

inspyre 

Powered by Acuma Health

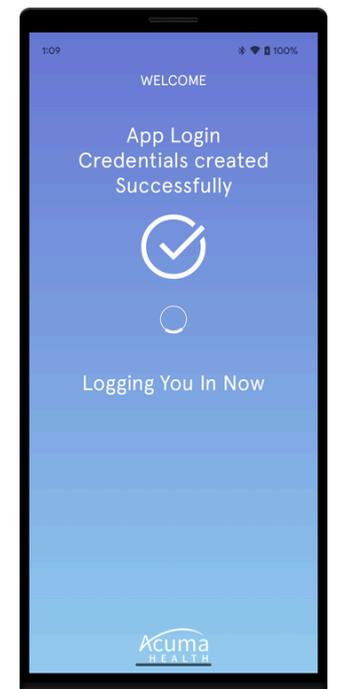
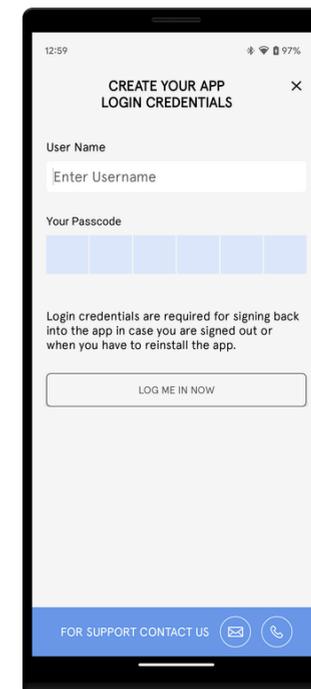
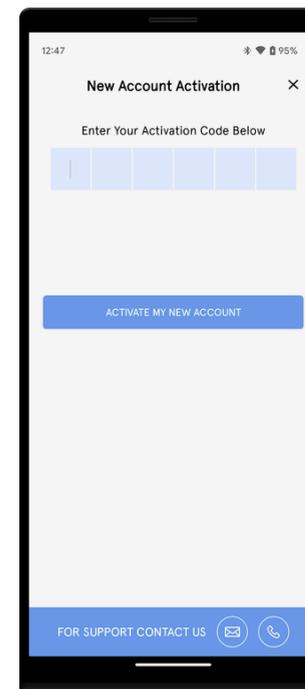
GETTING STARTED

- Confirm that your Apple Watch and iPhone are paired and both are charged.
- Download the Acuma Health app onto your phone through the App Store on the connected phone.
- If you are setting up the app for a family member on an Apple Watch with cellular functionality, you will need to download the Acuma Health app onto your phone during this process.



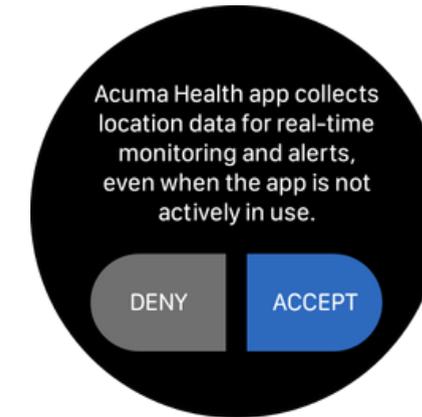
SETTING UP YOUR ACUMA HEALTH APP

- Open the Acuma Health app on your phone.
- Select your preferred language.
- Accept both the Terms of Use and the Privacy Policy.
- You will now be able to create a New Account based on your mobile number with the Activation Code that was in your Order Confirmation email.
- Create your own username and passcode (for logging back into the app)
- 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. Tap "allow all the time/while using the app" so that the app will function properly.
- Follow the short tutorial to understand how the Acuma Health app functions.



