



MOBILIT

Instructions for Use



This is a short guide on how to use Mobili-T™.

Questions?

Contact our customer care team at
info@trueanglemedical.com

TRUE ANGLE

Enjoy the life you're living

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Please download the Mobili-T app to get started.

The app is available on Apple® devices that support Bluetooth® Low Energy. iPhone® must be iPhone 7 or later and have iOS 13 or above. iPad® must be iPad Air 2 or above and have iPadOS 13 or above.

Hello,

Welcome to Mobili-T™, your elegant and reliable personal swallowing trainer. With a smart design and input from patients and clinicians, Mobili-T makes it possible to get more out of your swallowing exercises, anytime and anywhere.

Download the Mobili-T app to begin your swallowing workouts. As you exercise, you will see a line go up and down showing you how hard and for how long your muscles are contracting. Using the app, you will be able to track your progress, as well as connect with your clinician. In the Tracker subscription, you will also be able to track your progress.

In the Trainer subscription, you will be able to complete different swallowing exercises and connect with your clinician.

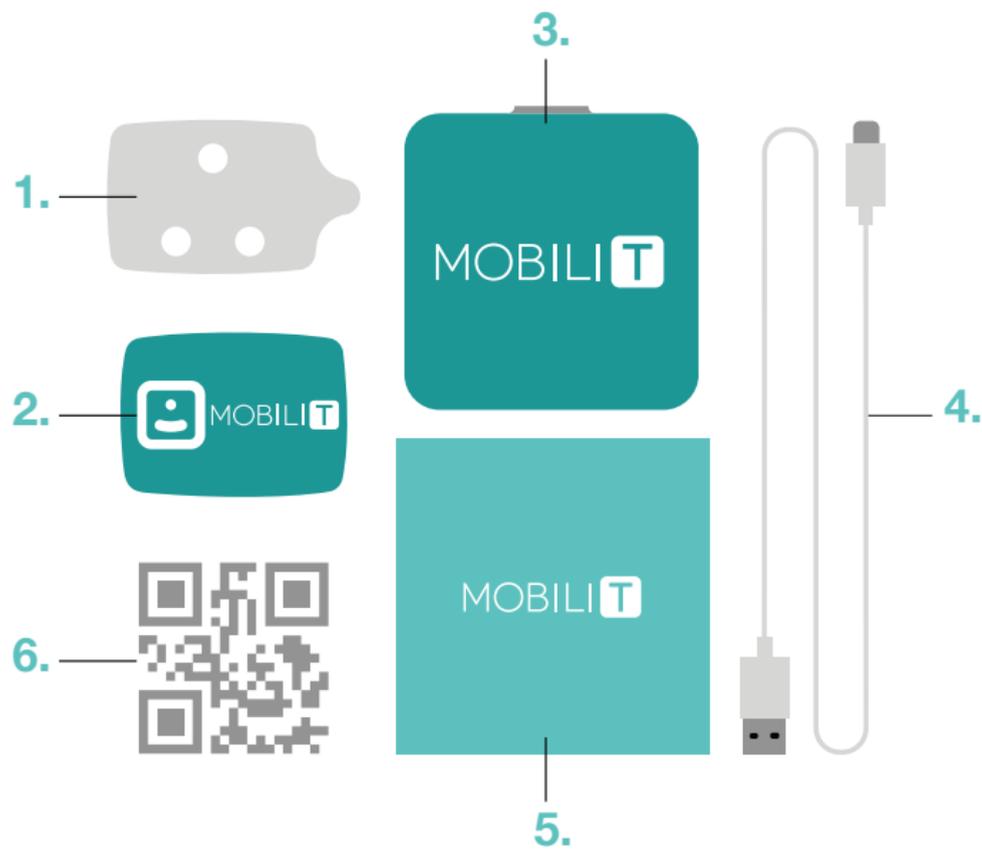
We'd like to welcome you to the growing Mobili-T community. We love to hear your feedback so please let us know how we can keep improving your experience.

