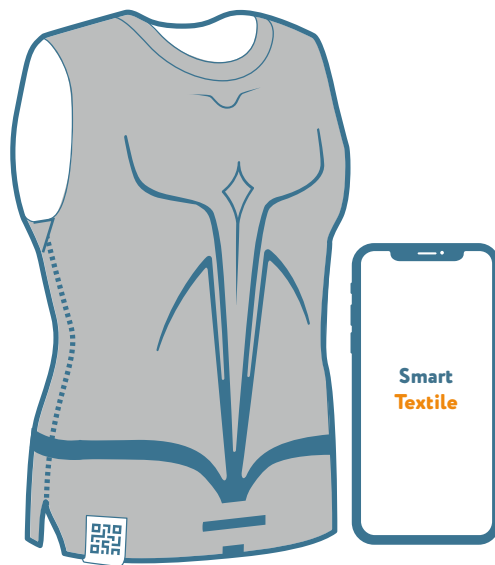


Chronolife Smart **Textile**



Quick Start Guide

CONDITIONS OF USE OF THE DEVICE

In order to guarantee the quality of the data collected and the correct transfer of the data to the servers, please respect the conditions of use described below, each time you use the device.



Smartphone connected to the internet (Wifi, 4G, with a stable and permanent connection)



Bluetooth enabled in the smartphone settings + smartphone within 2 meters of the t-shirt



The Smart Textile t-shirt is not dedicated to the practice / monitoring of sports activity, but collects data in low activity



For the proper functioning of the application, be sure to keep a minimum of 2 GB available on your smartphone

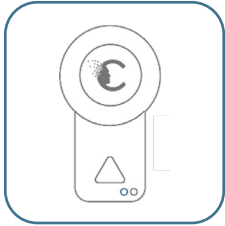


The Smart Textile T-shirt is a technological object that must be treated with care. Do not pull and/or touch the sensors continuously

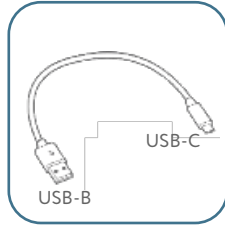
SUMMARY

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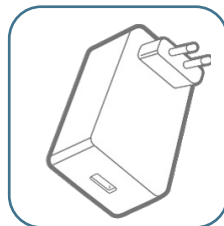
1 Load the t-shirt



Induction charger



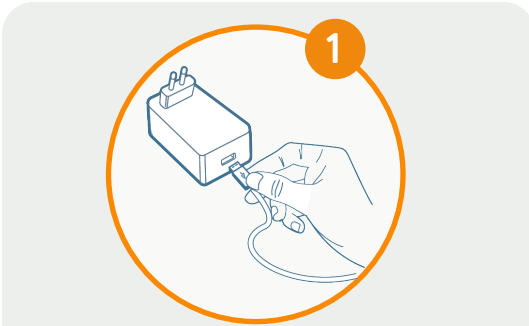
USB cable



Power supply unit

Loading time:
2 (80%) to 3 hours (100%)

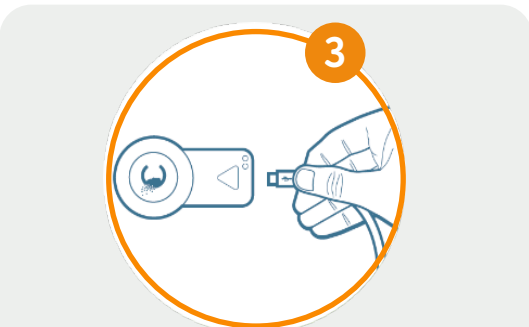
Battery life:
48 hours after full charge



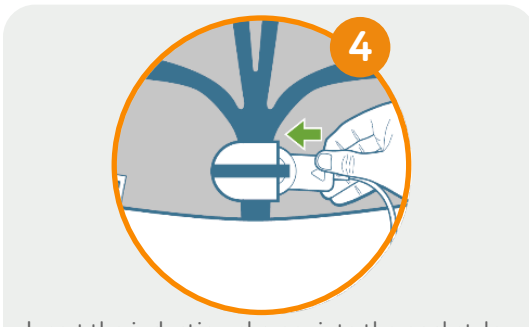
1 Connect the USB cable to the power supply unit



2 Plug the power supply unit into an electrical outlet

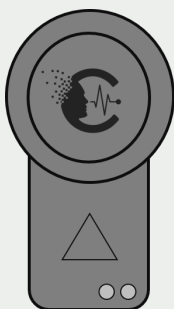


3 Connect the USB-C cable to the induction charger



4 Insert the induction charger into the pocket, located at the bottom front of the shirt

Description of the lights of the induction charger, informing about the state of charge of the t-shirt:



- ● Lights out
Induction charger is not connected to an electrical outlet
- ● Flashing blue light
Induction charger is plugged into an electrical outlet
- ● Continuous blue light
The t-shirt is loading

- ● Continuous red light + continuous blue light
The t-shirt is fully charged
- ● Continuous red light
Induction charger is faulty
- ● Red light flashing
Induction charger is faulty

In case of a charger failure :

1. Make sure there are no objects that can receive energy near the charger
2. Make sure there are no foreign objects on the charger
3. Disconnect the USB-C cable from the charger
4. Replace the charger correctly in the pocket of the t-shirt
5. Reconnect the USB-C cable to the charger


Make sure the blue light comes on, indicating that the shirt is properly charged.




