Always read the Instruction for electrical products carefully before use

PODOSmart®

USER MANUAL AND TECHNICAL DOCUMENTATION: MODEL REFERENCE: DSI

Document  SD-PUM revision 0, 20 November 2019
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PRODUCT DESCRIPTION

Contents of the box:

- 1 briefcase with accessory storage compartments
- 6 pairs of connected PODOSmart insoles of different sizes:
  - 36/37 - 38/39 - 40/41
  - 42/43 - 44/45 - 46/47
- 6 white USB splitter cables
- 1 black USB cable
- 1 shoulder strap
- 1 PODOStation: connection box
- 1 ID label with Insole Serial Number.
- 1 user & security manual

Note: the most recent version of documentation can always be download on Http://www.podosmart.tech/help
**BATTERY CHARACTERISTICS:**

- Lithium-ion rechargeable battery
- Nominal voltage: 3.6 V
- Charging voltage: 70mA
- Life cycle ~ 500 loads
- Full charging time: 2h30
- Active mode: 33 h
- Full sleep autonomy (without use): 2000 h

**CHARGING EQUIPMENT**

⚠️

The charging equipment shall meet the requirements of IEC60601-1 or IEC 60950-1

Input: 100-240 V- 50/60 Hz
Output: 5.0V 2000mA

**RADIO MODULE**

⚠️

Frequency band: 2400-2483.5MHz
Power Max: 10mW

This equipment complies with the EMC Directive 2014/30 / EU and MDD Directive 93/42 / EEC on the Electromagnetic-Magnetic Compatibility of Medical Equipment and / or Medical Electrical Systems. These limits are designed to provide reasonable protection against interference in a residential installation.

However, given the use of radiofrequency transmission equipment and other sources of interference in health care and other environments, it is possible that high levels of interference from close proximity or the power of source are interfering with the operation of this unit.
The PODOSmart interface runs on computers and tablets. 
**Interface:** MacOS/ IOS - Windows - Android. 
**Browser:** Mozilla – Firefox

**Latest software version:**

06/08/2019 - Version Podosmart 1.4.5
> Added: Acquisition – Overview table
> Added: Report export/print feature
> Improvement: Edit Practice Details

The most recent update of the software is available on [https://www.podosmart.tech/update-logs/](https://www.podosmart.tech/update-logs/)

Refresh the page on your computer in order to update automatically the software.
Safety instruction

Under Normal use there’s no Identifications of Hazards or Hazardous Situation and Harm by using podosmart.

The Insole is strongly sealed and the battery and conducting components are sealed in an insulated material Box.

⚠️ Any modification of the device is forbidden

WARNING

- Do not use the insole while Charging
- Do not attempt to open, drill, strike
- Do not try to repair them if they are damaged
- Do not throw into the fire
- Do not use shoes containing a metal plate in the lower part
- Do not bend or twist your soles
- Do not use your soles if they have deteriorated (worn, holes...)
- Do not use the soles when they are likely to interfere with other equipment.

Using the PODOStation box:
- Do not open the case.
- Do not use it if it is damaged (open, broken...)
- Do not drill, strike or damage the housing.
- Do not attempt to repair it if it is damaged – contact the vendor

RF warning statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction. This device complies with CE, FCC and Industry Canada RF radiation exposure limits set forth for general population (uncontrolled exposure). This device must not be collocated or operating in conjunction with any other antenna or transmitter.

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.
OPERATING GUIDELINE

Intended Use: The Podosmart is a device intended to transfer, convert and display Gait Parameters. You collect data from the insole and the dedicate application display an overview of the walking data on your computer.

The patient has just to put the insole into his shoe and walk minimum 10 Steps.

The installation and use of this device does not require additional training.

But the information included in this manual should be read carefully

ENVIRONMENTAL OPERATING CONDITIONS

- Maximum body pressure: 50kg/cm² (or 500 n/cm²)
- Maximum sole loads: 200kg
- Atmospheric pressure: between 70-106Kpa
- Recommended humidity (humidity level): 45–85% RH
- Recommended Operating temperature: between -10°C and 60°C (between 14°F and 140°F)

SETUP - CONNECT THE PODOSTATION
1. **WIFI connection**

Make sure your laptop/PC is connected to your normal/preferred WIFI network.

2. **Connect the PODOStation to your laptop/PC**

Plug your PODOStation into an USB port of your computer and wait for it to start (approx. 60s).