Jana Rieger, CEO

info@trueanglemedical.com

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Enjoy the life you're living



In the box you will find:

1. Adhesive pads: Stick your Mobili-T safely and securely under your chin
2. Mobili-T™: Use it to measure and track your muscle activity during swallowing exercises
3. Carry case: Safely store and charge your Mobili-T in this case
4. Micro USB cable: Connects your carry case to a USB power supply for charging
5. Quick-Start guide: Instruction guide to get you up and running right away
6. QR code: You can scan this image with your phone to download the app

Charging your Mobili-T

There are two lights on your carry case. One light is located next to the micro USB connection, on the outside of the case.



Blue: You are connected to power



No light: You are **NOT** connected to power

Charging your Mobili-T

The second light is located inside the carry case, in front of the Mobili-T device.



Orange: Your Mobili-T is still charging



Green: Your Mobili-T is fully charged

Charging your Mobili-T

The carry case can be closed when charging Mobili-T.

While using Mobili-T, the app will show you the battery status of your Mobili-T.

Also, your Mobili-T will flash if it reaches critical battery life.

Getting Started

Prior to first use, remember to:

Charge Mobili-T

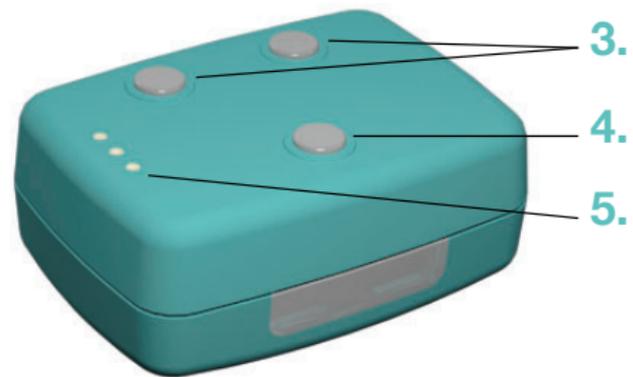
See *setup section* of this manual for charging details

Get the Mobili-T app

- The app can be downloaded from the App Store
- You can scan the QR code on the inside of the Mobili-T box

Switch on Bluetooth on your phone or tablet

- Go to Settings to turn on Bluetooth
- The device will automatically connect to the app via Bluetooth.



Getting to know your Mobili-T

1. Orientation Window
2. Power button with light indicating status of Mobili-T
3. Muscle sensors
4. Reference sensor
5. Charging port

First Use

Open the Mobili-T app on your phone or tablet. You will be guided through a short introduction to your new Mobili-T and how to use it.

1. Getting ready

Mobili-T works best on freshly cleaned skin, free of oils, makeup, or long stubble. Using an alcohol wipe or mild soap and warm water, clean the underside of your chin.

