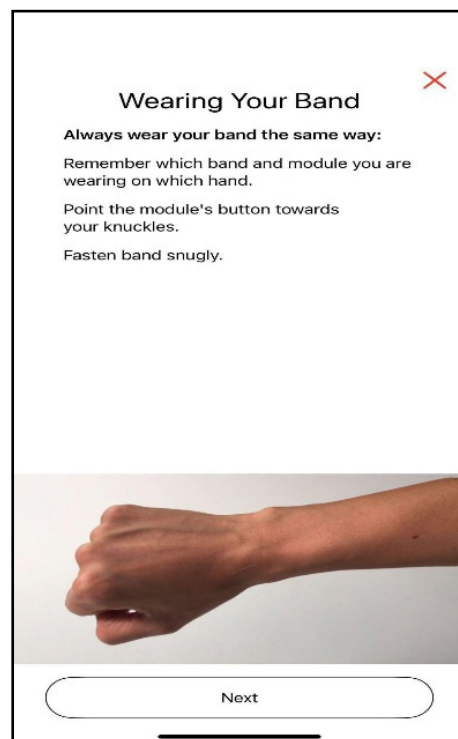
Figure 4: Detected Bands

Figure 5:
Wearing Your Band
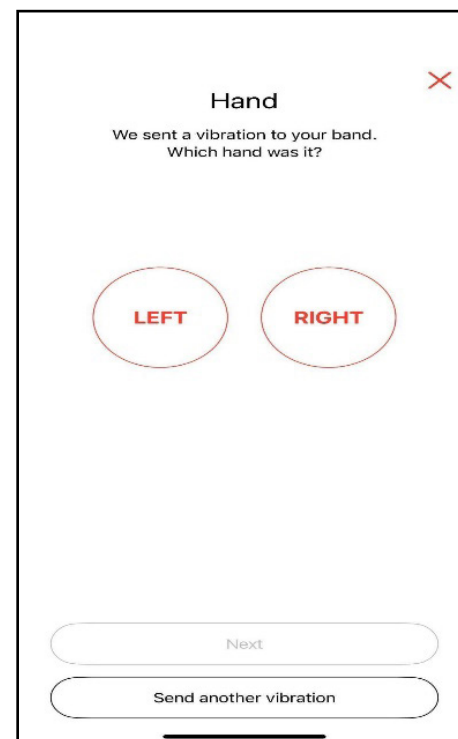

Figure 6:
Hand Detection

Figure 7:
Testing Band

Note: If you do not see that the band is connected, follow the instructions on the app.

6. Tap on **Setup Required** to walk through the band setup, read the instructions, and test the detection.

7. The vibration will begin about 3-5 seconds after the hand is held near the eyes.

YOU DID IT! Now What?

➤ **Daily Use**: The user should wear the band for as much of the day as possible.

➤ **Be Gentle**: The band should be removed during activities, such as handwashing or physical activity, during which the device can become wet or damaged. The components are not waterproof.

➤ **Vibration Data**: The OpticAware app collects data on band vibrations, helping determine how eye-pressing behavior changes and when pressing behavior occurs.

- A data point is collected every time the band vibrates.

- You can see how often the band vibrates by tapping on the graph icon in the lower-left corner of the app.

- The band wearer does not need to be near the iPhone/iPad for data collection. The data is stored on the band and synced to the app once the charged band is near the iPhone/iPad device.

FAQs/Troubleshooting

The user is still eye pressing while wearing the band.

The purpose of the OpticAware band is to gently and discreetly

alert the wearer that their hands are near their eyes. It's up to the wearer to use the vibration as a cue to redirect their hands. We like to think of the vibration as a **self-care alarm** empowering the wearer to make a healthier choice, like playing with a fidget or asking for a study break.

The module does not go off when the wearer touches their eye.

Confirm the band is charged by pressing the side button. If you feel a vibration, the module is charged. No vibration means the module is not charged. You can also confirm the battery level in the app. If the module is charged, check that the user is wearing the module correctly with the button facing the knuckles.

Sometimes, the band gives false alarms, such as while eating, drinking, or resting their chin in their hand.

This is normal as sometimes a hand motion activity, like drinking, is similar to the eye-pressing behavior. If that is the case, we suggest your wearer use the other hand for the activity (drinking). The user may be experiencing friendly false alarms. For example, if the wearer is touching their forehead while working. This is a friendly false alarm as it helps wearers become aware of their hands. Forehead touching could mindlessly lead to eye pressing. We encourage you to teach the wearer that this is a friendly alarm.

How do I turn the module back to Factory Settings?

Hold and press the side button for 4 distinct vibrations, then release. The first vibration is immediate, followed by 3, 6, and 9 seconds between vibrations.

What is the button used for?

The button is used for factory resetting the module and other

technical support. It also is useful to orient the module correctly. The band will work only if the wearer has the button facing the knuckles. It also confirms if the module is charged or not.

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