

Physical Activity Tracker

Activ8 A8055 RISE
PROVISIONAL



RISE
PROJECT

The RISE eCoaching system consists of the **QSM220 activity monitor**, a **smartphone application** that provides real-time feedback and contains e-learning modules, a monitoring **dashboard for the physiotherapist**. All measurements are stored in the Cloud.

The RISE eCoaching system is used by the physiotherapist to monitor the movement behavior of the patient, on which the subsequent coaching sessions (focusing on improvement of the movement behavior of the patient) are based. The RISE eCoaching system is intended for adults with a chronic condition. The monitor is worn in the pocket of the trousers, and system is visible on the participant's telephone. The users are physiotherapists and patients with a chronic condition.

Intended users: The intended users are patients with a chronic condition and physiotherapists.

Automatic activity classification

Non-wear, sitting, standing, walking, cycling or running.

Accurate & validated

Validated and proven to be accurate for healthy people and specific groups.

Energy Expenditure (EE)

Energy expenditure measurements in kCal or MET

Easy to use

Simple application to start/stop and visualise measurements. All recording data remains local. Set movement target with clear 'emoticon feedback on the device.

Tracking of activity, sit and high-risk sitting

The same solution can be used as activity and sit tracker when worn on the upper leg for up to 30 days.

Vibro tactile feedback

Small, lightweight

Device worn in the pocket, attached with optional legstrap or waterproof sticker

Waterproof IP67

Water and sweat proof (IP67) made of biocompatible materials.

CE certified

CE certified non-medical. For research only.



*Preliminary specifications.
Subject to change without notice.*

Content

- Activ8 QSM220 Professional Physical Activity / Sit tracker
- USB cable (micro USB to USB-A)
- Product manual
- RISE web, app and cloud

Optional

- Attachment solutions: legstrap, waterproof sticker (transparent breathable upper leg device fixation) or watch type
- Customizations to the Activ8 software application (functionality, reporting etc.)

Technical Specifications

QSM220 Physical Activity Monitor

- Activity recognition (validated):
 - Upper leg activity classes: non-wear, sitting, standing, walking, cycling, running.
- Energy expenditure (validated): kcal or MET per activity class
- Internal sample frequency: 50Hz
- Wearing position: upper leg (in pocket, with leg strap or tape)
- Technology: 3D Accelerometer
- Upgradability: yes (both device and software)
- User interface:
 - Led indicator: 5 customizable RGB LED. Show daily target.
 - Button: customizable function. Mark events
- Connectivity:
 - Micro USB connector: charge port & data sync (Mass storage, CDC, HID interface)
 - Bluetooth LE 5.x: customizable depending on application
- Rechargeable battery: 140mAh LIPO
- Operating time (fully charged): > 30 days
- Charge time: < 2 hrs
- Battery low / charge indicator: yes
- Device dimensions [L x W x T]: 38.9 x 24.3 x 10.2 mm
- Weight: 10 g
- Color: Lightgrey

RISE web, app and cloud applications

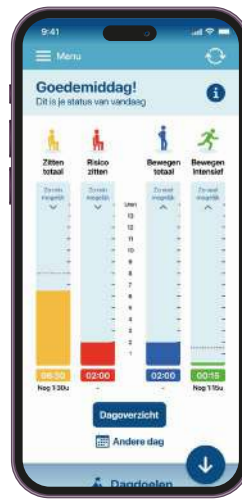
- User dashboard
 - Dayview, weekview. Total sitting and risk sitting
 - Actionplan, progress
 - E-learning: video's, tips & tricks
- Physiotherapist dashboard
 - Management of multiple users
 - Reports and statistics for larger groups.
- Cloud measurement storage.
- Supported OS: Android & iOS

Requirements

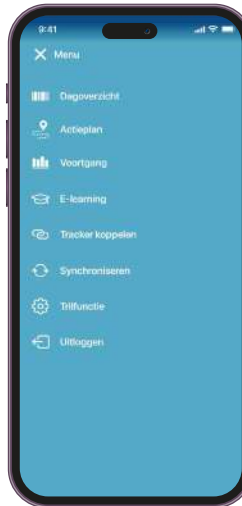
Android or IOS phone with Bluetooth LE support.

Warranty & Certification

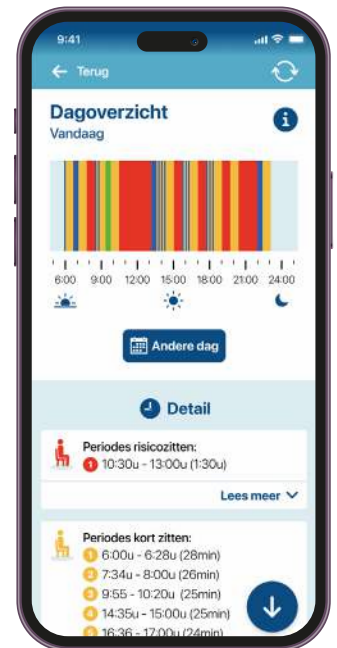
1 year. Non-medical CE certification. For research purposes only.



Sit & prolonged sitting, movement totals



Dayview, actionplan, progress, e-learning



Dayview with periods of risk sitting



More Information

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