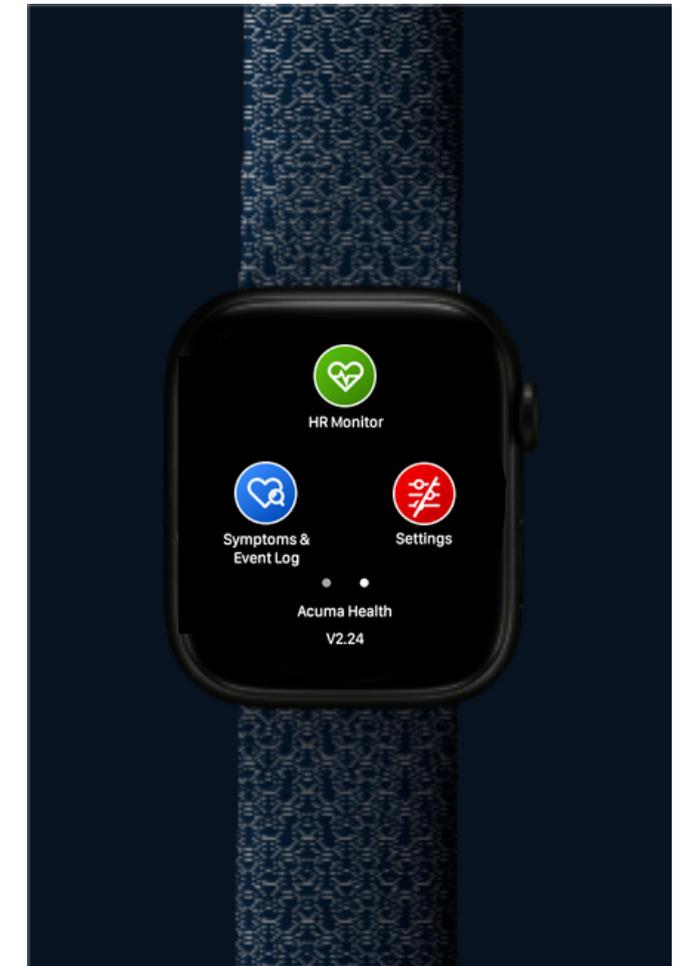
Downloading the Acuma Health Watch App

- 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 on your watch. You will see a screen asking you to log into the Acuma Health app on your phone. Log out of the phone app and then log back in.
- Accept all permissions. Tap “allow all the time/while using the app” so that the app will function properly.
- The watch app will ask if you are using Family Sharing. If you are, the watch app will ask for a code. To get this code:
 - Open the Acuma Health phone app
 - Go to the More menu (bottom right side of screen)
 - Go to Settings
 - Go to Family Sharing
 - Tap to receive code