Be sure to charge the shirt before the app shows 10% battery remaining. Do not wear the shirt while it is charging.

2 Download the smartphone application

Option 1

 Available on Google Play

 Available on Apple Store

Option 2

By scanning this QR code*:



Option 3

By going to this link*:

<https://chronolife.net/smarttextile/app.html>

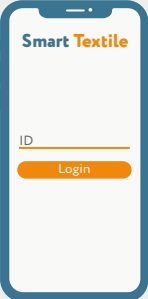
*Only on Android.

In order to use the application, please allow it to access: multimedia content / photos / files, geolocation (Bluetooth function) and the camera. Make sure you activate WiFi and Bluetooth functions on your smartphone. Your smartphone must not be in power saving mode when you use Smart Textile.

Be sure to use the smartphone that was provided or recommended to you.

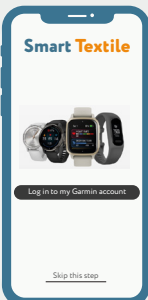
3 Login to the smartphone application

1



Please enter the ID number provided to you in the « ID » field and press the « Login » button.

2 Optional



If you have subscribed to a Chronolife x Garmin offer, fill in your Garmin login and password. Otherwise, skip this step.



Be sure to keep the Chronolife ID number that was provided to you, in case you need to reconnect to the smartphone application.

4 Turn on and connect the t-shirt to the smartphone application

1



Activate the t-shirt by energetically shaking the lower front part of the t-shirt (electronic card)

2



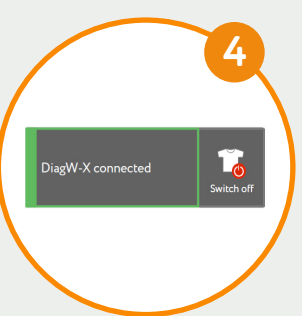
Open the Smart Textile application on the smartphone and press the « Turn on your device » button

3



Scan the QR Code of the t-shirt which can be found on the label at the bottom of the front of the t-shirt

4



Once your t-shirt is connected to the smartphone application, the above message appears

! The connection between the t-shirt and the application can sometimes take several seconds. Please wait a few moments before rescanning the QR Code immediately. In order to scan the QR Code correctly, it should not be placed in a bright light or in a dark place.


5 Wearing the t-shirt

1



Make sure the t-shirt is right side up (electrode pins in direct contact with the skin) and the zipper is open. The red seam indicates the passage of the head

2



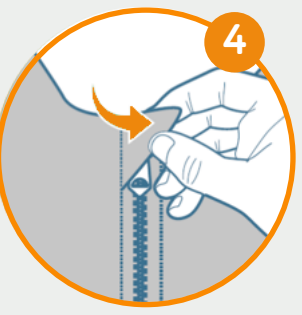
Put on the t-shirt by passing your left arm and then your head through the holes provided for this purpose, making sure to keep the inside label in your neck and the zipper on your right

3

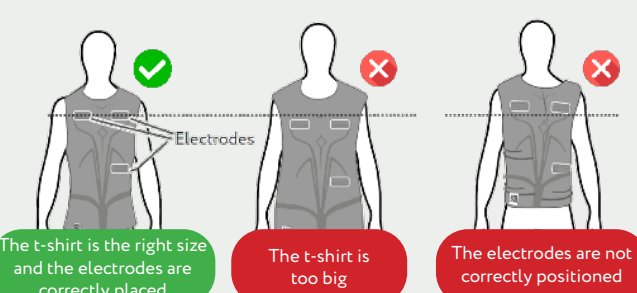


Close the zipper of the t-shirt by gently pulling it up from the bottom
You can turn the t-shirt slightly so that the zipper is on the front, in order to facilitate its closing

4



Be sure to cover the top of the zipper with the zipper cover to avoid getting hurt or injured

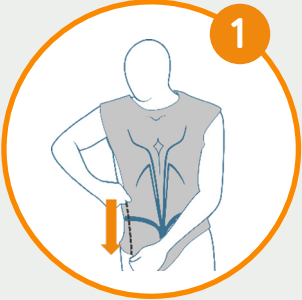


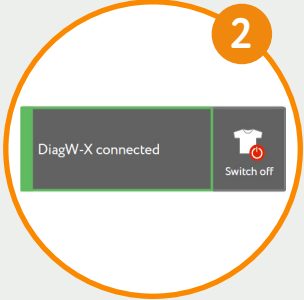
Make sure that the electrodes are correctly positioned, well placed on your torso and that the t-shirt fits perfectly.

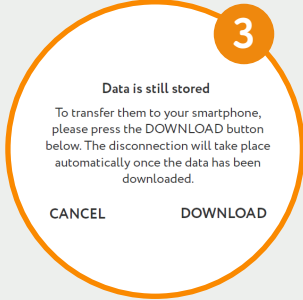
The t-shirt should be worn snugly over the body and the electrodes should be properly placed: the electrodes should be located just above the chest and pressed against your skin when you stand upright.

