
inspyre
Powered by Acuma Health

GETTING STARTED

Before setting up your Inspyre, powered by Acuma Health, app please make sure you have the following ready:

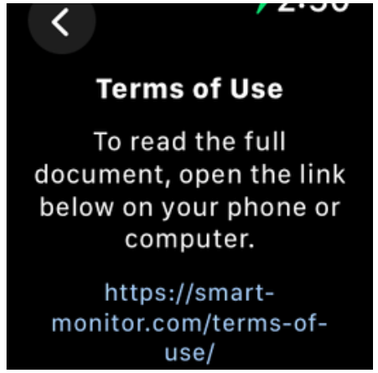
- Fully charge your watch and phone. If you are using a cellular watch as a standalone device, only the watch is required.
- Connect your devices to Wi-Fi or cellular data and confirm you have a stable internet connection.
- Review your Order Confirmation email and have the 6-digit activation code ready. You will need this code to complete setup.

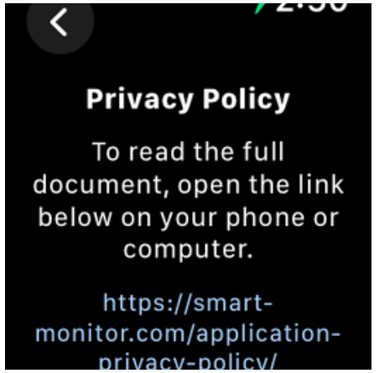


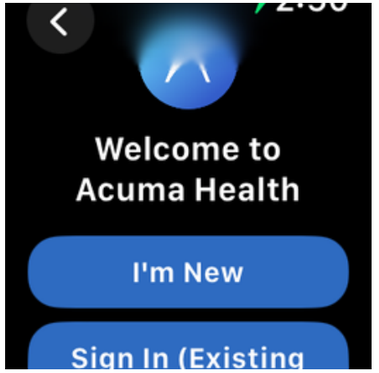
ACTIVATING THE ACUMA HEALTH WATCH APP

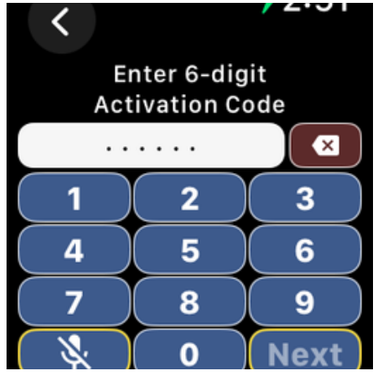
- Go to the Watch App on your phone. Scroll down to Available Apps and select Acuma Health to download onto your watch
- Open the Acuma Health app.
- Select your preferred language, then review and accept the Terms of Use and Privacy Policy.
- Select “I’m New.”
- Enter the 6-digit activation code found in your Order Confirmation email.
- A 6-digit verification code will be sent to your email. Enter the code and tap Continue.
- Follow the prompts to allow all requested permissions. When prompted, select “Allow all the time” or “While using the app” as applicable. These permissions are required for Acuma Health to function properly.

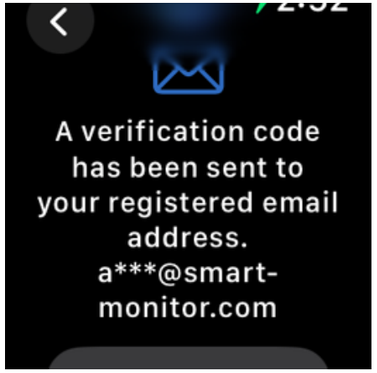


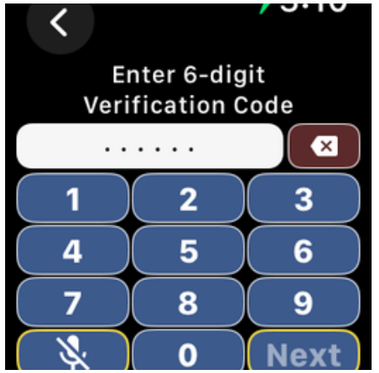


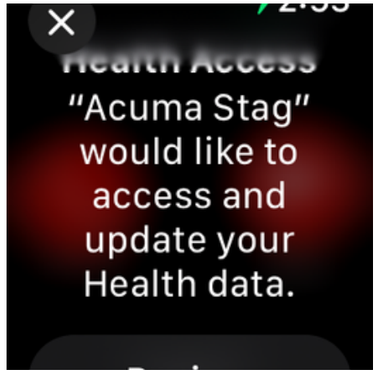


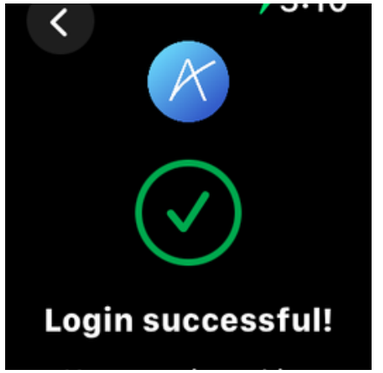












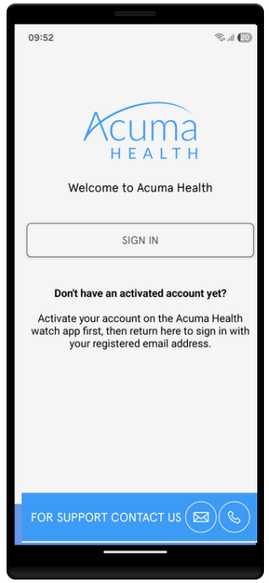
SETTING UP YOUR ACUMA HEALTH PHONE APP

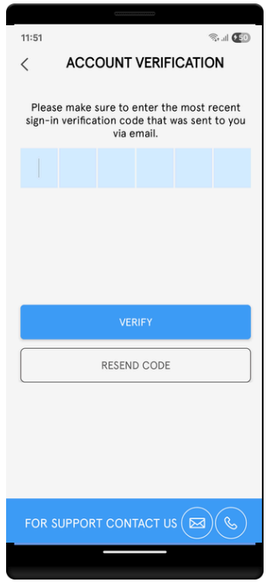
- Open the Acuma Health app on your phone.
- Select your preferred language.
- Accept both the Terms of Use and the Privacy Policy.
- Once activation is complete on your watch app, sign in on your phone with your registered email address and the 6-digit verification code sent to your email.
- At various times the Acuma Health app may ask for permission to allow access to your phone's microphone, bluetooth, location, camera access, and health data. When prompted, select "Allow all the time" or "While using the app" as applicable. These permissions are required for Acuma Health to function properly.
- Follow the short tutorial to understand how the Acuma Health app functions.

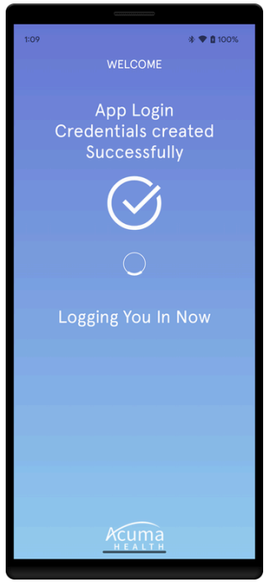












USING THE ACUMA HEALTH APP

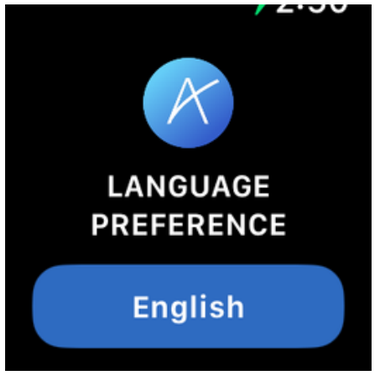
- Always make sure the ‘Motion Monitoring’ button on the watch app has been activated when you want to be monitored! (Green)
- Always make sure both the phone app and the watch app are open and running in the background (do not close)! (Only the watch app if using a cellular watch and have the Gold/Premium plans)
- If you accidentally trigger an alert, press the Cancel button to inform your contacts that it was a false alarm.
- If you need to notify your contacts of an emergency situation, press the Call for Help button to instantly alert them.
- To enable heart rate monitoring, press HR Monitor.

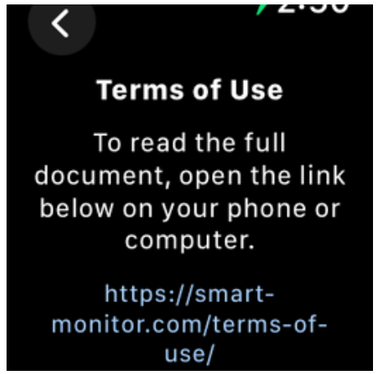


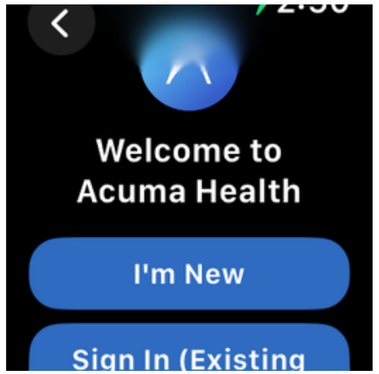


SIGNING BACK INTO THE INSPYRE WATCH APP

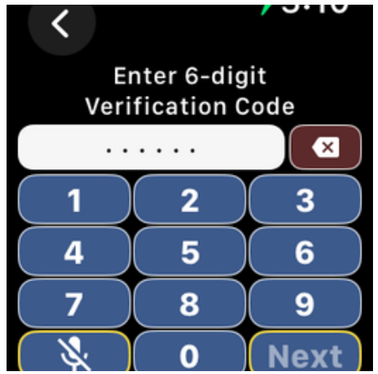
- Open the Acuma Health app on your watch.
- Select your preferred language, then review and accept the Terms of Use and Privacy Policy.
- Select “Sign In (Existing User).”
- Enter the 6-digit Sign-In Code from your online portal: https://myaccount.acumahealth.com/login
- A 6-digit verification code will be sent to your email.
- Enter the code and tap Next.
- Follow the prompts to allow all requested permissions. When prompted, select “Allow all the time” or “While using the app” as applicable. These permissions are required for Acuma Health to function properly.