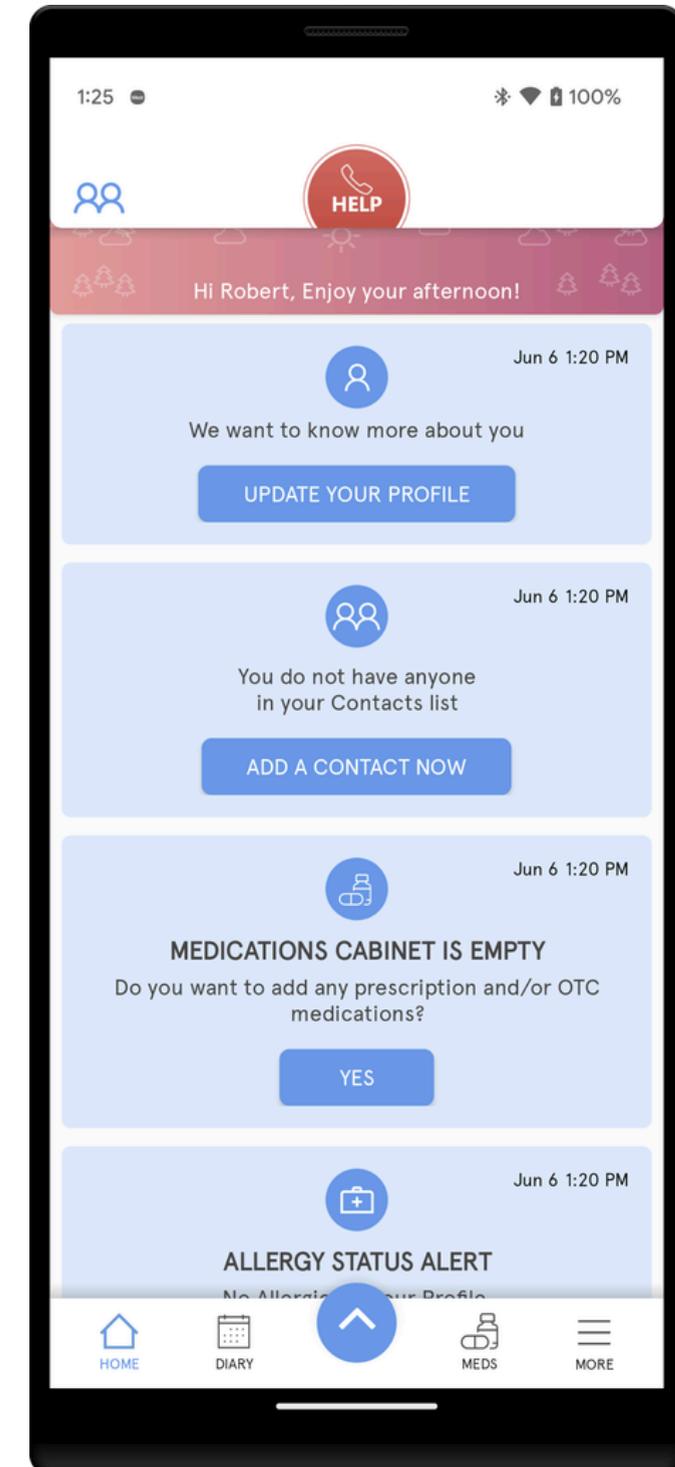


USING THE ACUMA HEALTH APP

- 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)
- Always make sure that the watch and phone are within bluetooth range! (Not applicable for cellular watches with 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.