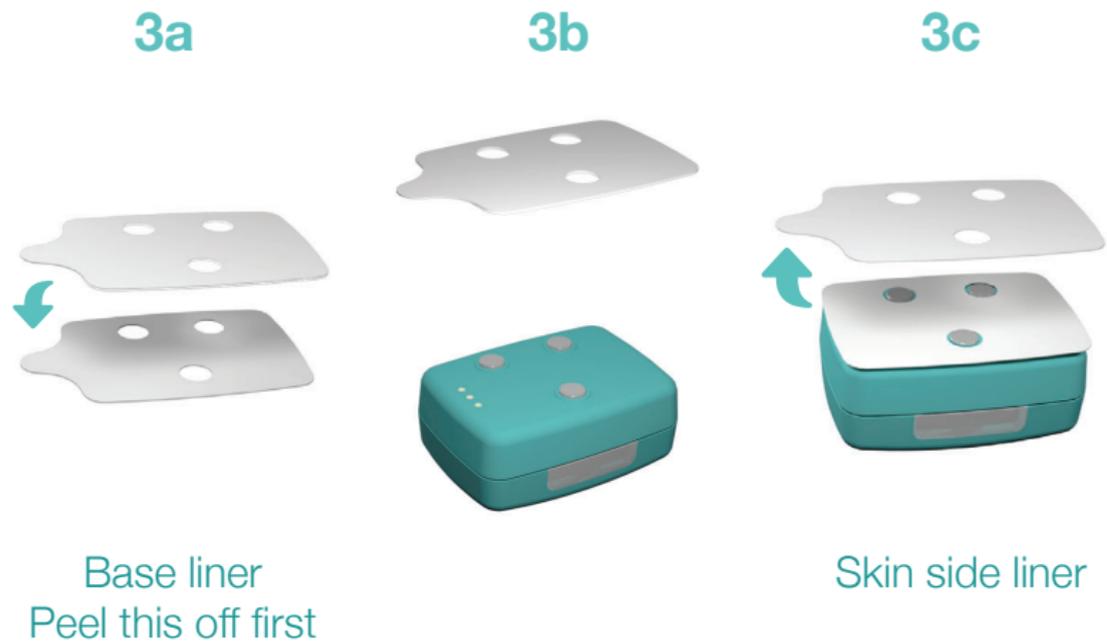
First Use

2. Connecting your Mobili-T

Mobili-T connects to your phone or tablet using Bluetooth. To connect your Mobili-T, press the small button  on top of your Mobili-T.

- **FLASHING** green: Your Mobili-T is ready to connect
- **SOLID** green: Your Mobili-T is connected to your phone or tablet.





First Use

Apply adhesive

Mobili-T uses a double-sided, skin-safe adhesive to stick under your chin.

3a. Take a single adhesive patch and peel the liner that says "Peel First". Place this sticky side on your Mobil-T.

3b. Carefully align the adhesive holes with the three silver metal sensors on your Mobil-T. Firmly press the adhesive patch down.

3c. Remove the second liner from the adhesive patch.

First Use

Place your Mobili-T. Your Mobili-T must be placed under your chin, either on the left or on the right side.

4a. First, locate the window on the side of the device.

4b. You may want to use a mirror for this part. Place the device under your chin, ensuring the window faces out so you can see it in the mirror.

- First, find the middle of your lower jaw. You should be able to feel your jaw bone by pushing gently.
- Now, move 1 to 2 finger-widths from the middle, either to the left or to the right. This is where the single sensor of your Mobili-T should go.