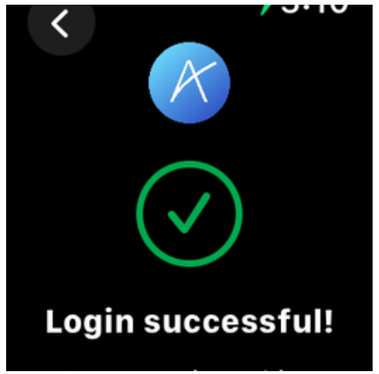




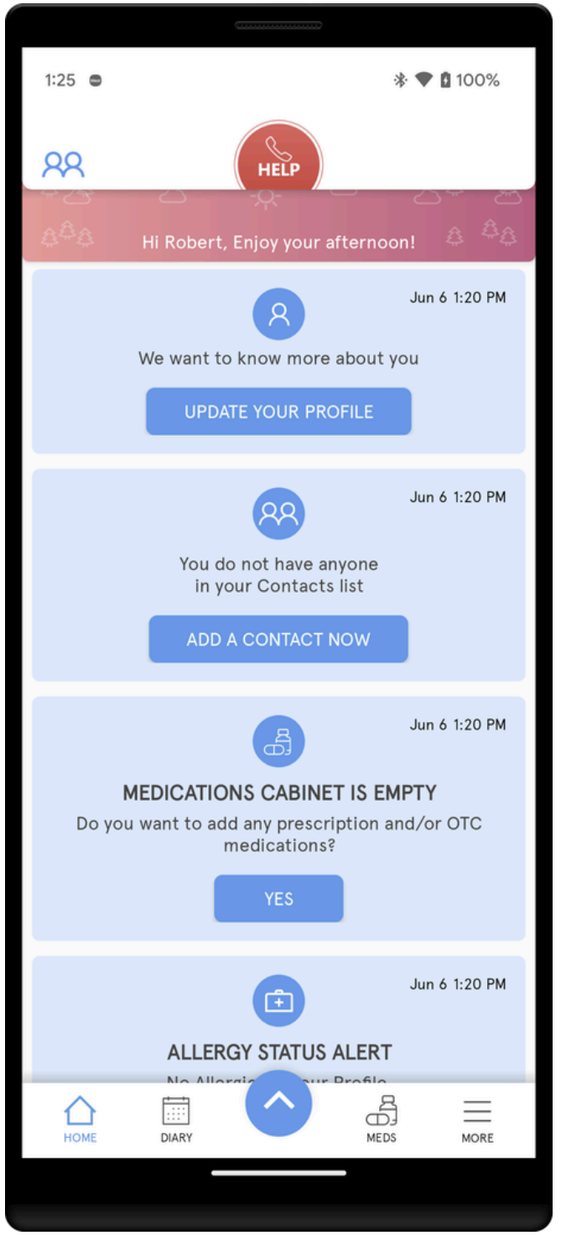








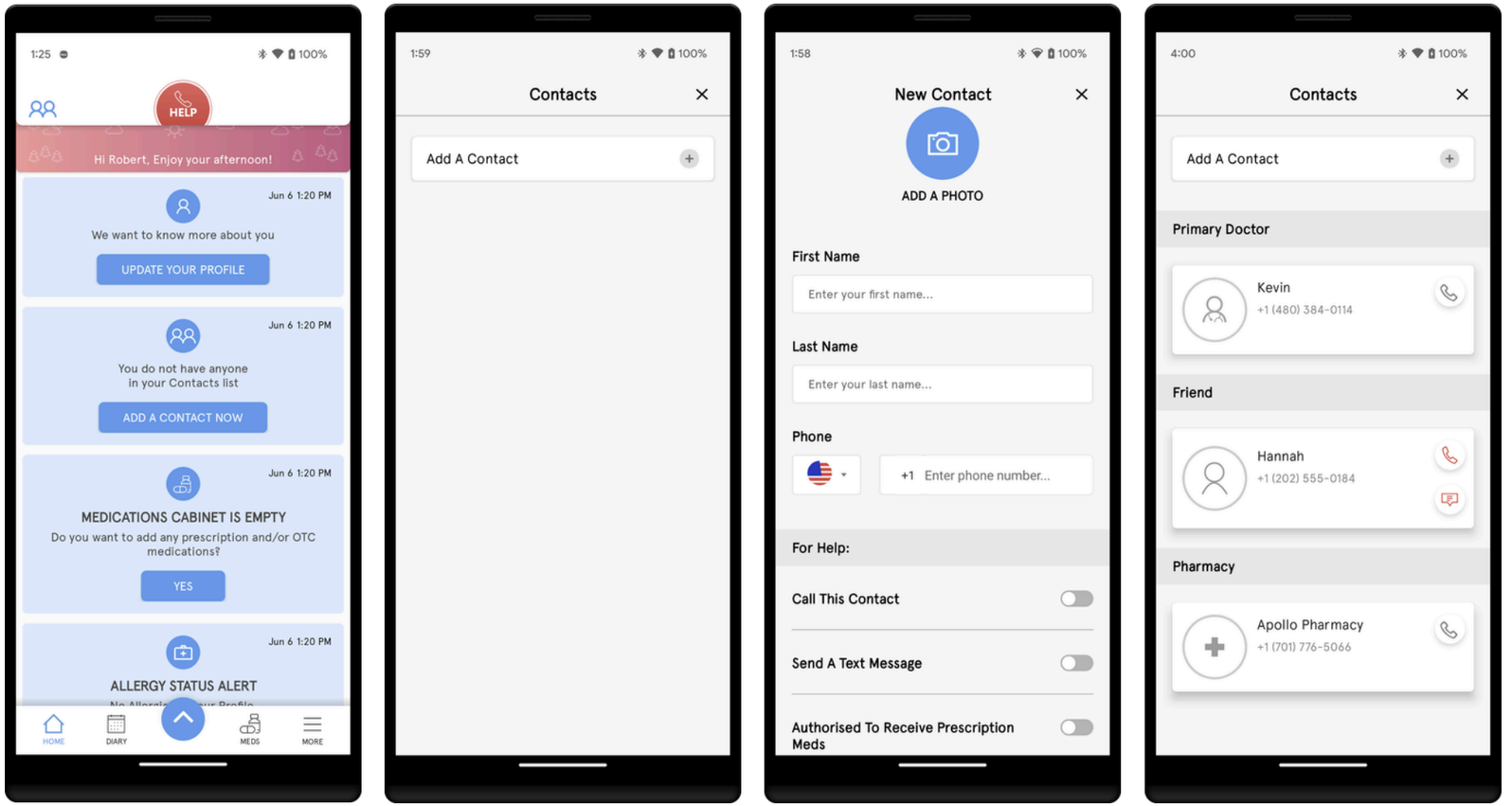
NAVIGATING THE ACUMA HEALTH APP (HOMEPAGE AND MENU)



ENTERING CONTACTS

Contacts are the people that will receive the text and/or phone call alerts.

- Tap on the people icon on the top left corner of the Home Screen
- Click on the plus sign to add a new contact.
- Enter the contact's information as well as what type of alerts you would like them to receive.
- Scroll down and click on Save.



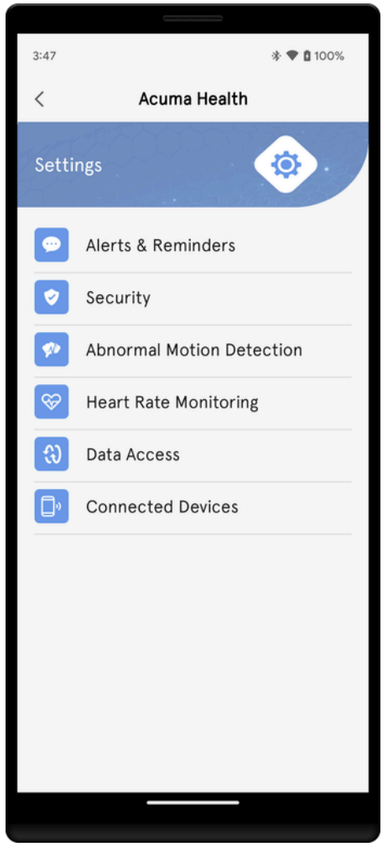
ADJUSTING SETTINGS FOR MOTION MONITORING

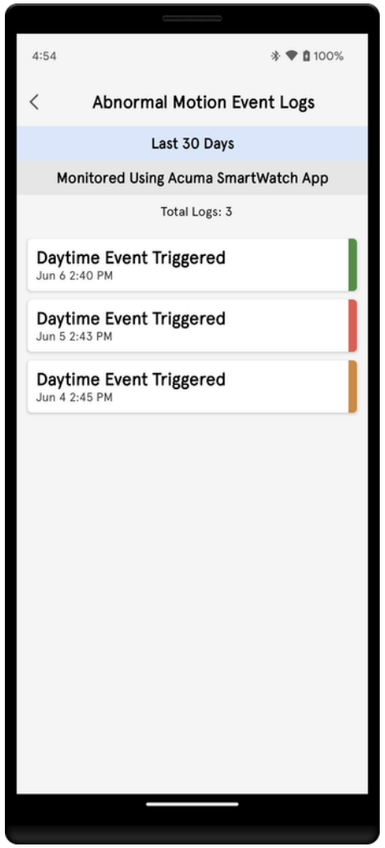
The Acuma Health app allows you to adjust the intensity and duration settings of the movement you would like to detect and alert upon for both am and pm use.

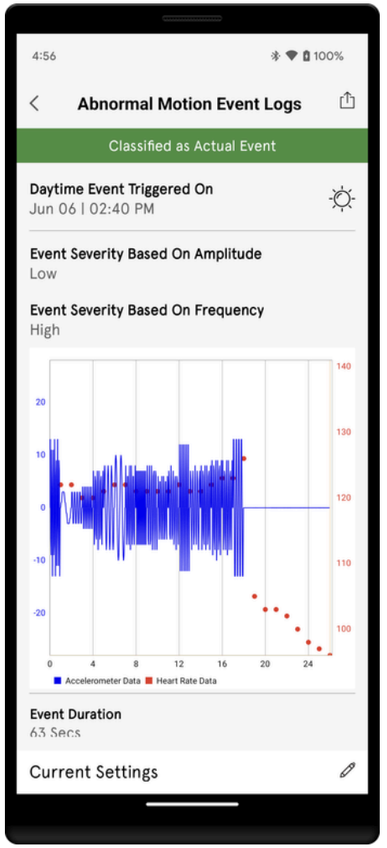
- The duration refers to how many seconds the repetitive movement needs to be present before an alert is triggered. The higher the duration, the longer the app needs to detect and alert.

- The sensitivity refers to how strong the repetitive movement must be before an alert is triggered. The lower the sensitivity, the more severe the repetitive movement must be in order to alert.

- The app comes with recommended default settings, but you can customize them to better serve your needs. If you change the settings, make sure to press “Save”.





