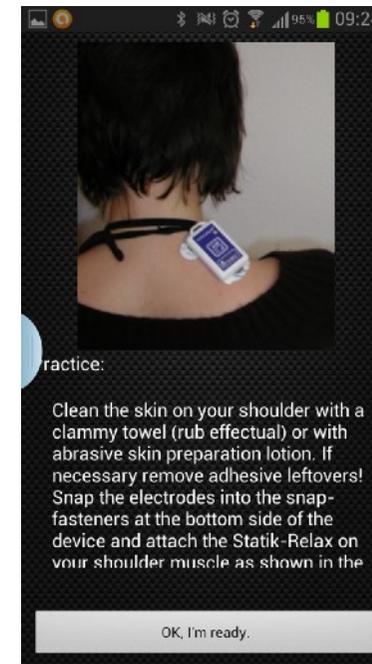


Quick Reference for the ANDROID App



Statik-Relax® - basic/science
V 2.xx / August 2014

Software License

This Software is not sold with a Statik-Relax device. It is a free “give-away”.

It is provided “as is” without warranty of any kind.

There is no warranty that this software could be used with a specific Android device or that the software fulfill the wishes of the user.

You are allowed to copy this software and use it on any of your android devices.

You are not allowed to deal with this software, to reengineer, retranslate or modify it.

There is no support for this software by the THUMEDI GmbH & Co. KG - but if you find any error or if you have any suggestions you can write it to androidapp@statik-relax.de (in German or English language).

You will not get any answer – please apologies – we really have no capacity to give any support for this “give away app”.

But if the error or the suggestion is relevant for several users and we can reproduce it - we will consider it in the next update.

Important Hint

Carefully read the manual of the Statik-Relax before you use this software! It is not allowed to use the Statik-Relax if you have not read and understand the manual of the Statik-Relax.

Some functions of the Statik-Relax (particularly of the “science” version) are available only by using the provided (and supported) software for Microsoft Windows.

System requirements and Installation

The Android-System of your Smartphone or your Tablet must fulfill the following requirements:

- Android 4.03 or above
- Bluetooth[®]-interface supporting the „Serial Port Profile“ (SPP)
- Screen resolution: 480*240 or higher
- Installation of Apps from other sources than Play Store must be allowed!
(>>settings >>safety >>allow installation of Apps from other sources ..)

To install the Statik-Relax App simply download it from the THUMEDI web site (file “StatikRelax.apk” - http://www.thumedi.de/THUMEDI_KG/Download/StatikRelax.apk).

Double click on the downloaded file to install it.

There is no “spyware” or “adware” in this package. The App only needs the right to activate Bluetooth to establish the connection to a Statik-Relax device – you will be asked for this is if Bluetooth is off.

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The trademark and the logo Bluetooth are property of Bluetooth SIG, Inc.

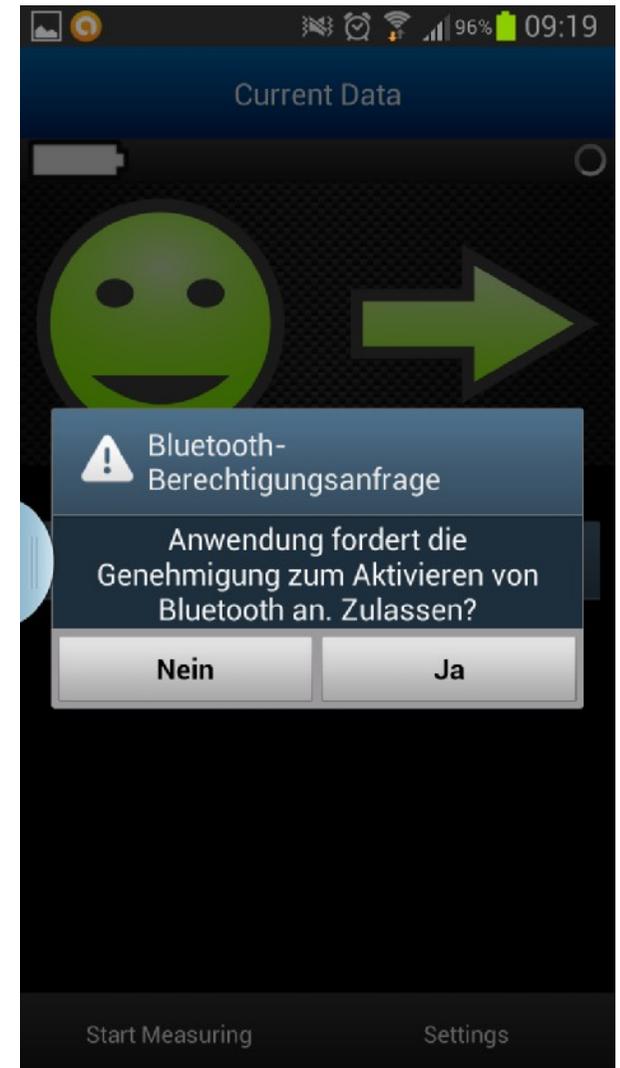
The trademark and logo THUMEDI and the trademark Statik-Relax are property of THUMEDI GmbH & Co. KG