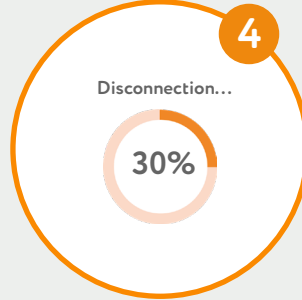
- The t-shirt is the right size and the electrodes are correctly placed
- The t-shirt is too big
- The electrodes are not correctly positioned

6 Remove and turn off the t-shirt

- 

Open the zipper on your side and pull it over your head
- 

Press the « Switch off » button in the smartphone application
- 

Press the « Download » button to retrieve the data stored on the t-shirt
- 

The t-shirt will automatically turn off when the download is complete. Do not move your smartphone away from the t-shirt.



Make sure to disconnect the t-shirt from the mobile application before charging: While charging the t-shirt, the Bluetooth connection will be interrupted and the data may be lost.

7 Maintain the t-shirt

Before washing the shirt:

- Turn it off (via the smartphone app)
- Make sure the charger is not connected to the t-shirt

You can wash your t-shirt in the washing machine or by hand with other clothes.

Lifetime of the t-shirt : 40 washes

Recommendation: Wash every 72 hours of wear



Wash at 40°C maximum, delicate cycle
If you wash your t-shirt by hand, wash it gently and let it air dry without wringing it out



Spin at 400 rpm maximum



Bleaching prohibited



Tumble drying prohibited



Ironing prohibited



Dry cleaning prohibited

Drying on radiator prohibited

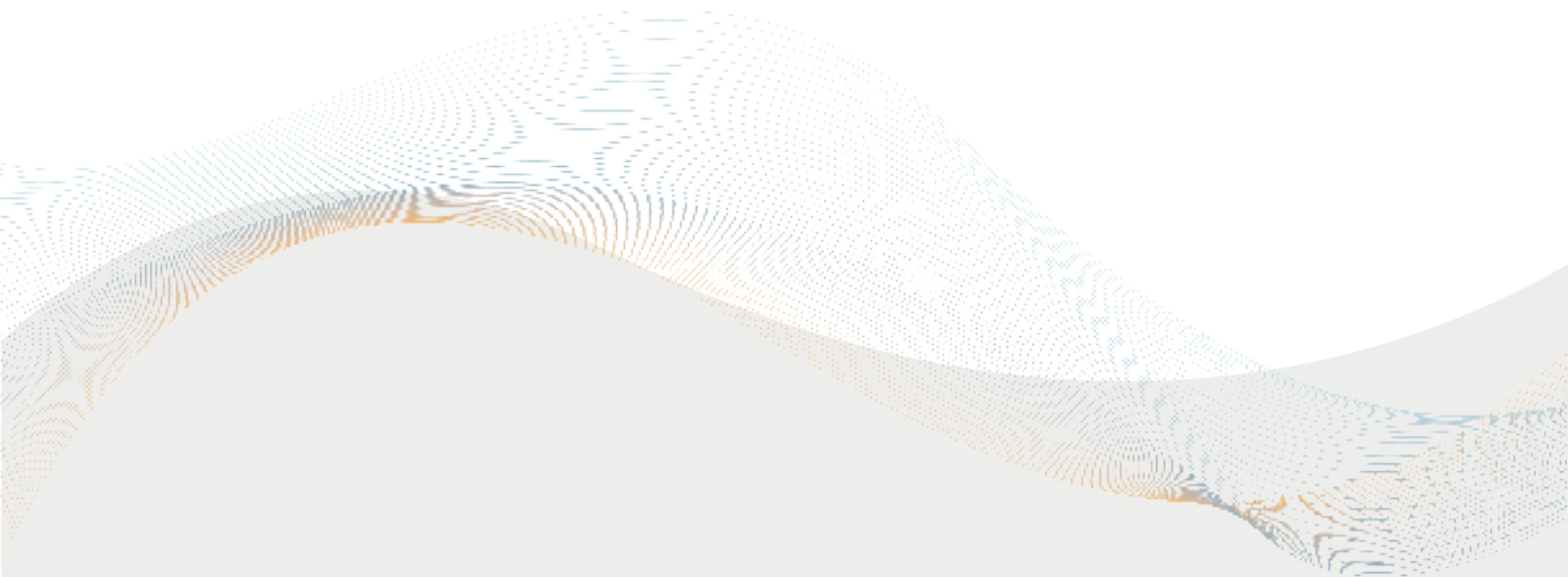
Drying in the sun during hot weather prohibited

Use of washing balls prohibited



Allow the t-shirt to air dry completely before reloading, turning it on or wearing it.
Failure to do so may result in damage to the t-shirt.

The Chronolife Smart Textile solution is not intended as device for diagnosing, monitoring, or any treatment purposes. The services are in no way intended to serve as a diagnostic service or platform, to provide certainty with respect to a diagnosis, to recommend a particular therapy or to otherwise substitute for the clinical or professional judgment of a qualified healthcare professional.



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