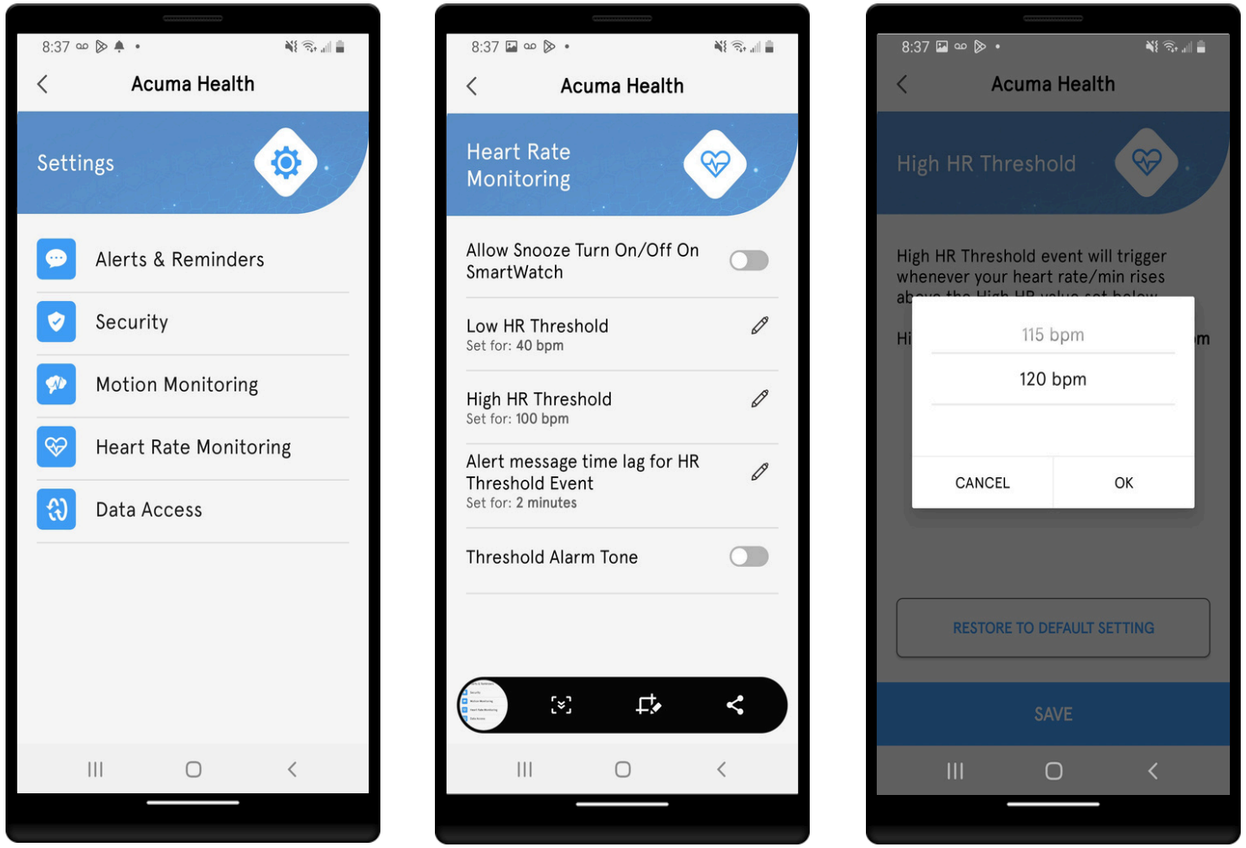


ADJUSTING SETTINGS FOR HEART RATE MONITORING

The Acuma Health app allows you to adjust the low and high heart rate thresholds. The app comes with recommended default settings, but you can customize them to better serve your needs.

If you change the settings, make sure to press "Save".

You are able to stop heart rate monitoring on the watch at any time through the watch app.

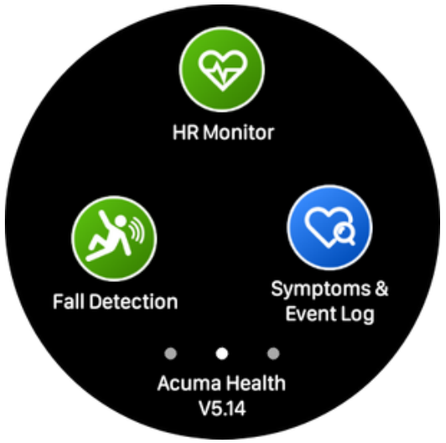


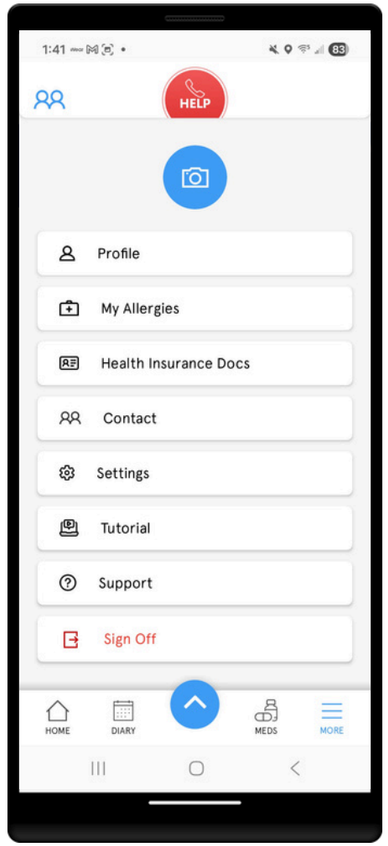
FALL DETECTION SETTINGS

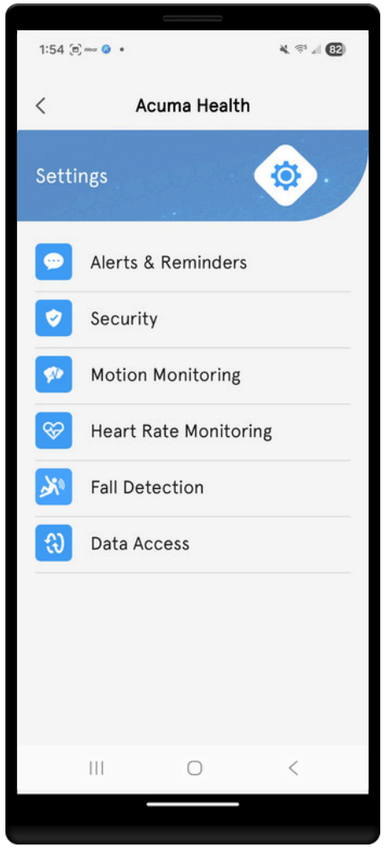
The Acuma Health app allows you to monitor for hard falls.

To turn on this feature, go to Settings and select Fall Detection.

When the watch app detects a significant fall it will alert your chosen contacts.







EMERGENCY/HELP BUTTON

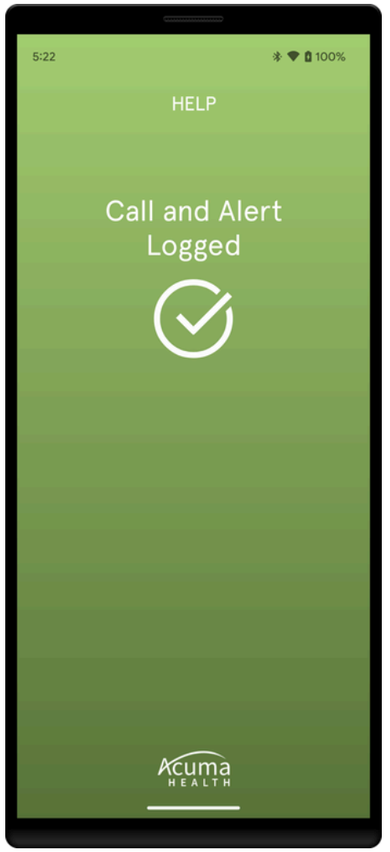
You have the ability to alert your contacts immediately in the event of an emergency.

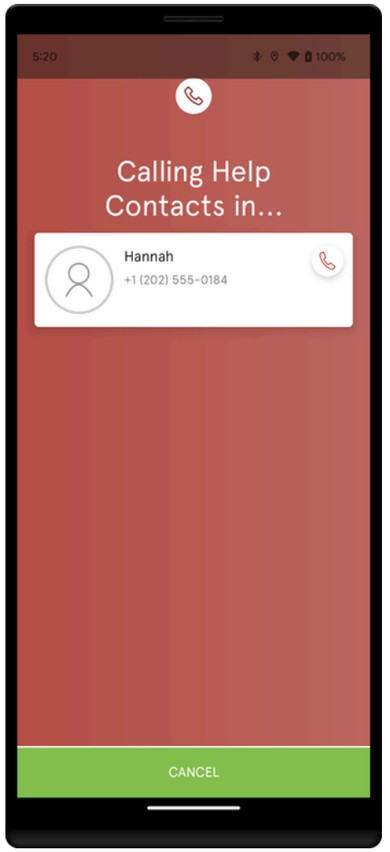
Press the Call for Help button on the watch app or the phone app.

Your contacts will receive a text message and a phone call with your information



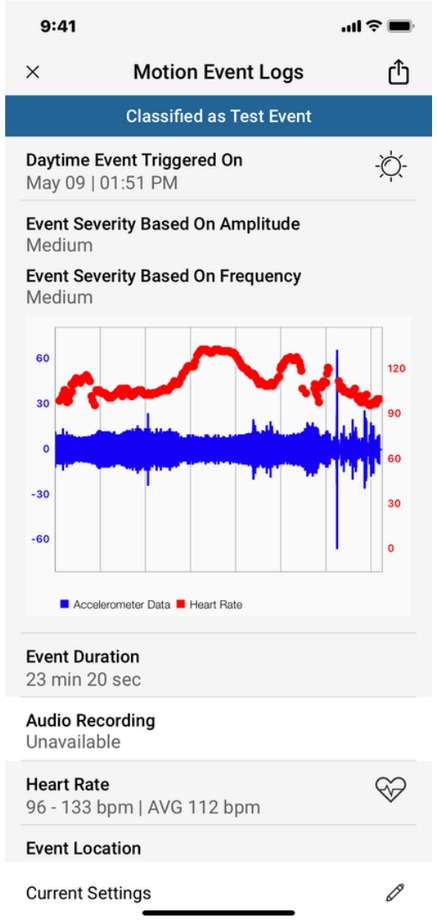


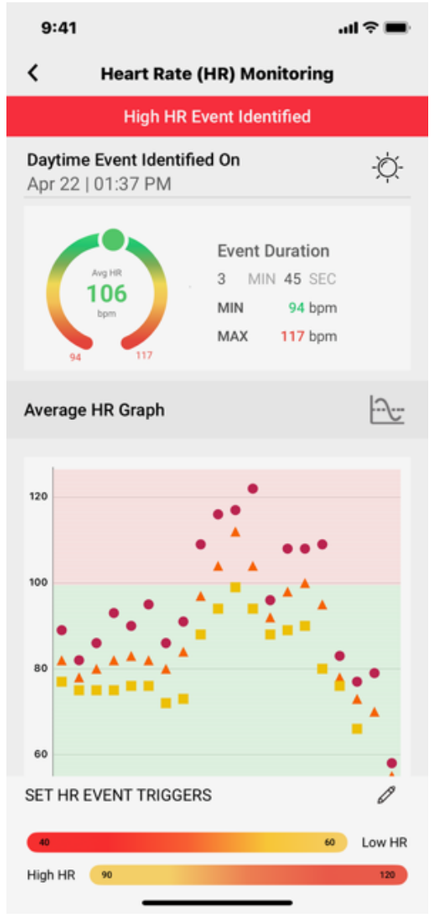




EVENT LOGS

You are able to view your event details within the phone app or in your online user portal.