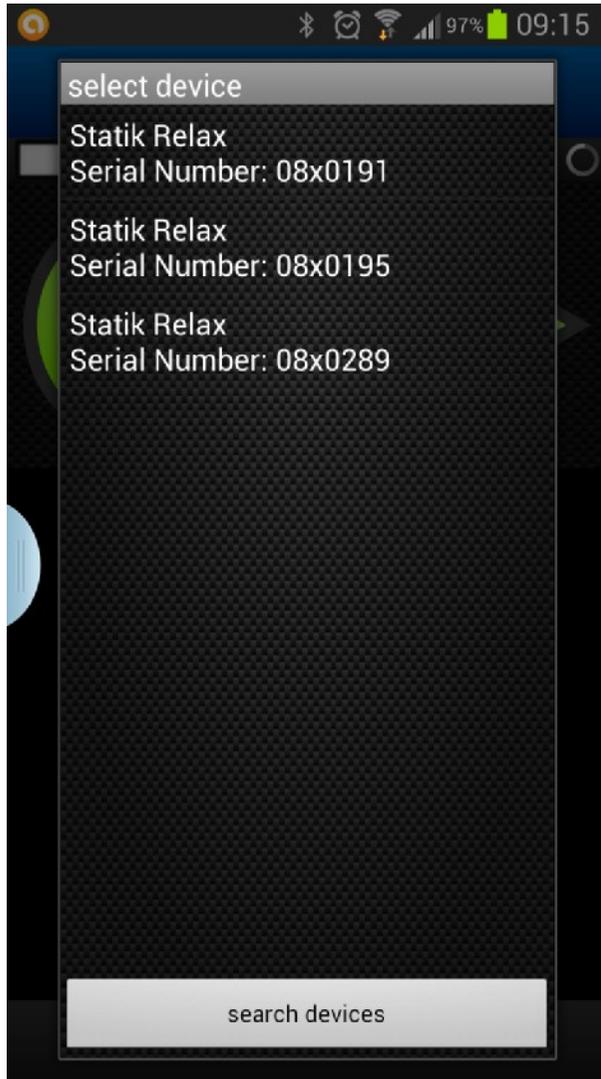
Using the Statik-Relax App



Tap on the **Statik-Relax ICON** to start the App.

If the Bluetooth-Module of your device is off the System asks you to allow activation of Bluetooth. Allow it!