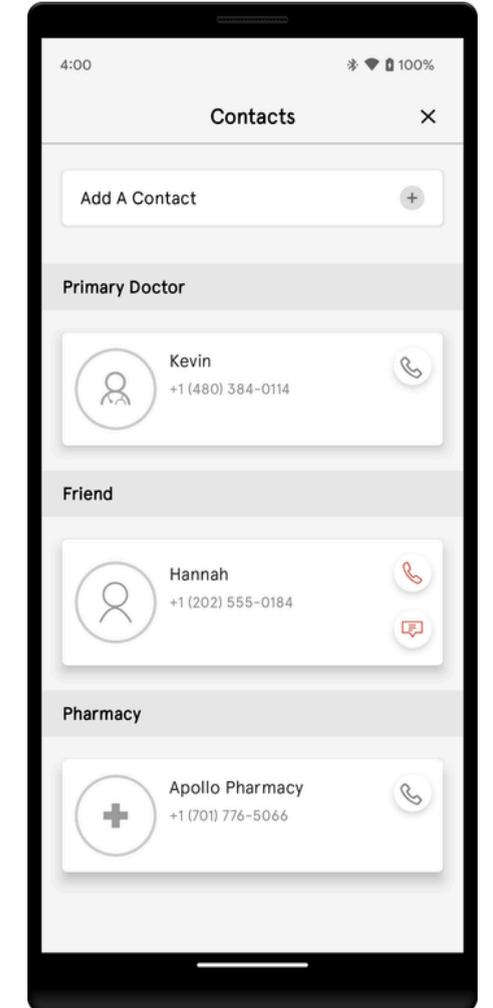
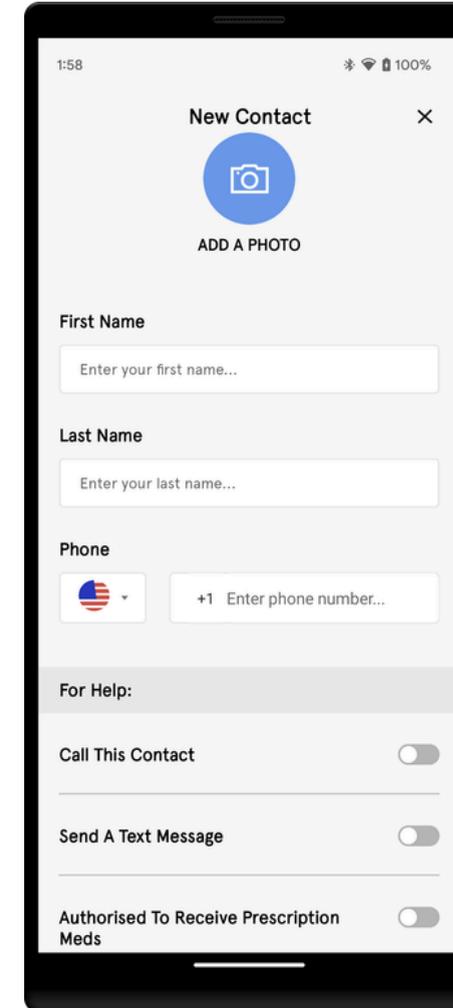
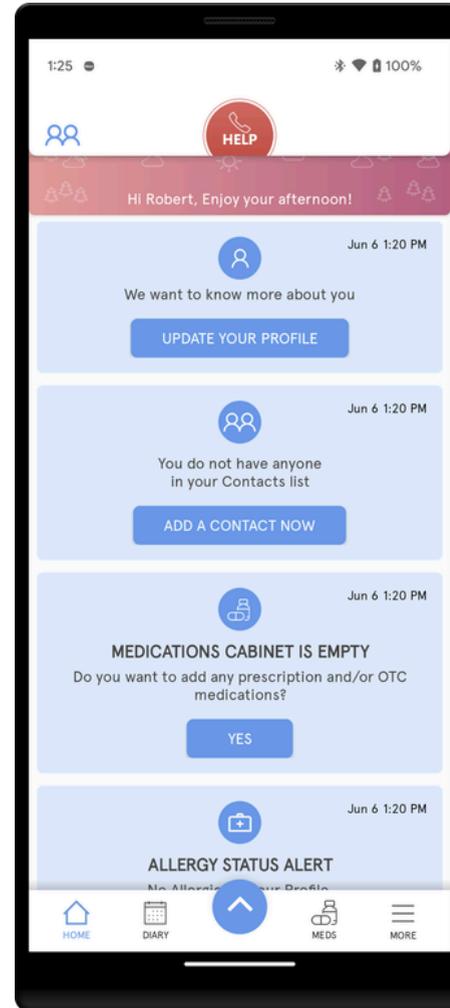
NAVIGATING THE ACUMA HEALTH APP (HOMEPAGE AND MENU)