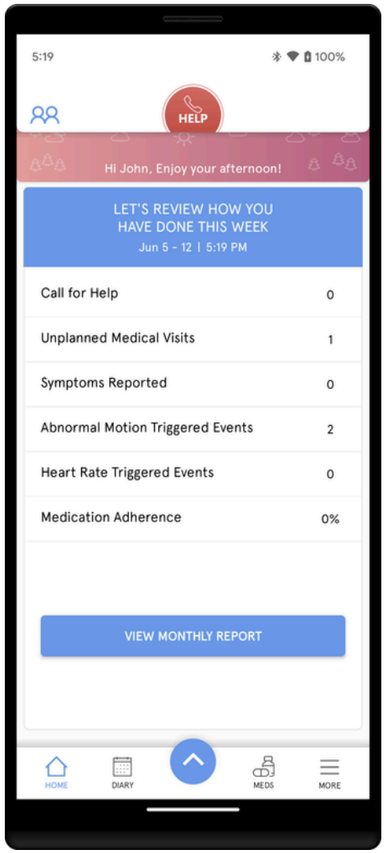


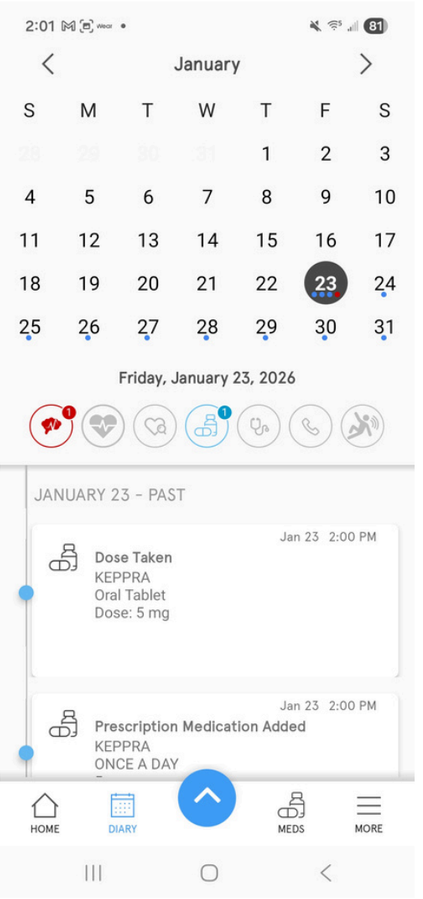




SUMMARY REPORTS

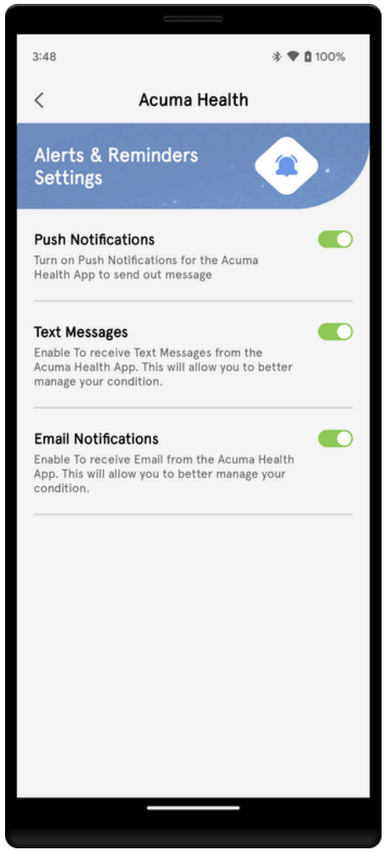
You are able to view Weekly Status Reports as well as Monthly Condition Status in the Summary Reports section.





NOTIFICATION PREFERENCES

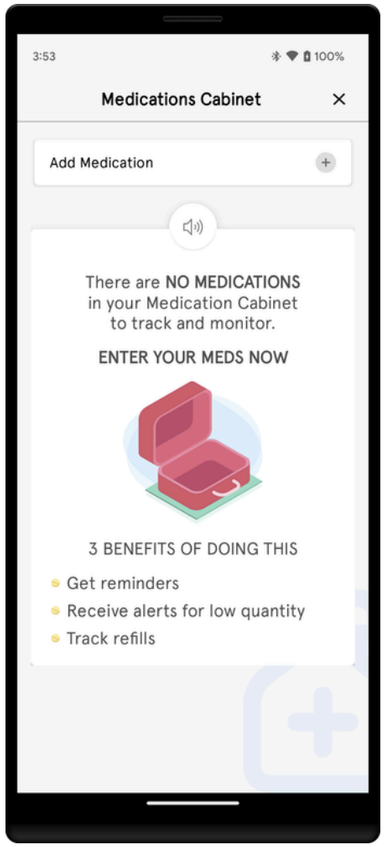
You are able to modify your push, text, and email preferences here:

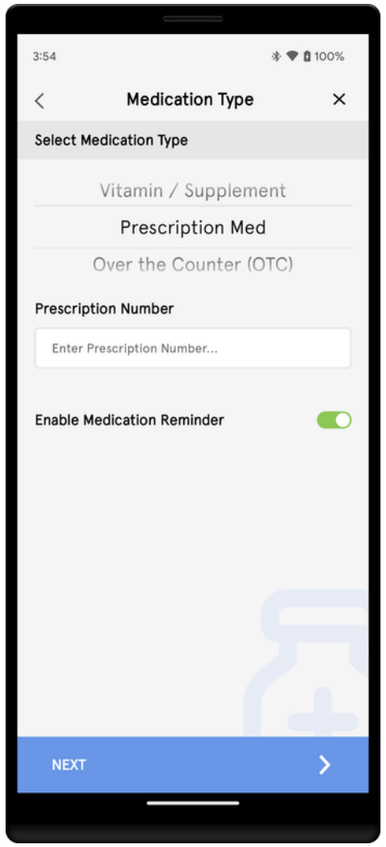


MEDICATION CABINET

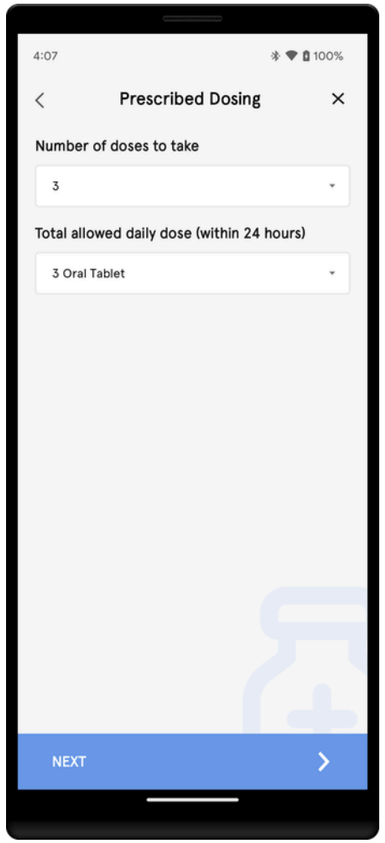
You can add medications to your cabinet in order to set medication reminders, receive alerts when your medications are running low, and track your refills.

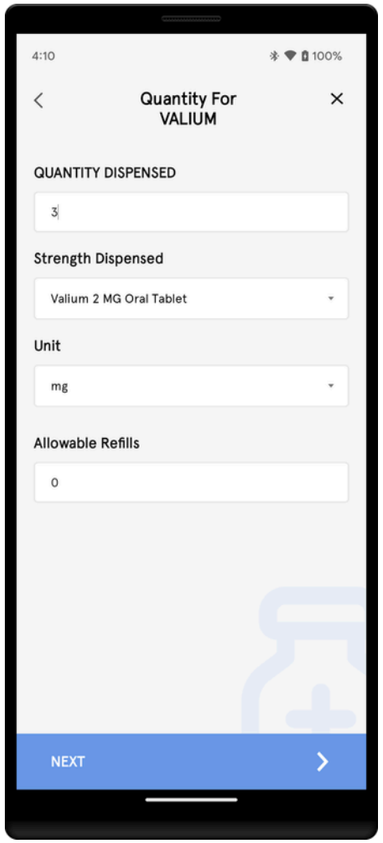
- Click on the plus sign to add a new medication
- Select the medication type and toggle the medication reminder to “On” if you would like to receive reminders
- Go through each screen and enter in the required information
- After reviewing the information on the Verify screen, click on Save.