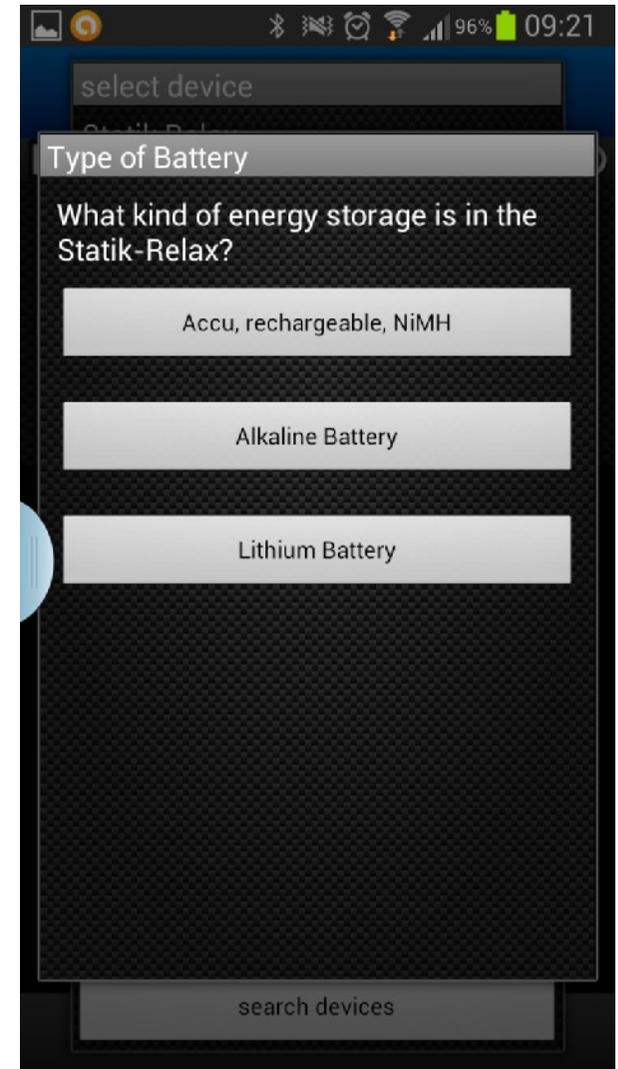
The App searches for Statik-Relax devices. The Statik-Relax have to be switched on! Otherwise the App cannot find it!

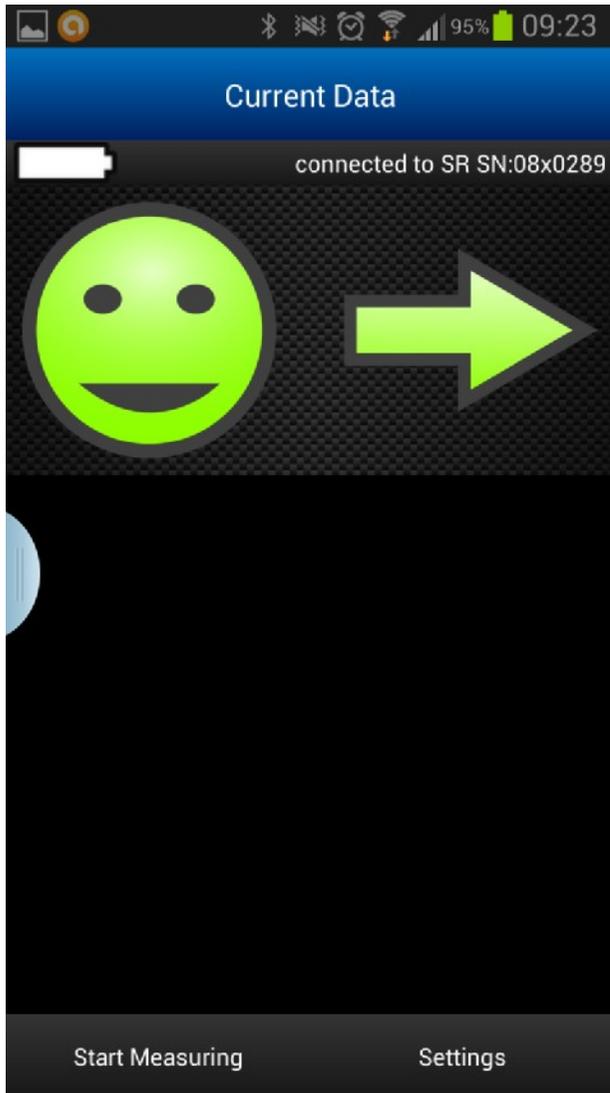
Important hint:

In most cases the distance between the Statik-Relax device and the Android device could range from 20cm to a few meters.

During the **configuration** and during the **calibration** (described below) the distance should not less than 30cm and not more than 1 meter!

Choose the correct type of the accu or the battery you put into the Statik-Relax.





Tap on “Start Measuring” to start a new measurement. If a measuring is just running (e.g. measuring started by using the button on the Statik-Relax) this is not necessary.