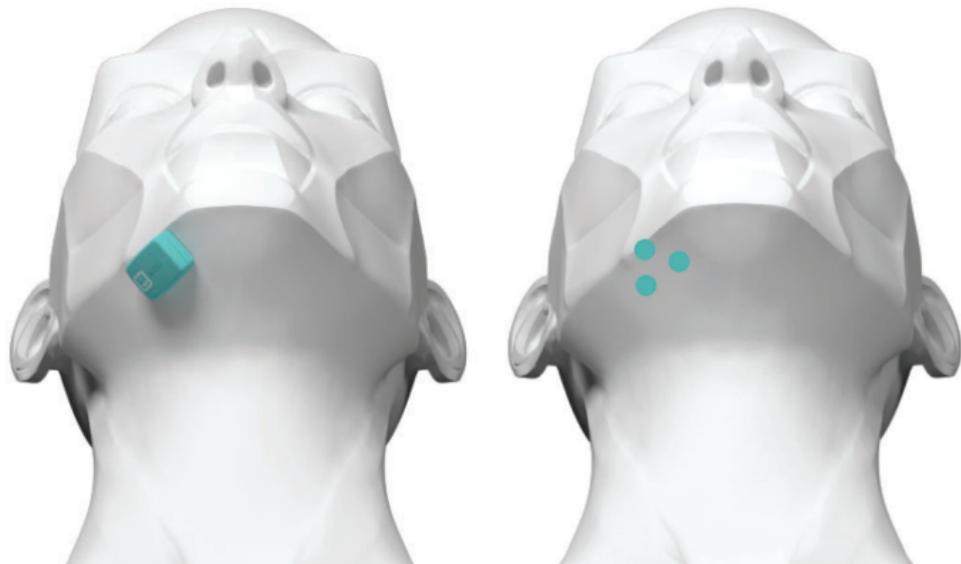
4a



4b



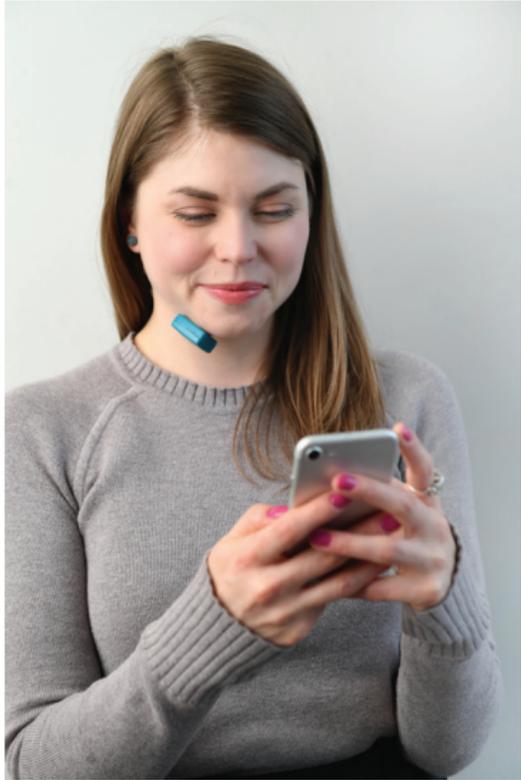
4c



First Use

4c. Rotate Mobili-T slightly so that it aligns with the line of your jaw bone. The paired sensors should be on the fleshy part under your chin. Press on your Mobili-T device firmly to make sure it feels securely in place.

Take your time with this part. It is important that your Mobili-T is placed correctly. Good placement of your Mobili-T leads to better feedback.



Connecting your Mobili-T

- Mobili-T uses Bluetooth Low Energy to wirelessly connect to your phone or tablet; this connection works best when your Mobili-T is close to the phone or tablet you are using to complete your exercises. Covering or otherwise obscuring the Mobili-T may impact your exercise session.
- Prior to beginning an exercise session, you must turn your Mobili-T on by pressing the small button on the top face of your Mobili-T. When turned on, your Mobili-T will immediately begin searching for your phone or tablet. Your Mobili-T will indicate this by flashing green. Please ensure that your phone's Bluetooth is turned on in Settings.

Connecting your Mobili-T

- With your Mobili-T powered on, open the Mobili-T app on your phone or tablet. Your Mobili-T will automatically connect. Connecting to your phone or tablet can take up to 30 seconds.
- If your Mobili-T disconnects during an exercise session it will attempt to reconnect automatically. If it does not reconnect automatically please refer to the troubleshooting guide in this manual.



A green Mobili-T:
Indicates your device
is connected.



A grey Mobili-T:
Indicates your device
is disconnected.



Calibration

Your Mobili-T is affected by many things, such as

- Your Energy on a given day
- Slight changes in where the device sits on your muscles
- Your environment

Calibration sets your Mobili-T so these things will not interfere with your progress.

It is important to calibrate each time you take off your Mobili-T and place it back on or take a long break.

Calibration

With your Mobili-T properly placed, you are ready to begin Calibration. Confirm placement by pressing on “Confirm Placement”.

- Sit still for 10 seconds
 1. When ready, tap “Begin Baseline”
 2. Breathe quietly
 3. Keep your head and neck muscles still and relaxed
 4. Do not swallow or talk

5. A line will trail out from where you tapped. This line represents how still and quiet you are sitting



6. Aim for a flat line

7. You will also see a countdown. You should remain still for that amount of time.

8. If the line is not flat, you will have the opportunity to retry

Calibration

The next step in calibration is to swallow like you normally would.

This step is important as your targets (goals) rely on it. Make sure you take your time completing this step.

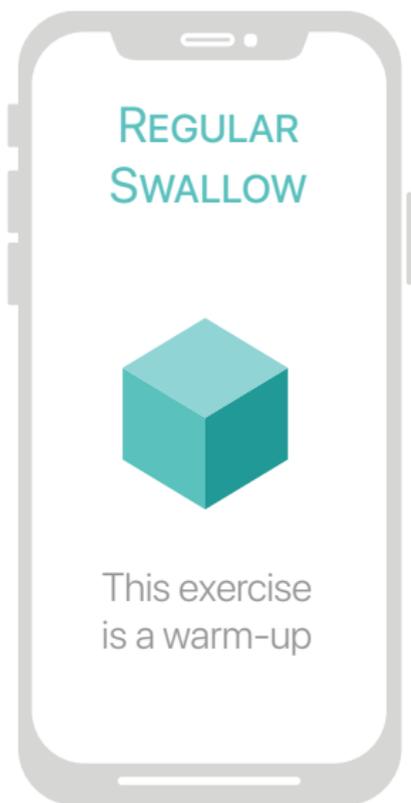
1. Make sure you have saliva ready to swallow. Tap “I’m ready” when you are ready to swallow.

If you suffer from dry mouth, you can have a small sip of water.