ENTERING CONTACTS

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

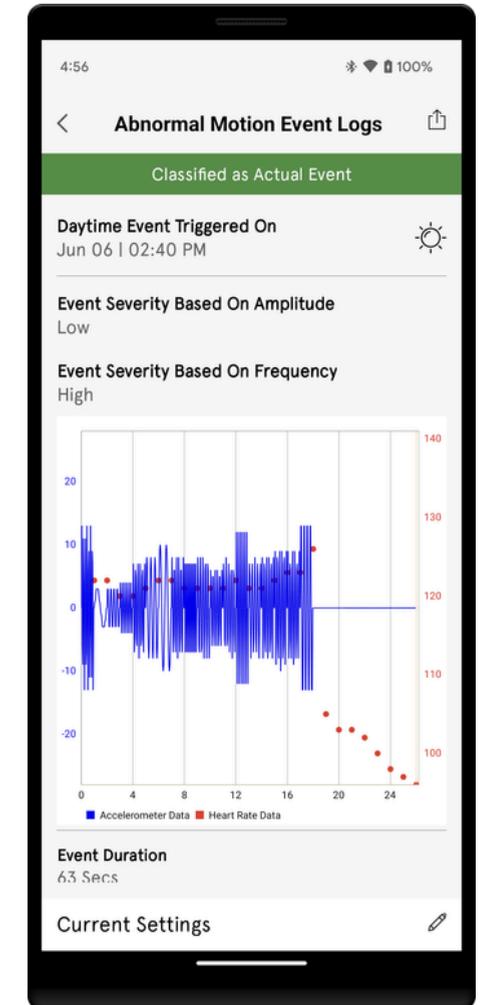
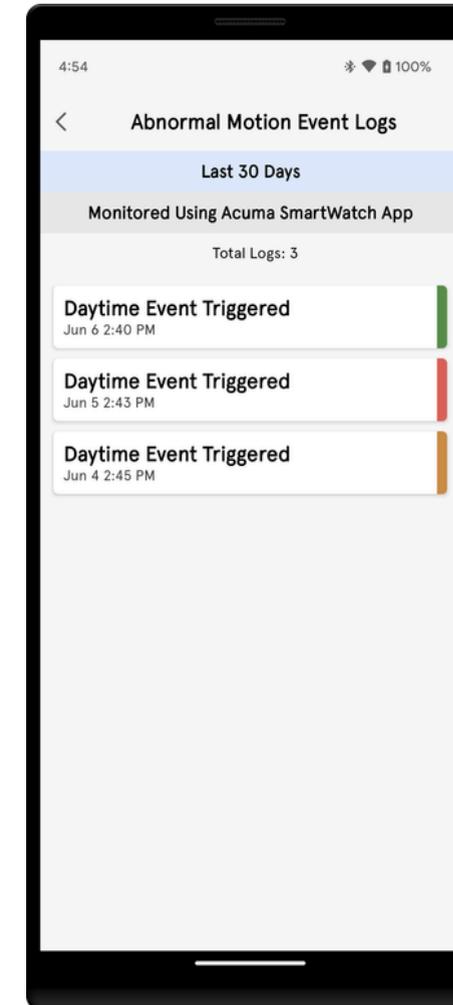
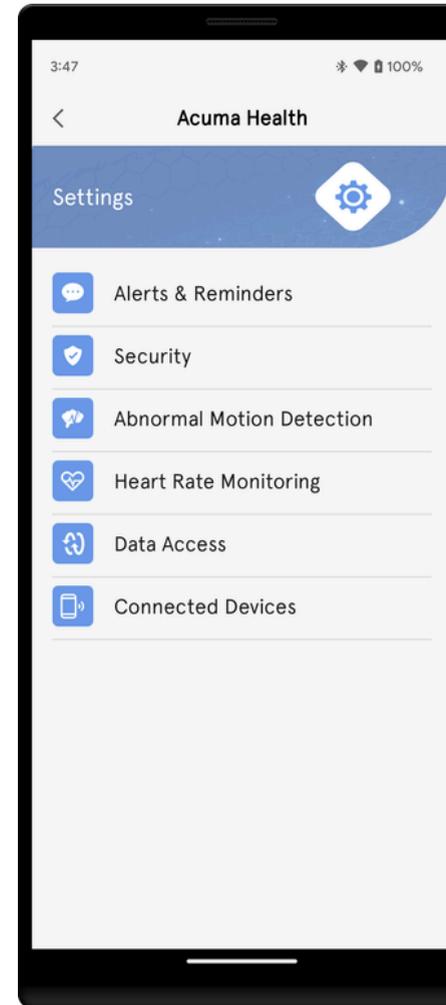
- Tap on the people icon on the top left corner of the Home Screen
- Click on the plus sign to add a new contact.
- Enter the contact's information as well as what type of alerts you would like them to receive.
- Scroll down and click on Save.



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".