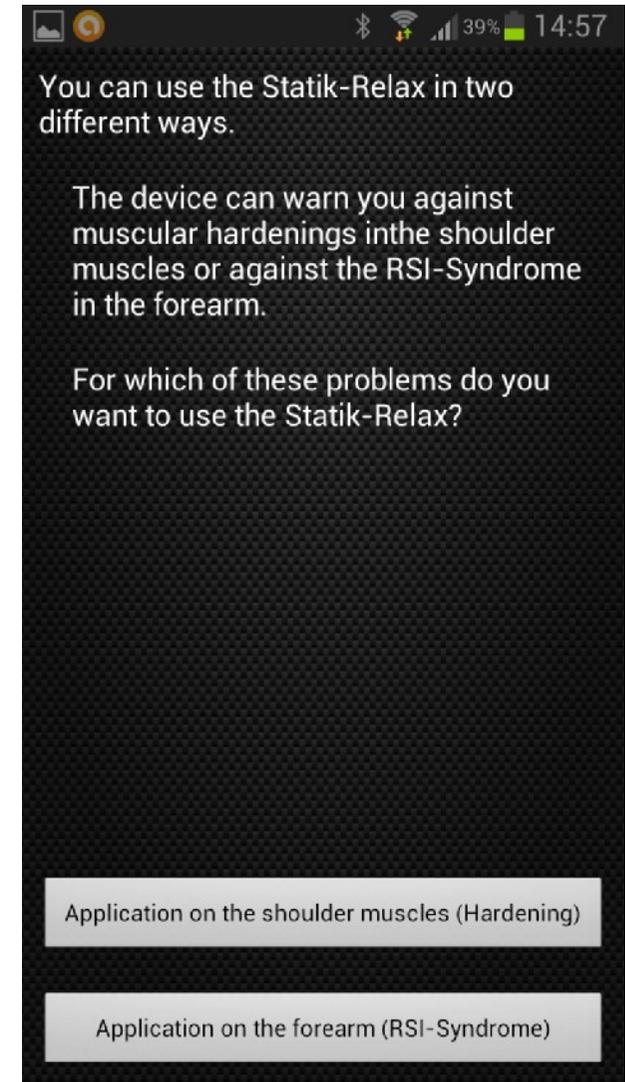
The actual configuration - activated inside the Statik-Relax - is shown. Use it (button “Start New Measurement With This Configuration”) or choose the type of measurement you want (button “Change Configuration”).

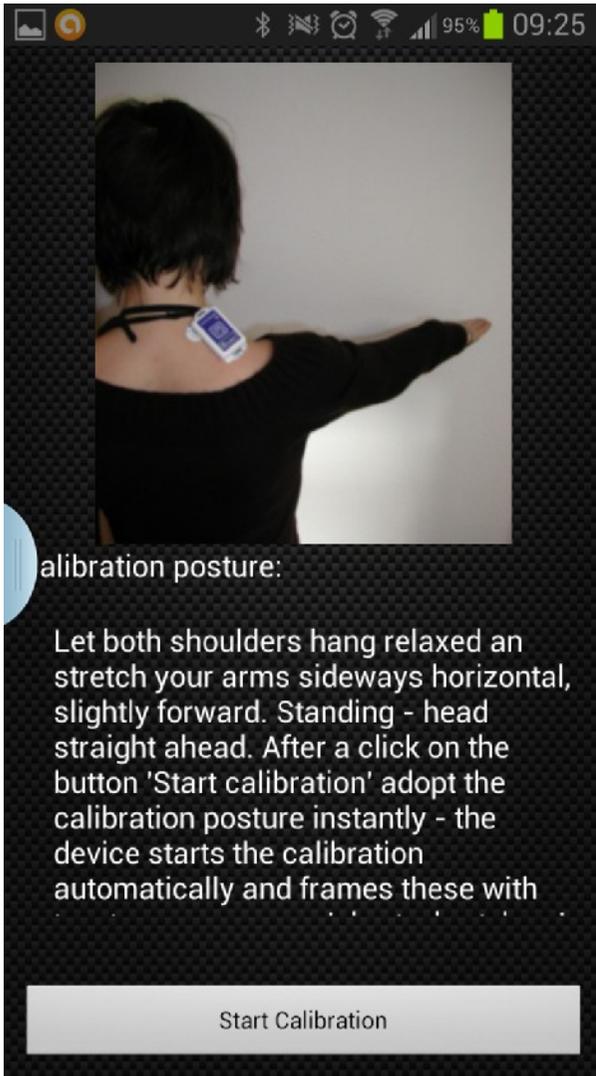
Select “Application on the shoulder muscles” – this warns you against hardenings of the shoulder-/neck-muscles or select “Application on the forearm” – this warns you against RSI-risk.