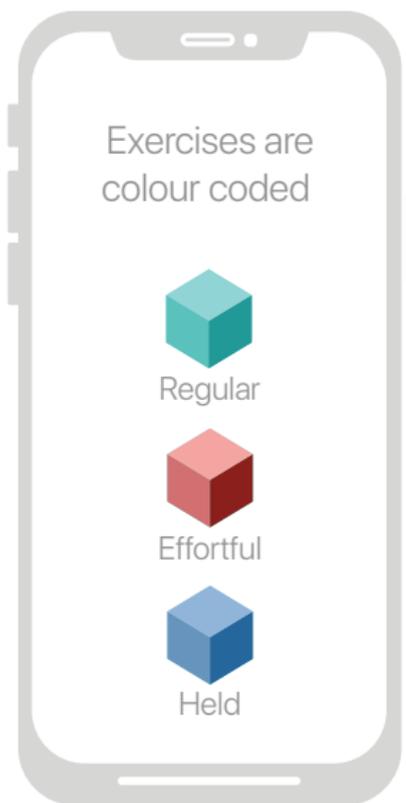
Calibration

- 2.** Swallow your saliva like you normally do. Press “I’m Done” right after you have swallowed.
- 3.** You will repeat this 5 times.
- 4.** You can track your swallows by looking at the 5 cube outlines. 1 completed swallow = 1 cube.
- 5.** Sometimes your swallow may not go as planned. If this happens, don’t worry. Just retry it when prompted.



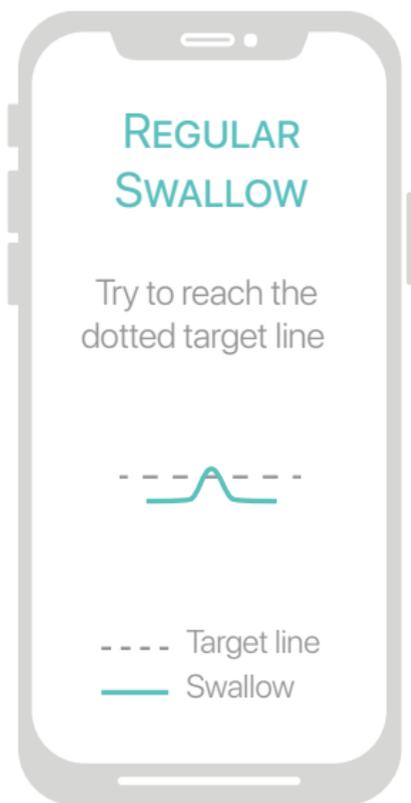
Exercise

- Once you have calibrated, you are ready to begin exercising. Follow the instructions in the app to progress through your exercise session.
- Your exercise session may last several minutes and so it is best to be in a comfortable position prior to beginning your session. We recommend keeping a glass of water nearby, if it is safe for you to swallow it.
- We recommend completing these exercises with saliva, unless otherwise instructed by your clinician. If it is safe for you to do so, you may have small sips of water in between exercise trials.



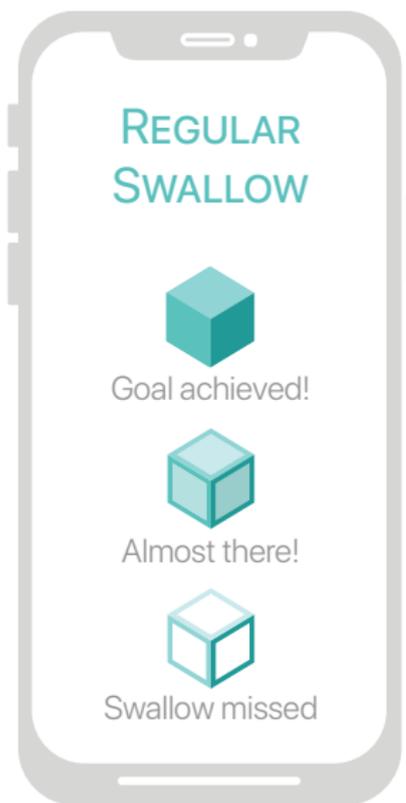
Exercise

- It is okay to take breaks during an exercise session, but remember that targets are set on your initial calibration. If you remove your Mobili-T for any reason, or stop exercising for an extended period, you may be asked to recalibrate prior to continuing the session.
- Depending on which subscription version you have, you may be asked to simply swallow your saliva as you normally would (regular swallows) or complete other exercises. Exercises are colour-coded.
- You will see a target line (your goal) and a biofeedback line (how hard your muscles are contracting).