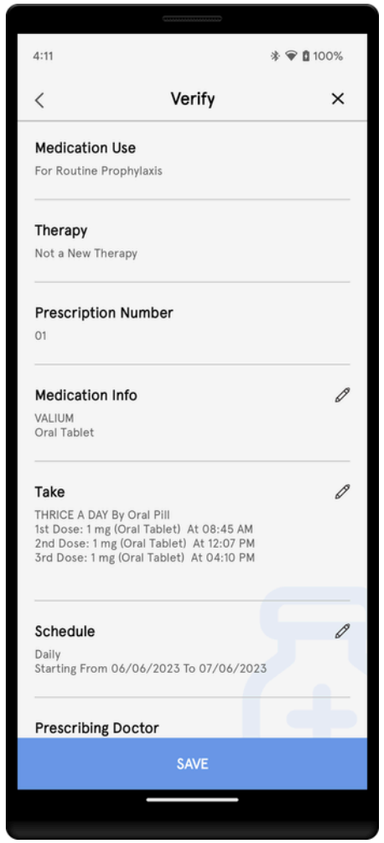




MEDICATION CABINET



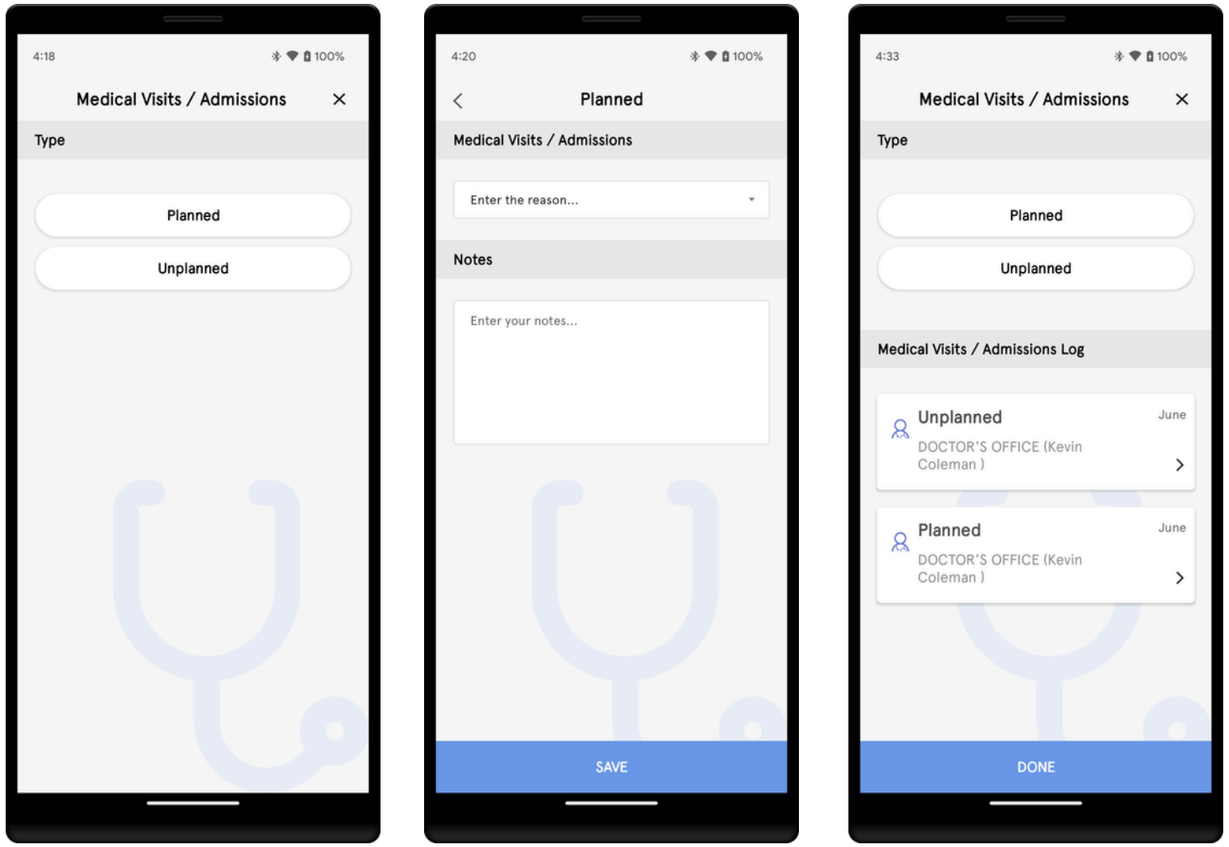




LOGGING A MEDICAL VISIT

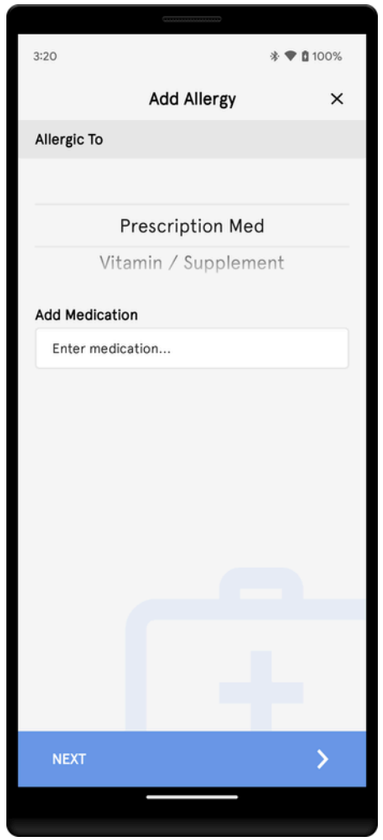
You are able to keep track of all planned and unplanned doctor visits.

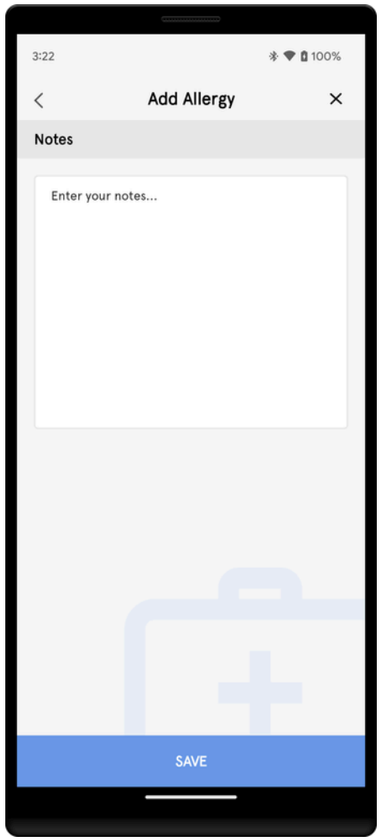
- Choose from Planned or Unplanned.
- Follow the prompts to enter in all required information for the visit.
- Verify all information and enter any notes for the visit, then click on Save.

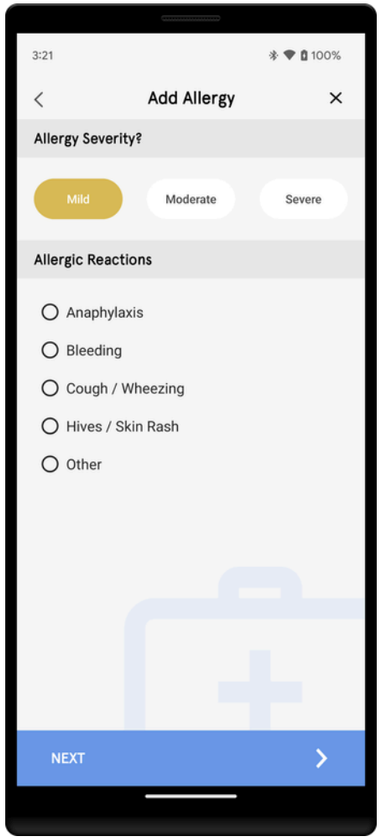


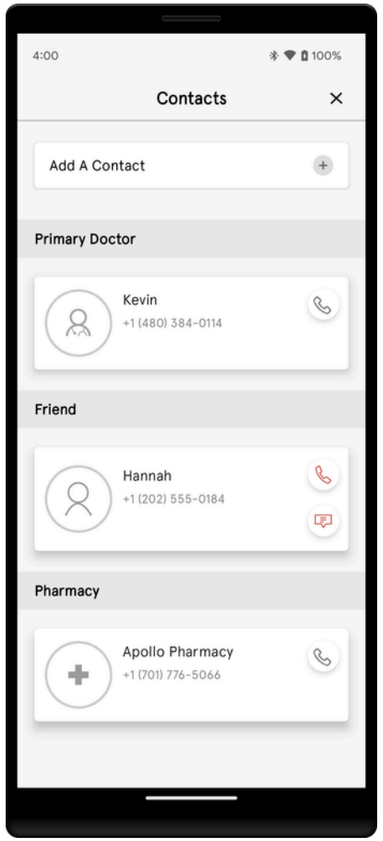
ALLERGIES

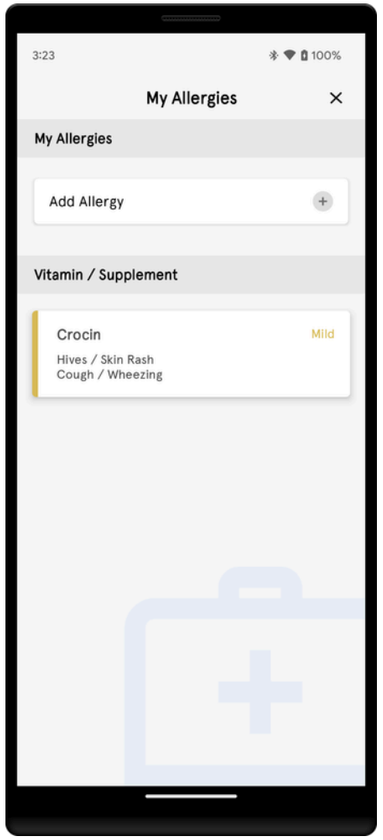
Follow these prompts to add your allergies to your profile:





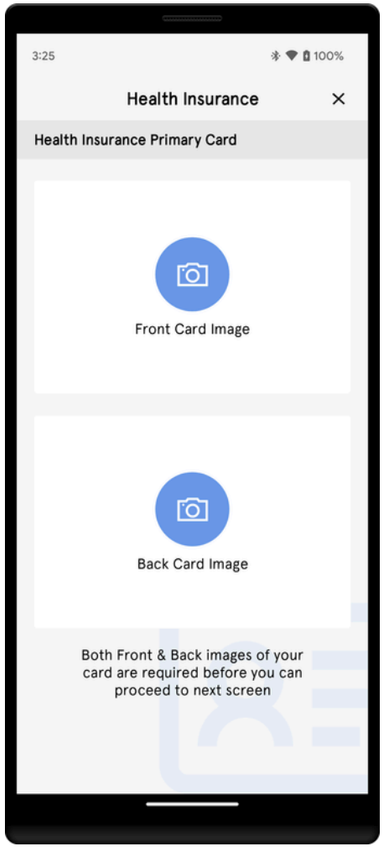


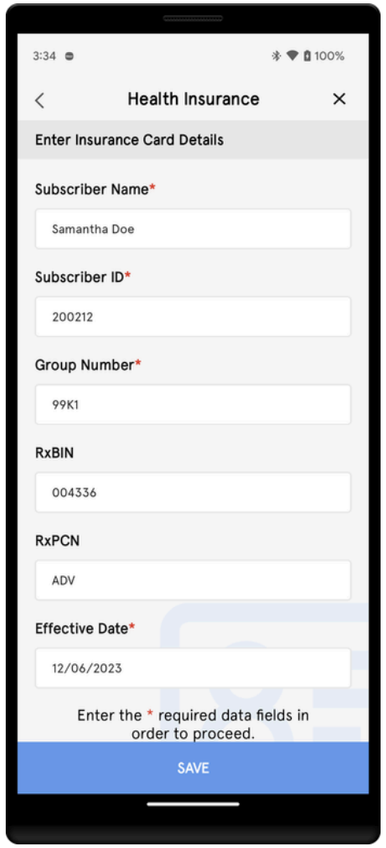


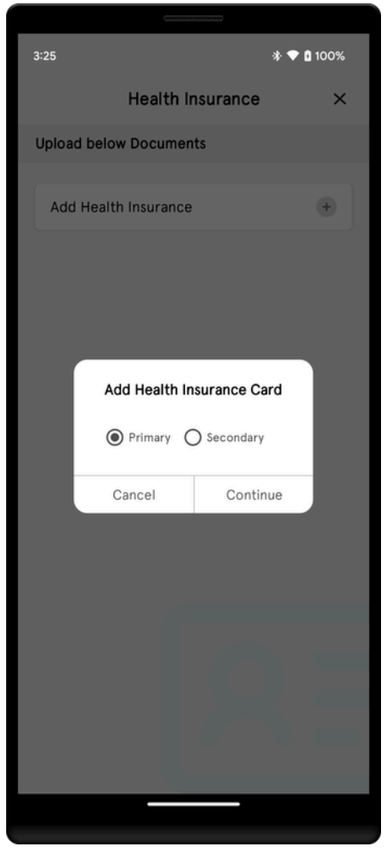


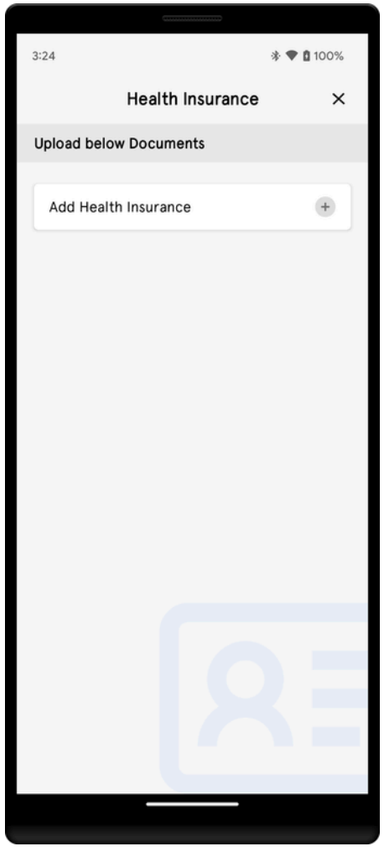
HEALTH INSURANCE DETAILS

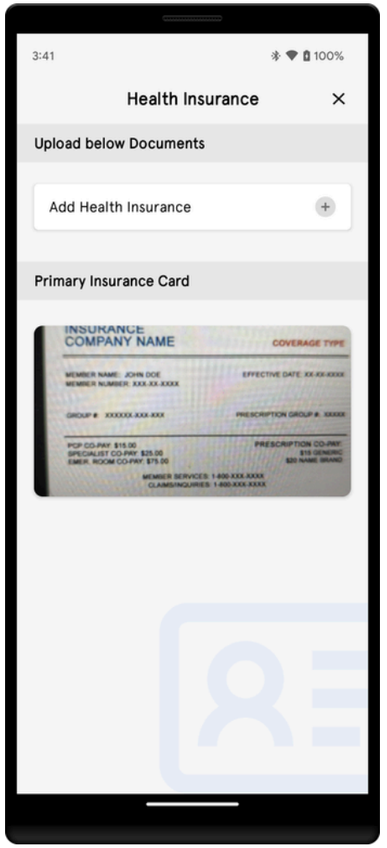
Keep your health insurance details in one place here:





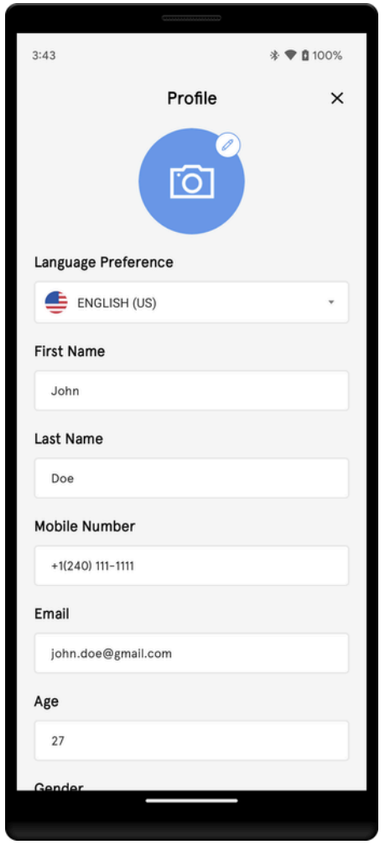






MY PROFILE

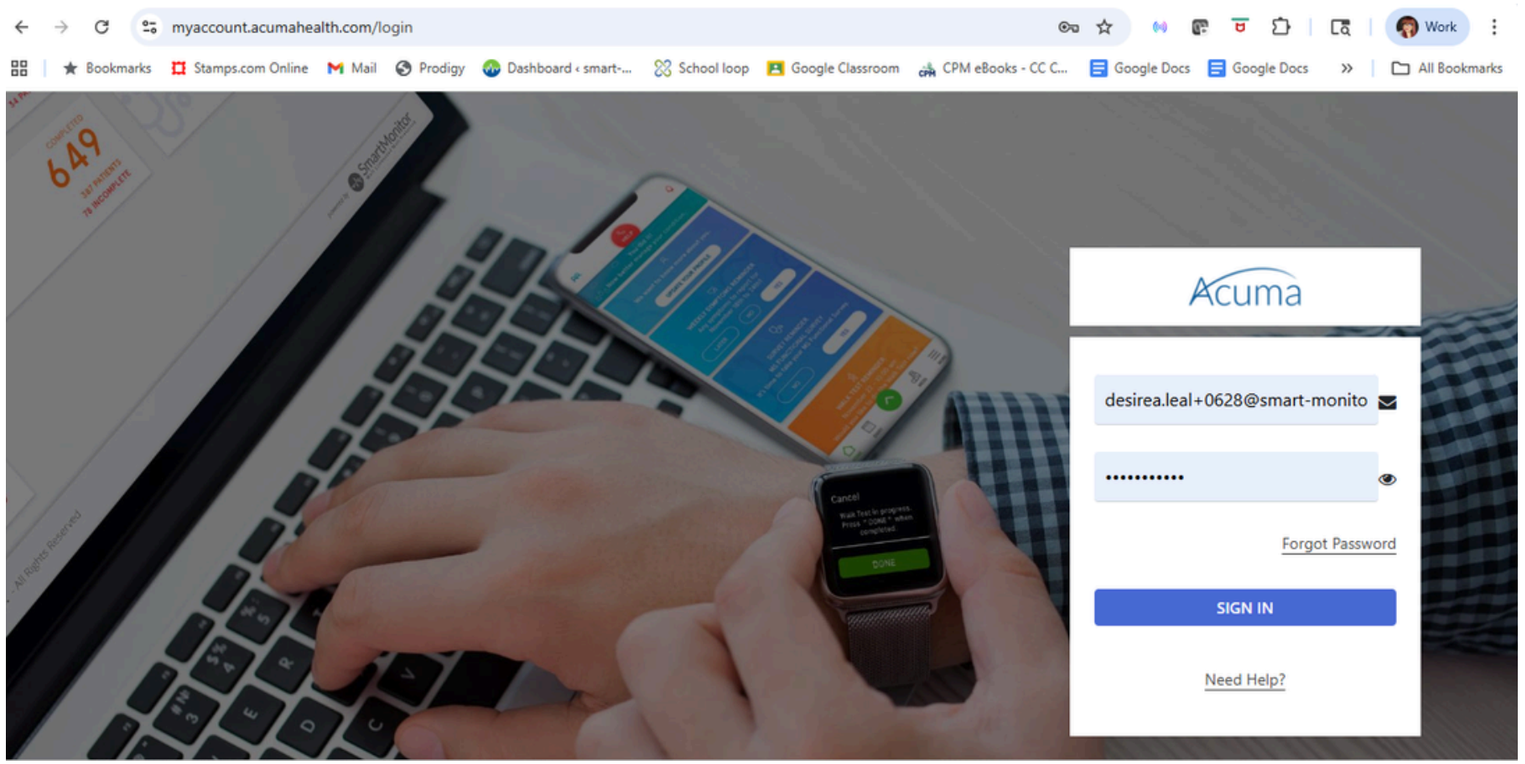
You are able to edit all profile details here:



ONLINE USER PORTAL

Access your Inspyre, powered by Acuma Health, online portal:
https://myaccount.acumahealth.com/login

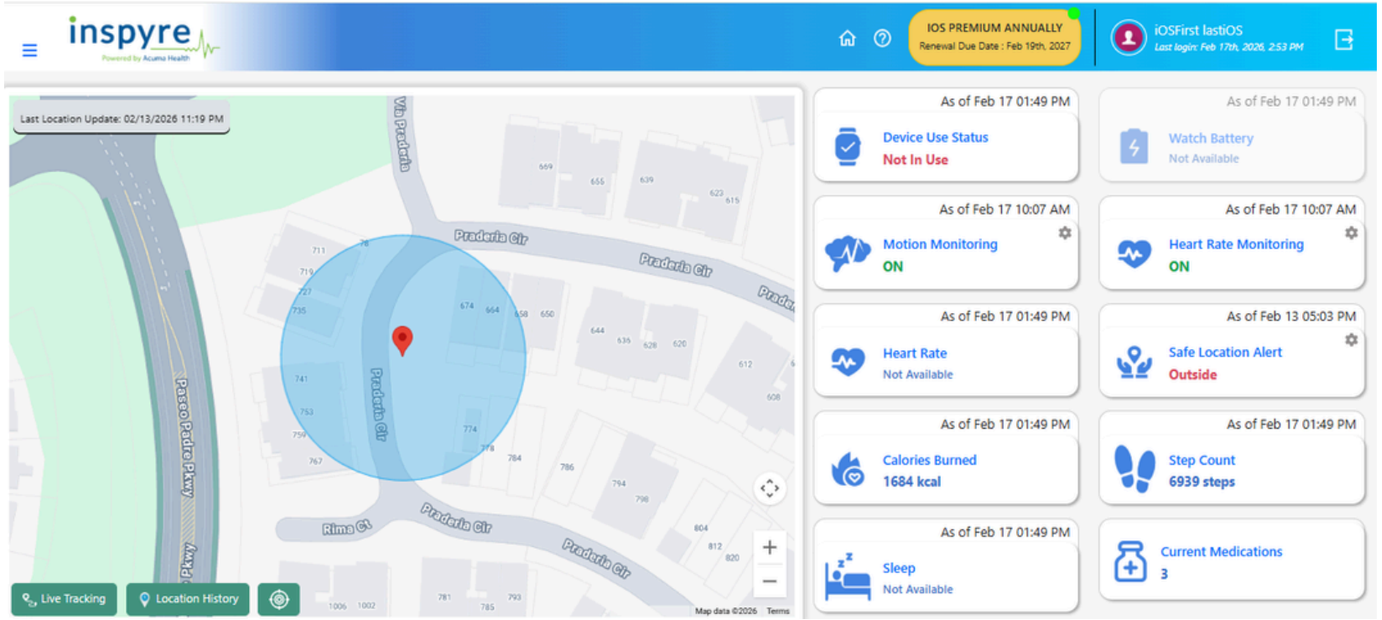
Log in using your email address and the password sent to you in your Order Confirmation email.