Attention: If the Statik-Relax is configured by a PC (Statik-Relax windows program) to **store data** you are not able to change the type of

measurement by using the Android App and you will not be asked to change the configuration!

This applies only to version “science” (and formerly “medic”) of Statik-Relax because the version “basic” is not able to store data.

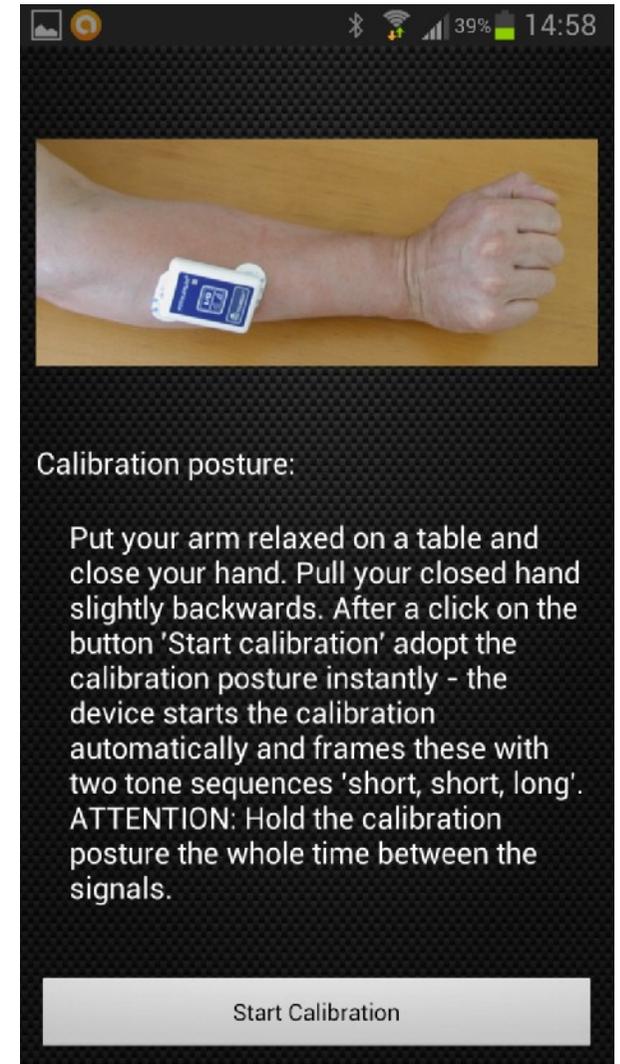


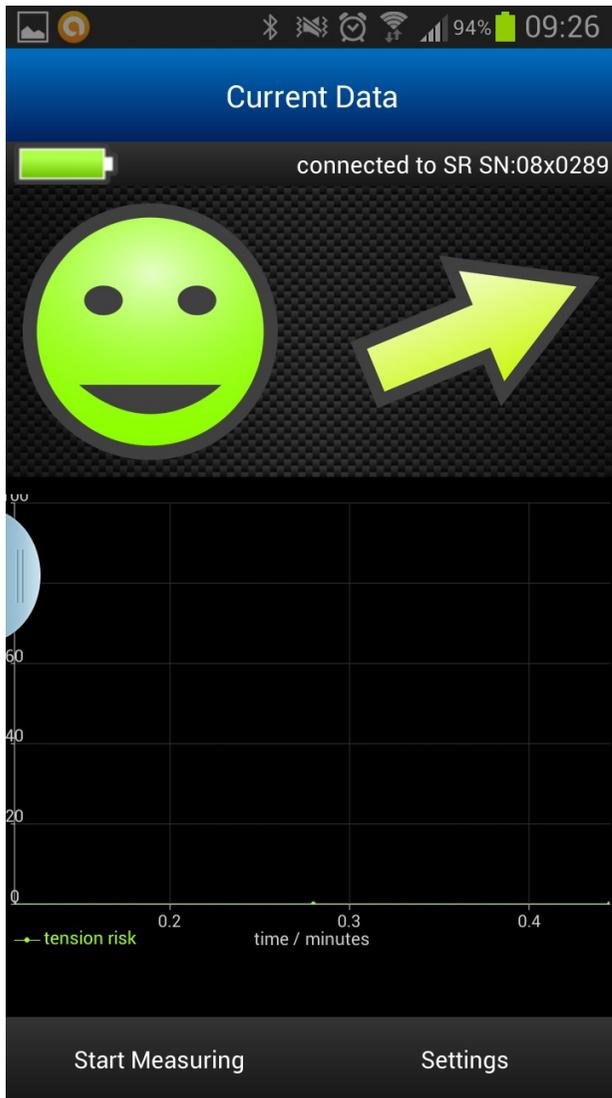


Carefully clean the skin (use skin preparation gel or a wet towel), apply the electrodes, place the Statik-Relax device exactly and follow the description of the calibration posture provided by the App.