Exercise

1. You will tap “I’m ready” when you are ready to swallow.
2. Your goal is to reach the target line (dashed line) with your swallow (solid line).
3. Once you have finished swallowing, you will tap “I’m done”.
4. If a swallow meets the goal, the cube will fill in completely.



Exercise

5. If a swallow is attempted, but does not meet the goal, the cube will be lightly coloured.
6. If you start a swallow, but your Mobili-T doesn't sense a swallow, a cube outline will appear

Depending on which subscription you have, you may be able to track your progress over time and even share your progress with your clinician.



Cleaning your Mobili-T

Do

- ✓ It is important that your Mobili-T is clean and free of any contaminants that may affect signal quality or how well the adhesive sticks to it. We recommend that you inspect the surface of your Mobili-T for debris or other contaminants (dirt, skin oils, makeup, adhesive residue, etc.) before and after each use. Please wipe the surface clean with an alcohol wipe, or a cloth damp with warm, soapy water. Ensure that the silver sensors on the base are free from any such contaminants.



Cleaning your Mobil-T

Do

- ✓ Dry your Mobil-T completely immediately after cleaning, and prior to use or charging/storage in the carry case.
- ✓ The carry case can be cleaned in the same manner as described above.

Cleaning your Mobili-T

DO NOT

- ✗ Sterilize.
- ✗ Wash in boiling water.
- ✗ Use any cleaning agents.
- ✗ Use running water to clean.
- ✗ Soak in water or any other liquid.

Cleaning your Mobili-T

DO NOT

- ✗ Let water or any liquid pool on the your Mobili-T or the carry case.
- ✗ Dry Mobili-T with a powered hair dryer or other such appliance.
- ✗ Clean in a washing machine or dishwasher.
- ✗ Use Mobili-T in or around water (baths, pools, etc.)
- ✗ Store with the adhesive attached.

Storing your Mobili-T

Do

- ✓ Use Mobili-T in the home environment.
- ✓ Keep Mobili-T clean, dry, and store in its carry case when not using it.
- ✓ Remember to charge your Mobili-T prior to each use.

Storing your Mobili-T

Do

- ✓ The carry case only works as a charger when the USB cable is connected to the carry case and a suitable USB power supply.
- ✓ Your Mobili-T must be positioned in the carry case in order to properly charge.



Storing your Mobili-T

AVOID

- ✗ Extreme heat.
- ✗ Extreme cold.
- ✗ Sustained pressure.

Precautions

- Do not use Mobili-T if you have cuts, infections, or open wounds under your chin.
- Do not share your Mobili-T.
- Do not leave your Mobili-T attached under your chin for more than one hour at a time.
- If you are unsure if Mobili-T is right for you, you may wish to speak to your swallowing specialist.

Troubleshooting Tips

“My cubes always appear as outlines. They never appear colored in.”

If this happens try recalibrating

- Ensure that your baseline is flat. Slight movements during baseline can impact Mobili-T feedback later on.
- Complete calibration swallows as you normally would. If you are about to complete your exercises using saliva swallows, ensure you are also calibrating with saliva swallows.

Troubleshooting Tips

“My Mobili-T disconnected.”

- Ensure that your Mobili-T is charged.
- Check that your Mobili-T is connected to the phone or tablet you are currently using and not another phone or tablet nearby. You can do so by checking the Settings app in your phone or tablet.

Troubleshooting Tips

“I closed the app by accident and now I have to recalibrate.”

- This is normal. The app assumes you took a long break or decided to stop practicing for now. It then asks you to recalibrate to ensure that your biofeedback and your goals are set for your new level of energy and your new environment.

Certification

This device contains

FCC ID: 2AW5UTAM01

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.

Device Label

This device contains
FCCID: 2AW5UTAM01
SN: XXXXXXXX

SN: Serial Number unique to the Mobili-T Hardware



For further questions, please refer to the website
www.trueanglemedical.com/mobili-t or email us at
info@trueanglemedical.com