3. **Access the configuration page**

Using either Google Chrome (available from https://www.google.com/chrome/) or Mozilla Firefox (available from https://www.mozilla.org/en-GB/firefox/new/) browser, open a page in your chosen browser and go to the following link: [http://config.podosmart.tech](http://config.podosmart.tech)

You will then access the configuration page of your PODOStation, follow the 7 configuration steps:

**Step 1:**

Click on Start configuration.
Step 2:
Choose your language, then click on Next

Step 3:
Select your usual WIFI network

Step 4:
Enter your WIFI password (you can click on the eye symbol at the end of the password line to check if you have entered the correct details) and click on Connect.

Step 5:

To create your account, click on “I don’t have an account” then fill in the fields and click on Sign up. Make sure that you make a note of the password you have used to create the account as this will be used to access the account whenever you want to use the system.

Step 6:
To create your profile, fill in the fields and click on Next.

**Step 7:**

Fill in the information about your practice, then click on Next. You may need to edit an existing type if Podiatrist is not listed. Click on the pencil symbol and overtype one of the other entries if necessary.

**Step 8:**
The configuration is complete. You will receive an email to validate your account.

Once your account is activated, you can plug your PODOStation into an electrical outlet and access the software via this link: [https://app.podosmart.tech](https://app.podosmart.tech)

Useful help pages can also be found at [https://www.podosmart.tech/help](https://www.podosmart.tech/help)

**NOTE:**
Any time you use a different device (laptop/PC) with your PODOStation or a different WIFI network you will need to repeat steps 1 to 4 and choose “Login” at step 5.

### INSOLE – CHARGING

Plug your insoles directly into the PODOStation with the white Y cables provided, being careful to insert the smaller USB plug the correct way up into the charging port located behind the small cover on the instep of each insole. You can charge up to 4 pairs of insoles simultaneously. The recharging time is 2h30.

Charge the insole at temperatures between 15°C (59°F) and 34°C (95°F)

⚠️

Warning!

Do not Use Insole While Charging

Remember to recharge the soles before prolonged non-use to avoid damaging the battery
INSOLE – ADD A PAIR

If you are not already logged into the software interface, log into https://app.podosmart.tech.

Click on Equipment tab (on left hand side of the screen).

Click on add a pair of soles.

In the pop-up window, enter the number of the QR code sticker located on the back of the soles. Write it with no space between the numbers and letters. Validate by clicking on the save icon.

Once your soles are recharged, unplugged them from the PODOStation.

INSOLES – CHECK THE BATTERY LEVEL

Note that you will NOT be able to see the charge level of your soles whilst plugged in and charging.

Still within the software on the Equipment page, click on Check battery level.

Troubleshooting:
If you are unable to see the charge level even after clicking on the icon your insoles may have “gone to sleep” (to save power they automatically shut down looking for a connection to the PODOStation after approximately 20 minutes. To “wake them up” you should give them a firm shake (please do NOT strike them on a hard surface as this may damage the sensors). Then, you can refresh the web page by using F5 on your keyboard.

PATIENT – ADD A PATIENT

If you are not already logged into the software interface, log into https://app.podosmart.tech.

Click on Patients tab (on left hand side of the screen).

Click on the add patient icon and fill in the details. The required fields are marked with an *. Once the fields have been completed, click on the save icon.

You can now insert the appropriate pair of insoles into the patient’s shoes ready to carry out the acquisition.
ACQUISITIONS – MAKE (AND STOP) AN ACQUISITION

Select the appropriate patient from the patient list (assuming you have other patients already created).

Click on the NEW ACQUISITION link. Ensure that the patient stood within 1 to 2 meters of the PODOStation.

Select the appropriate pair of insoles from the list. The PODOStation will look for the insoles to connect to.

Now click on START to launch the acquisition. The software is loading.

Once the software asks you to start the acquisition, your patient can begin walking. A minimum of 10 steps is required to enable a successful acquisition and data analysis. We recommend the patient to walk around for a few minutes so that they can walk naturally.

After your patient has taken enough steps, ensure that they are standing within 1 to 2 meters of the PODOStation and click on the STOP ACQUISITION link. The software will connect to the insoles again and download the data before sending this to our servers for analysis. The results will be displayed shortly on your screen.