Hint: For best result wait five minutes between application of the Statik-Relax device on the muscle and the start of the calibration!

Hint: Do not strain the measured muscles during the calibration posture more than described!





Once calibrated successfully (or if the measurement was started by PC or by using the button on the Statik-Relax and is just running therefore) the chart “tension risk” is shown. The chart is empty at the beginning of the measurement. A new value of “tension risk” is calculated every 10 minutes.

Tap on the chart area to switch to the chart “muscular activation”. Tap again to switch back. **Hint:** If the Statik-Relax is in “power saving mode” switching to “muscular activation” can take a few seconds – be patient.

The Smiley shows the actual accumulated risk of hardenings or RSI. **Hint:** After the start of a new measurement the risk is always zero. Therefore the measurement has to be started at the beginning of the work which should be analyzed!

The trend arrow shows the risk rising or falling. **Hint:** If no arrow is shown

have look at “power saving scheme”.

The accu/battery symbol in the upper left corner shows the actual fuel state of the accu or the battery inside the Statik-Relax. The serial number of the connected Statik-Relax is shown in the upper right corner.





Use the button “Settings” in the lower right corner to switch to the settings/preferences screen.

Here you can choose the “Power saving Scheme”.

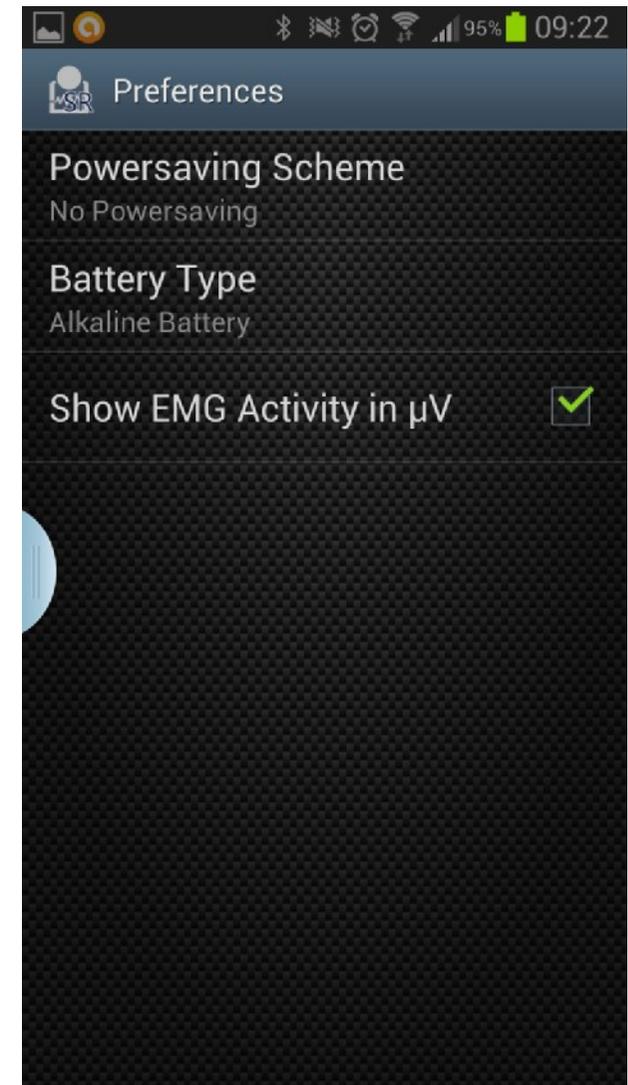
Use “No Powersaving” if you always want to see the “trend arrow” or if you only use the “muscular activation chart”.

In power saving scheme “Auto” the trend arrow is shown only if the actual risk is above 25%.