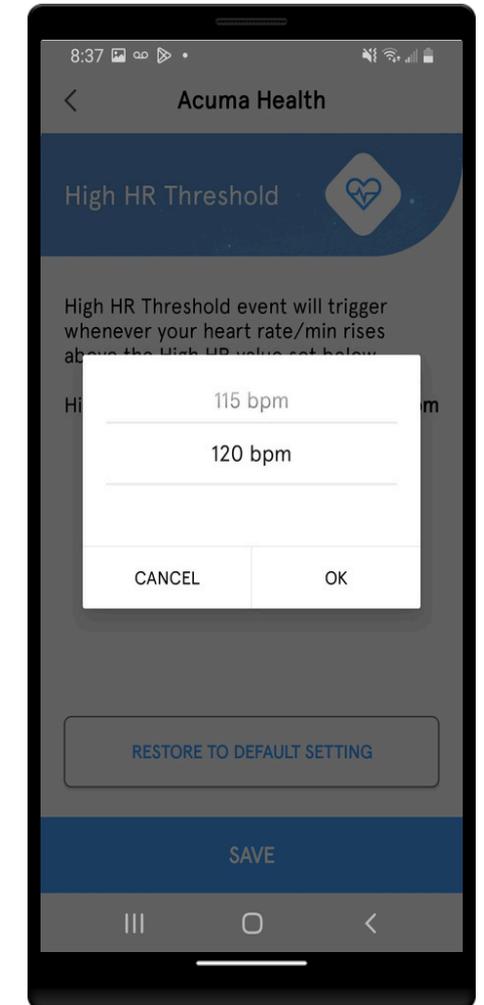
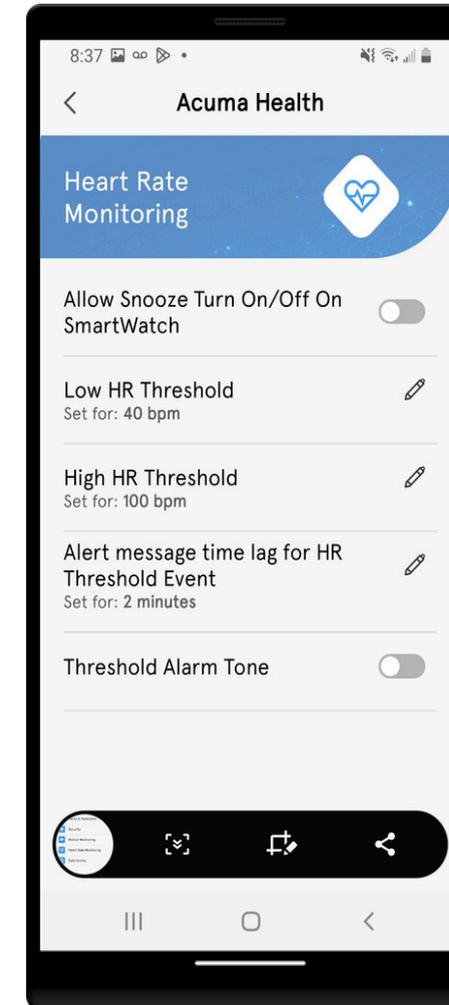
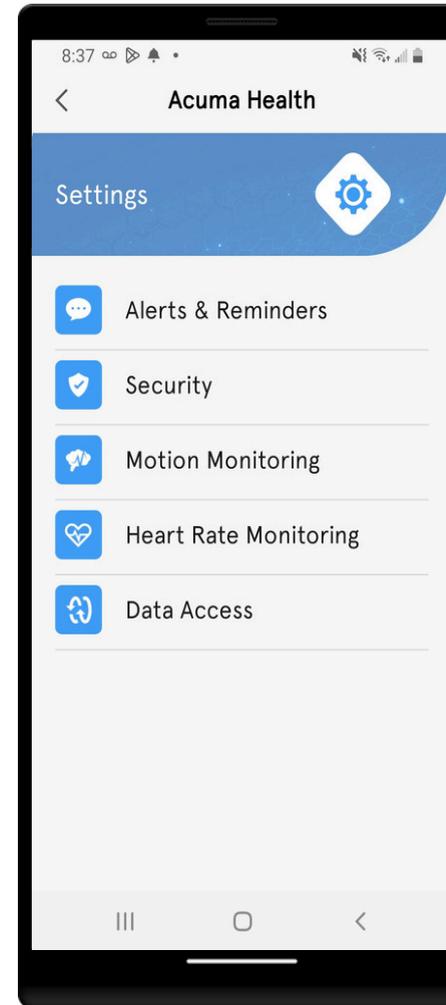