DATA VISUALISATION GRAPHICS

Once the acquisition is done, the report will appear on the main page with 5 steps of data showing.
DEFAULT RESOLUTION

The Podosmart has a built in self test,

The different error message will help you to identify action to be undertaken

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Action to be undertaken</th>
</tr>
</thead>
<tbody>
<tr>
<td>• No Podostation is currently online:</td>
<td>Connect to internet /power</td>
</tr>
<tr>
<td>• No pair of soles is currently available:</td>
<td>Enter the sole in the data base</td>
</tr>
<tr>
<td>Acquisitions:</td>
<td></td>
</tr>
<tr>
<td>• Acquisition is invalid:</td>
<td>Not enough step restart the acquisition</td>
</tr>
<tr>
<td>• An error has occurred while starting acquisition</td>
<td>Click on start on acquisition again</td>
</tr>
<tr>
<td>• Sole has been disconnected during an operation</td>
<td>Bring the sole closer to the podostation</td>
</tr>
<tr>
<td>• This task is already running on this soles</td>
<td>The insole is already in use. Choose another Insole</td>
</tr>
<tr>
<td>• Error while connecting to soles</td>
<td>Click on start an acquisition</td>
</tr>
<tr>
<td>• A communication problem with soles has occurred</td>
<td>Make sure to be close to station</td>
</tr>
<tr>
<td>• No sole was scanned</td>
<td>Select a patient and start a new one!</td>
</tr>
<tr>
<td>• You don’t have any acquisition.</td>
<td></td>
</tr>
</tbody>
</table>
IMPORTANT NOTICE

INSTRUCTION FOR CLEANING THE SOLES

Hygiene of the insoles:
You can use disposable socks - Don’t use the insole without clean socks

It is recommended to perform the following operations regularly;
- Clean with a damp cloth or a slightly dampened microfibre cloth or disinfectant or antifungal spray.
- Let dry in the open air or wipe with a clean, dry, lint-free cloth

⚠️ WARNING ⚠️

Cleaning:
- Do not use corrosive products, oil, acetone or petroleum-based products to clean PODOSmart insoles.
- Do not clean the PODOSmart insoles in machines, washing machines, tumble dryers or any other equipment.
- Do not dry the soles with a hair dryer, hand dryer
- Do not put in the washing machine
- Do not submerge.

STORAGE CONDITIONS

- Recommended battery rate for storage: between 75% and 100%.
- Storage and transport temperature: between -10°C and 60°C (between 14°F and 140°F)
- Remember to recharge the soles before prolonged non-use to avoid damaging the batteries.
- Atmospheric pressure: between 70-106Kpa
- Recommended humidity (humidity level): 45~85% RH

• RECYCLING
The device contains electronic components and lithium-ion batteries. It is forbidden to dispose of PODOSmart insoles with household waste. The device must be taken back by your health care provider, distributor, manufacturer.

**SYMBOLS AND LABELS EXPLANATION**

- **Always read the instruction for electrical products carefully before use. It will help you understand your product more easily and avoid unnecessary risks. Keep this instruction manual in a safe place for future use.**


- **USA: Federal Communications Comission (FCC) Statement.**

- **Discarded electronic equipment have to be collected at the appropriate recycling locations**

- **Type B applied part (the device is protected from leakage currents and electric shocks)**

- **Product complies with the certification by Type of the Ordinance concerning Technical Regulations Conformity Certification of Specified Radioequipment. (Japan – MPT Ordinance Nº37 of 1981)**

- **Contribute financially to a qualified national packaging recovery organization set up in accordance with the principles defined in European Packaging and Packaging Waste Directive 94/62 and the respective national law.**
**CE**


EMC Directive 2014/30/EU and MDD directive 93/42/EEC

The complete standard and declaration are available on [www.podosmart.tech/help](http://www.podosmart.tech/help)

**FCC-FCCID: 2AQ4H-DSI**

USA: Federal Communications Commission (FCC) Statement. This device complies with FCC part 15 FCC Rules. Operation is subject to the following two conditions:

«Changes or modifications not expressly approved by Digitsole could void the user’s authority to operate the equipment.»

Note: This equipment has been tested and found to comply with the limits for the class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and if not installed, and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try and correct the interference by one or more of the following measures:

. Reorient or relocate the receiving antenna.
. Increase the separation between the equipment and receiver.
. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
. Consult the dealer or an experienced radio/TV technician for help.

**IC:24304-DSI**

The equipment has met the requirements complies with Canadian regulation:

RSS-247 issue2; Feb.17
RSS-102, Issue (March 2015)
and RSS – Gen, Issue 5 March 2019
ASSISTANCE & HELP

HELP – PODOSTATION

The full information are available on Podosmart.tech.help

CONTACT

A question, a suggestion? Don’t hesitate!

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