Use “always Powersaving” if no biofeedback is needed and you want to maximize the possible measurement time. **Hint:** The “Powersaving Scheme” influences the needed power of both devices – the Statik-Relax and the Android device.

In the settings/preferences screen you can also choose the “Battery Type” (e.g. if you selected a wrong one at the beginning).

If you want to see the values of the “muscular activation” in steps of microvolts [μV] instead of relative values to the calibration posture select “Show EMG Activity in μV ”. **Hint:** For comparison of activities between different individuals look after a correct calibration posture and do not use “Show EMG Activity in μV ”!





By using the power saving scheme “Always Powersaving” or “Auto” – in relation to an actual risk below 25% a measurement value in the chart “tension risk” is drawn every 10 minutes.

This results in a thin line between the shown values in the chart.

This occurs also if the connection is temporary lost (e.g. the person which uses the Statik-Relax leaves the room but the Android device stays on its place).

If no power saving is activated a new value is drawn every minute – this results in a thick line.



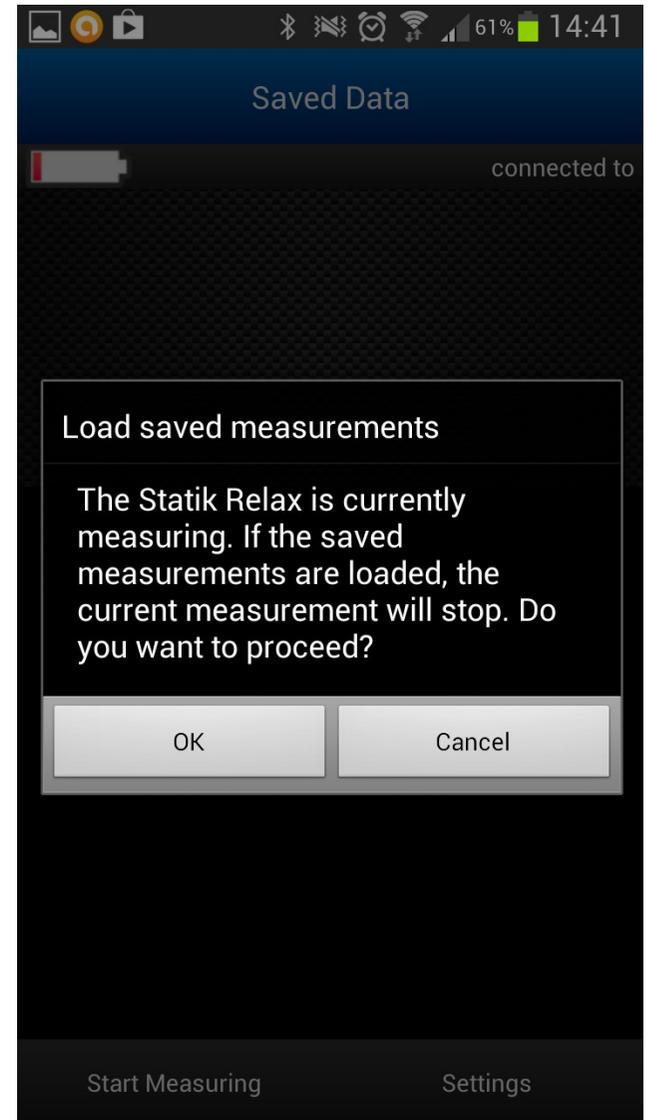


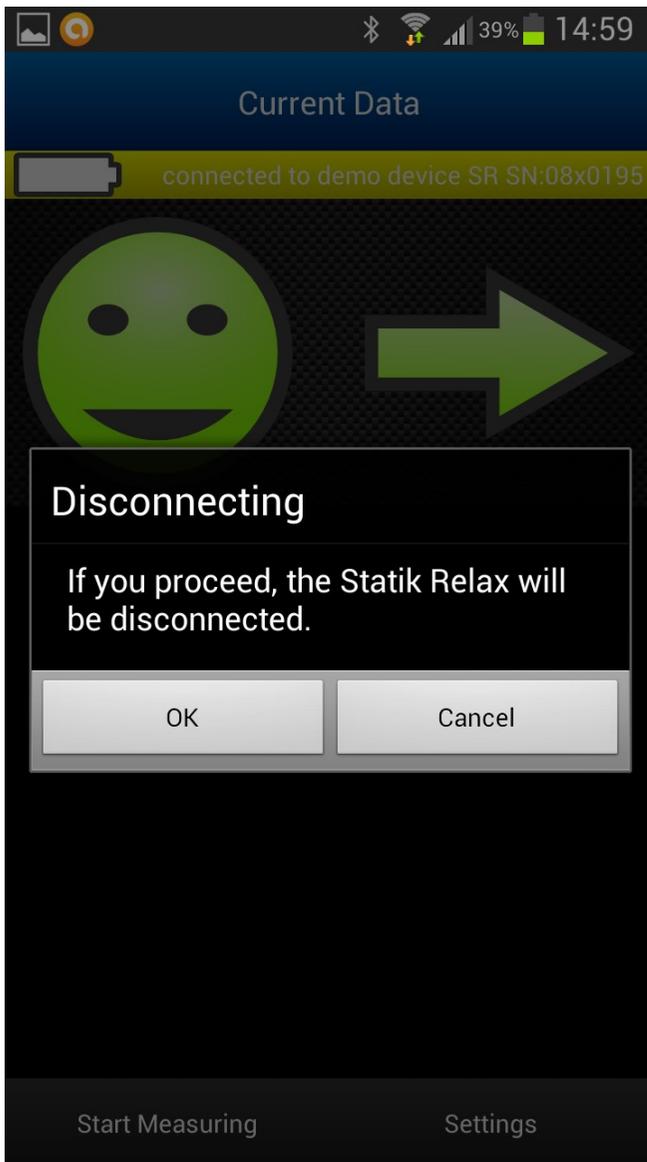
By sliding the main window to the left you can show the data stored in the Statik-Relax device.

Hint: Data storage is available only in Statik-Relax devices version “science” (and formerly “medic”).

If the measurement has been started by using the Android App the stored data are accessible immediately.

If the running measurement was started using a PC or by using the button on the Statik-Relax device the current measurement have to be stopped to read out the data stored. In this case a warning is shown.





Using the systems “back button” of your Android device the Statik-Relax App could be closed. Since this cancels the Bluetooth connection between the Statik-Relax and the Android device a warning is shown.

The Statik-Relax App never switches off the Bluetooth module of your Android device. If you want to switch off Bluetooth after using a Statik-Relax you have to do this in the Android settings!

Some “last (but sometimes important) hints”:

- Do not forget to read the Statik-Relax manual carefully!
- Never leave an empty battery or accu inside the Statik-Relax. This will destroy the device!