ADJUSTING SETTINGS FOR HEART RATE MONITORING

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.

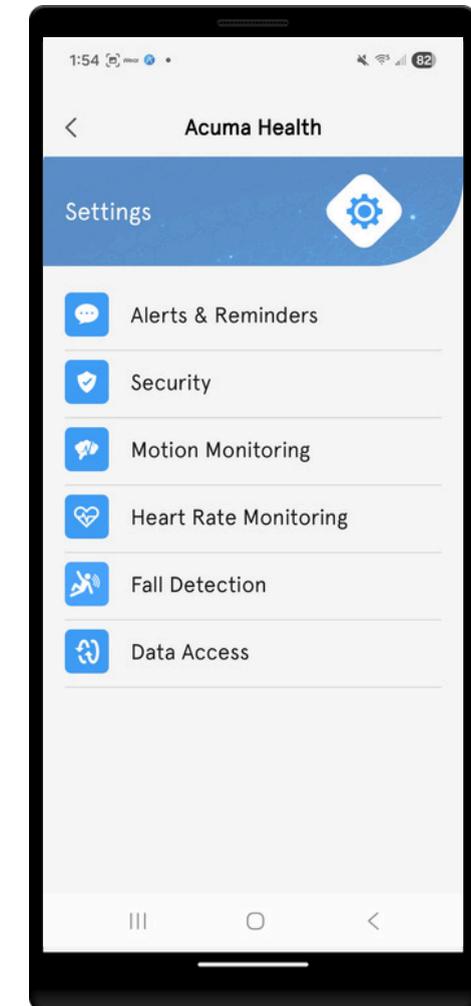
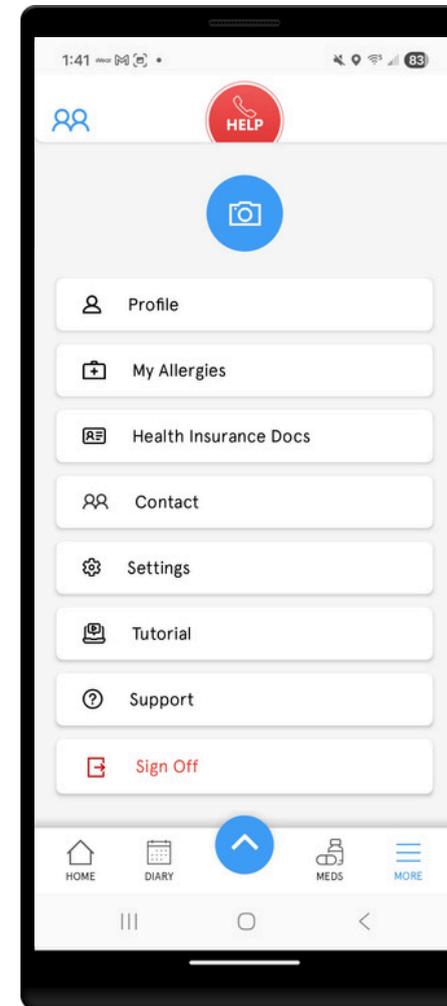
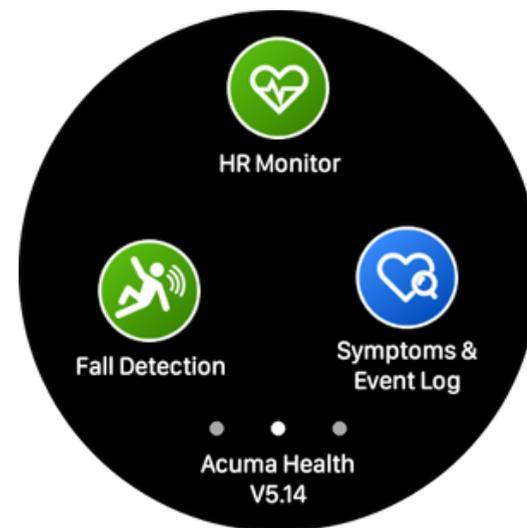