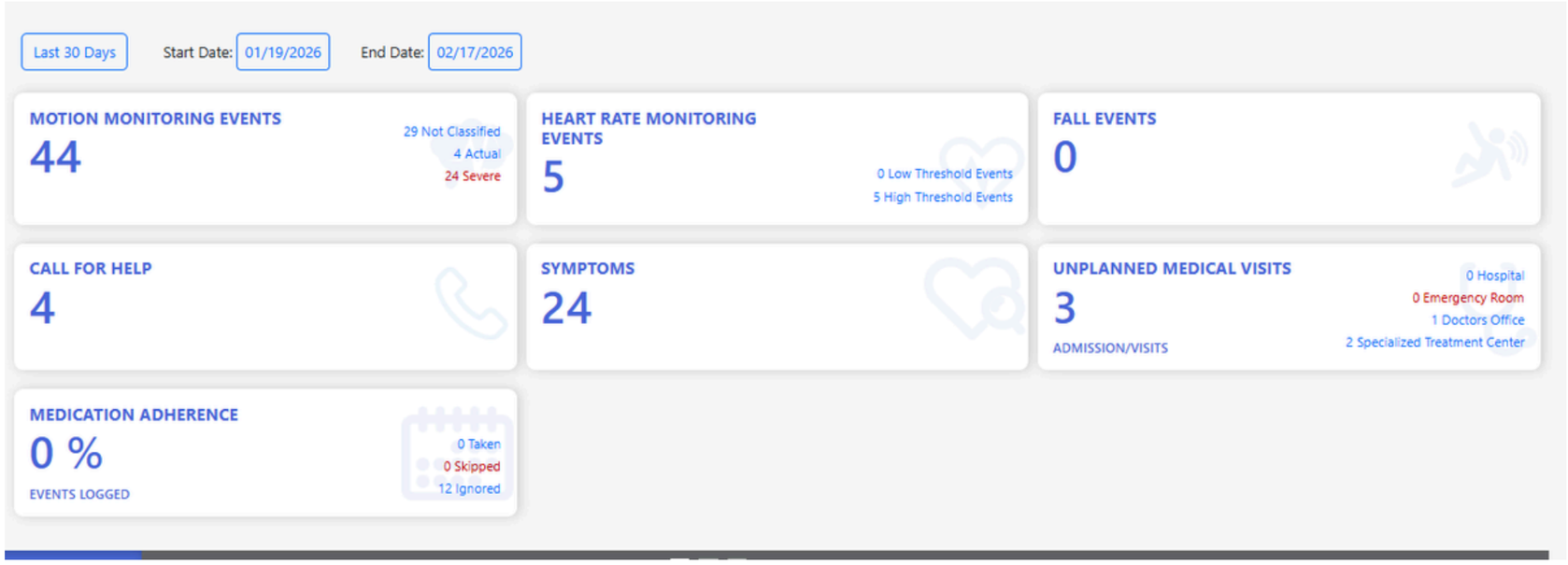


PORTAL HOMEPAGE

On the homepage of the user portal you will find current details for the user's Inspyre, powered by Acuma Health, watch app.

You are able to tap on the widgets to unlock additional details.

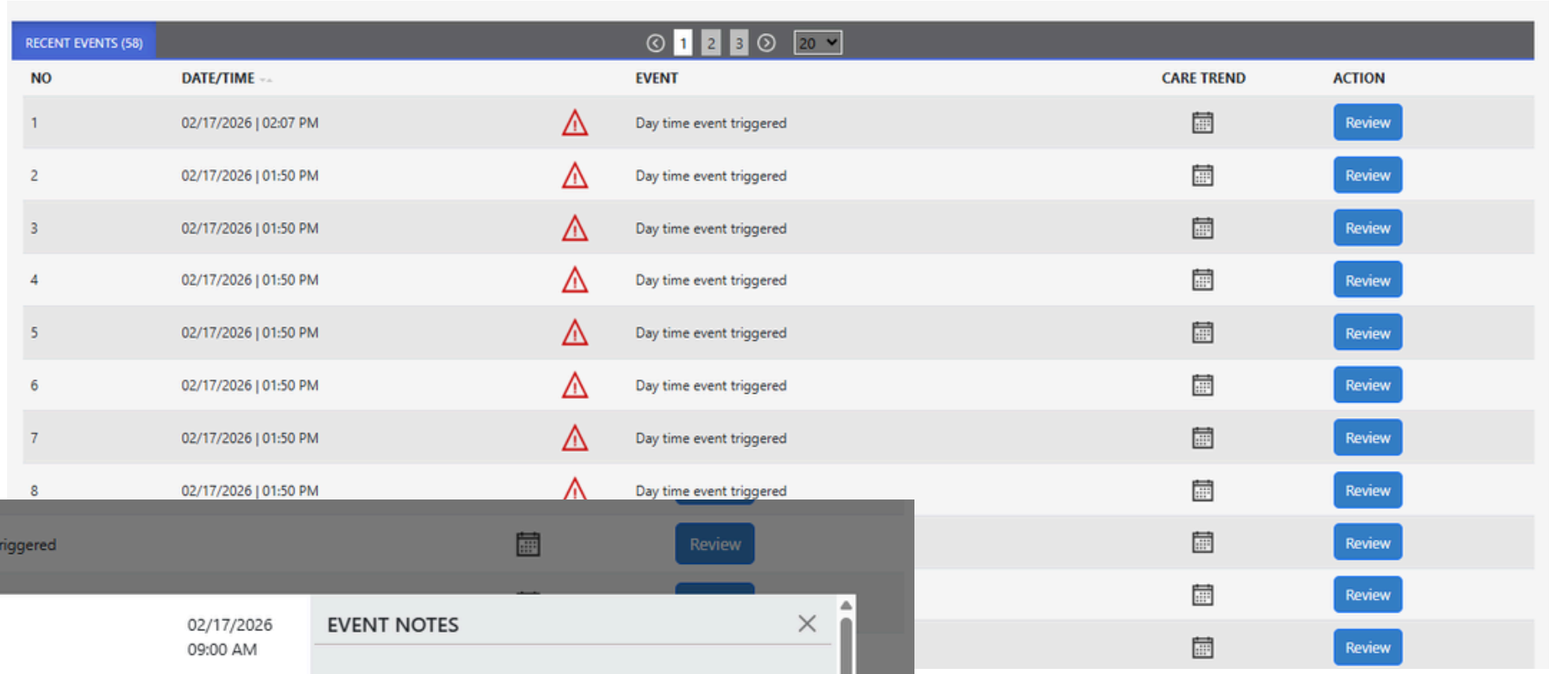




RECENT EVENTS

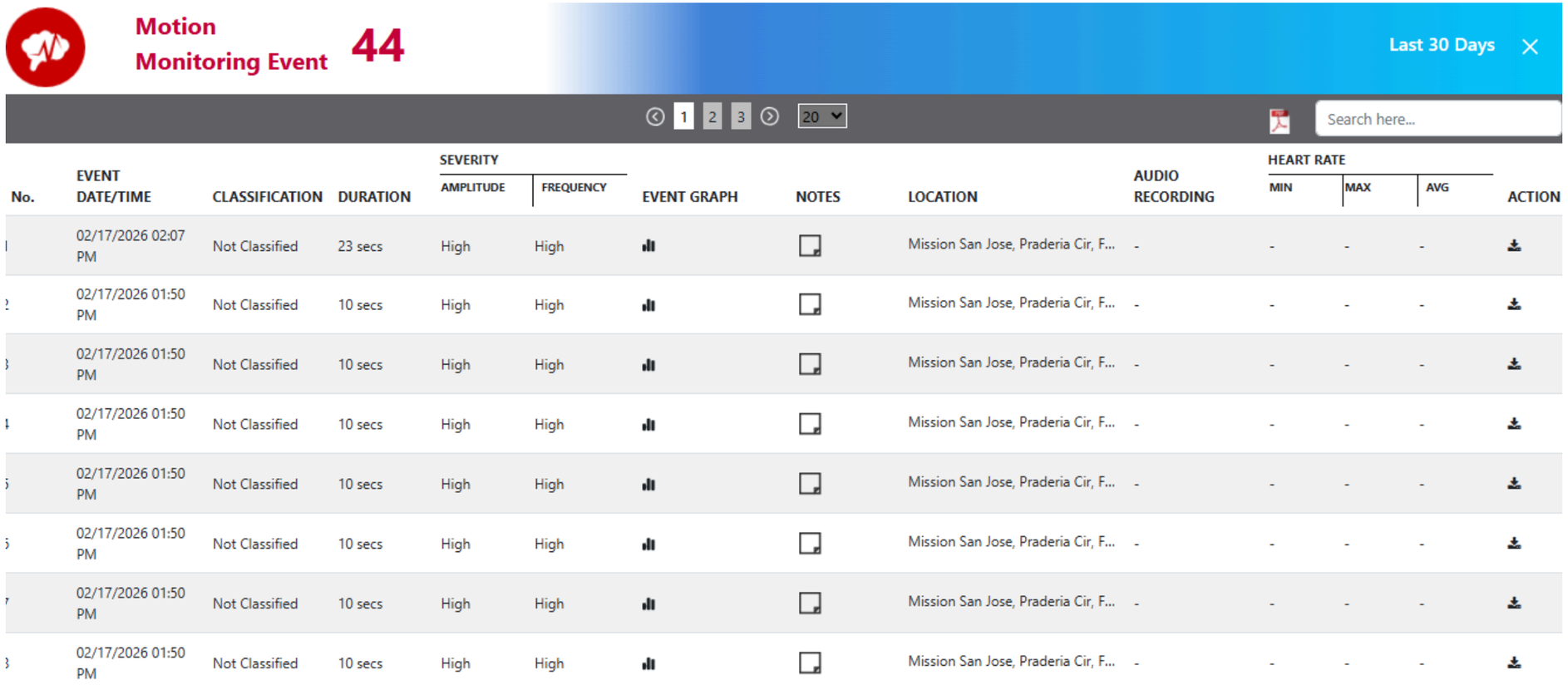
At the bottom of the homepage you will see a record of all recent events.

Click on any event to view data and add notes.



MOTION MONITORING LOGS

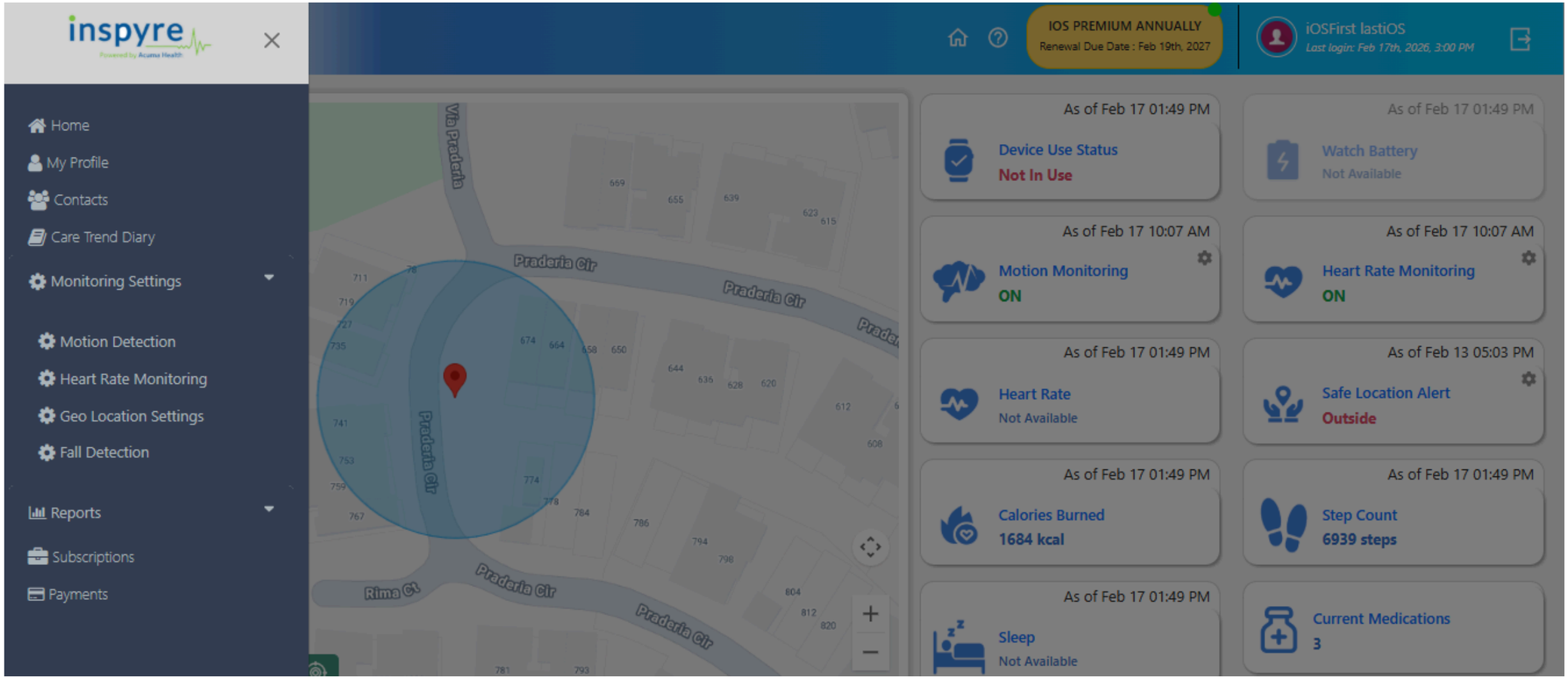
To download all motion monitoring/hrm logs, click on the appropriate widget on the homepage and then click on the Action arrow.