- If the Bluetooth connection between the Android device and the Statik-Relax device is lost for a short time (e.g. by leaving the Bluetooth range) the App automatically establishes the connection again if the Statik-Relax come inside the Bluetooth range. Depending on the duration of the disconnection this takes time – from a few seconds up to one minute – please be patient.
If the connection is lost for more than 30 minutes you have to establish the connection manually.
- If you mainly use the “muscular activation chart” instead of the “risk-chart” it is recommended to switch the power saving mode to “off” (use “Settings” in the Statik-Relax-App).
- Caused by the new Bluetooth energy saving functions introduced in Android 4.3 in rare cases the Android-system blocks the receiving of data from the Statik-Relax in the “muscular activation mode”. If this occurs it is recommended to switch the power save mode to “off” (use “Settings” in the Statik-Relax-App). After that, switch two times between “activation-chart” and “risk-chart” (by tapping on the chart) but wait three seconds between these taps.
- In most Android devices you can switch off the screen, use other applications and use the calling functions of your Android device. The Statik-Relax App is working in the background as well. If you tap on the Statik-Relax icon again - the App comes to the front.
But be warned: If the Android system does not have enough memory or “thinks” that the Statik-Relax App isn’t needed any more than the system closes the Statik-Relax App without any question or information. This is a normal (and necessary) function of the Android system and could not be

controlled by the Statik-Relax App.

Therefore it is possible that a Statik-Relax App running in the background is closed by the system and if you activate the App again it starts from the beginning and have to be connected to the Statik-Relax device.

In this case the Statik-Relax is still in measurement mode – therefore you do not have to start the measurement again!

Known Issues

- Sometimes the App crashes if you hold the screen of your device in landscape orientation and switch to “settings”. To avoid this switch to the settings-screen only if you hold your device in orientation “portrait”.
- App is designed for Smartphones - may cause problems or poor presentation using Tablets.

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