No.	EVENT DATE/TIME	CLASSIFICATION	DURATION	SEVERITY		EVENT GRAPH	NOTES	LOCATION	AUDIO RECORDING	HEART RATE			ACTION
				AMPLITUDE	FREQUENCY					MIN	MAX	AVG	
	02/17/2026 02:07 PM	Not Classified	23 secs	High	High			Mission San Jose, Praderia Cir, F...	-	-	-	-	
2	02/17/2026 01:50 PM	Not Classified	10 secs	High	High			Mission San Jose, Praderia Cir, F...	-	-	-	-	
3	02/17/2026 01:50 PM	Not Classified	10 secs	High	High			Mission San Jose, Praderia Cir, F...	-	-	-	-	
4	02/17/2026 01:50 PM	Not Classified	10 secs	High	High			Mission San Jose, Praderia Cir, F...	-	-	-	-	
5	02/17/2026 01:50 PM	Not Classified	10 secs	High	High			Mission San Jose, Praderia Cir, F...	-	-	-	-	
6	02/17/2026 01:50 PM	Not Classified	10 secs	High	High			Mission San Jose, Praderia Cir, F...	-	-	-	-	
7	02/17/2026 01:50 PM	Not Classified	10 secs	High	High			Mission San Jose, Praderia Cir, F...	-	-	-	-	
8	02/17/2026 01:50 PM	Not Classified	10 secs	High	High			Mission San Jose, Praderia Cir, F...	-	-	-	-	

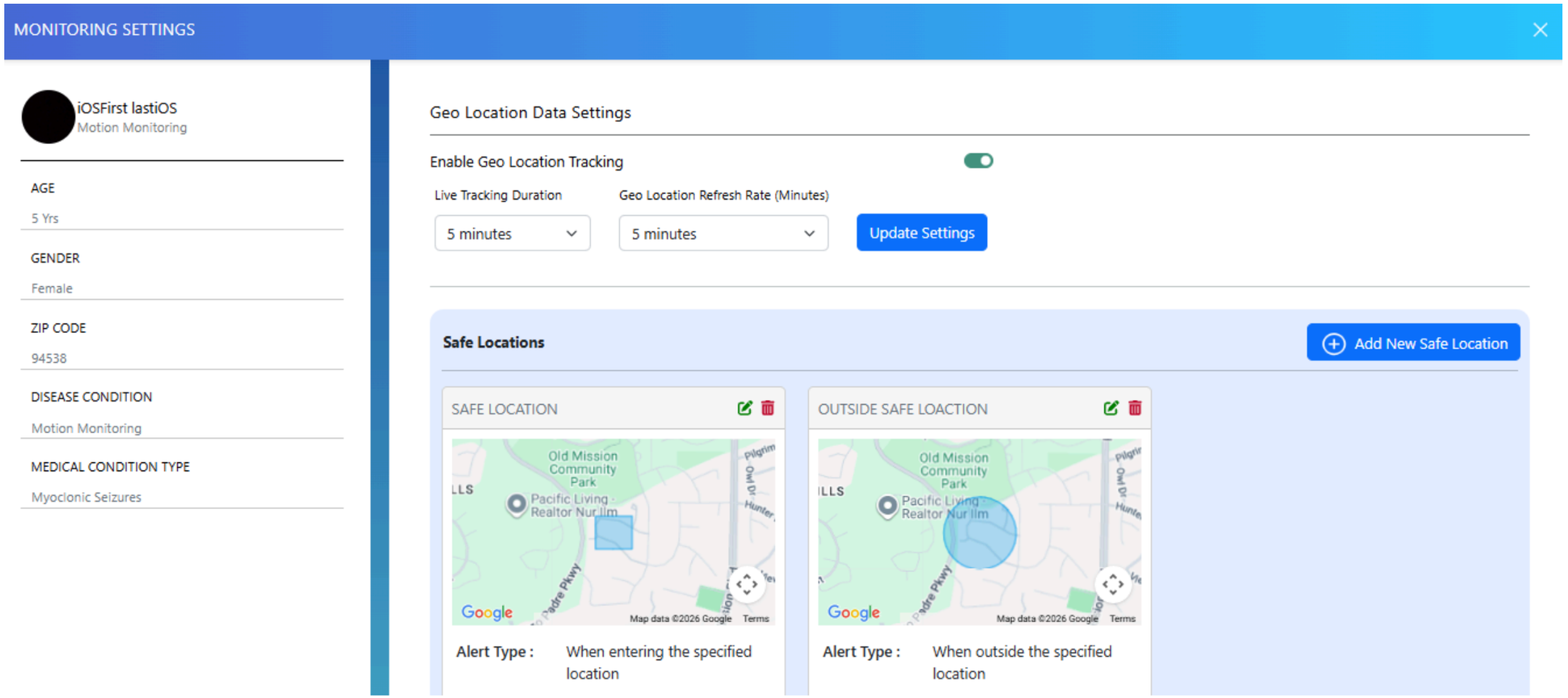
ACCOUNT DETAILS

You are able to review/edit all account details and app settings by expanding the more menu at the top left hand side of the Homepage.



GEOLOCATION SETTINGS

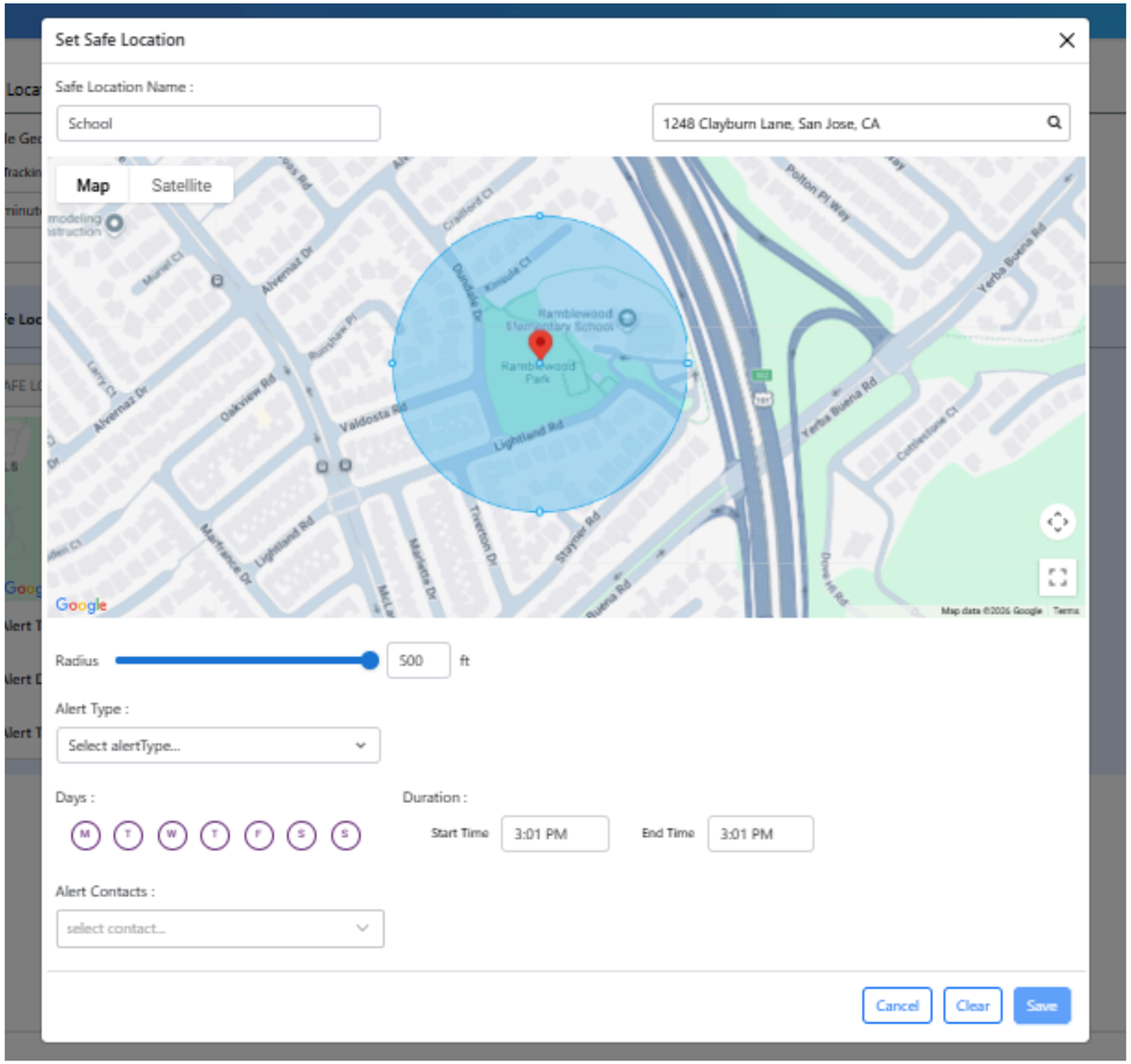
To create safezones for the user, go into Geo Location Settings. You will need to first enable geo location tracking and then add a new safe location.



GEOLOCATION SETTINGS

To create a safezone:

- Add the safe location name and search for the address
- You are able to create a zone using the circular or rectangular shapes and move the map with the hand
- Increase or decrease the radius as needed
- Select the alert type:
  - When ENTERING the zone
  - When EXITING the zon
- Select the days and times that you want the user to be monitored for this safe location
- Select the contacts you want notified for this safe location
- Click on Save



APP ASSISTANCE AND TECHNICAL SUPPORT

- Visit our FAQ page
- Submit a support ticket
- Contact SmartMonitor via support@smart-monitor.com or phone (408)754-1695