FALL DETECTION SETTINGS

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.

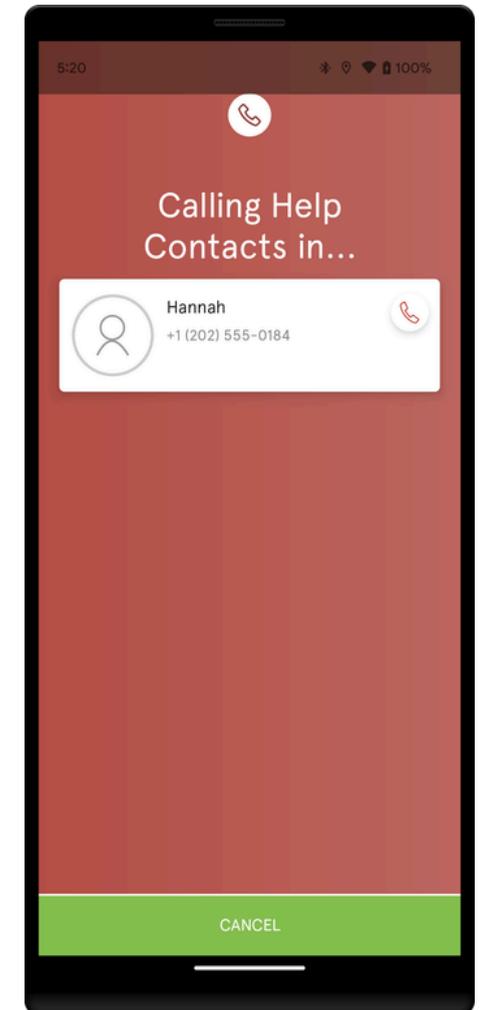
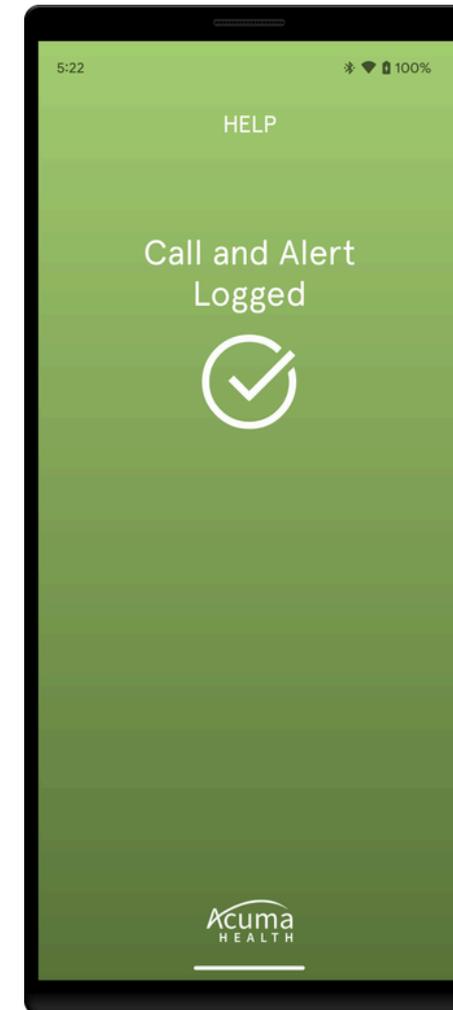
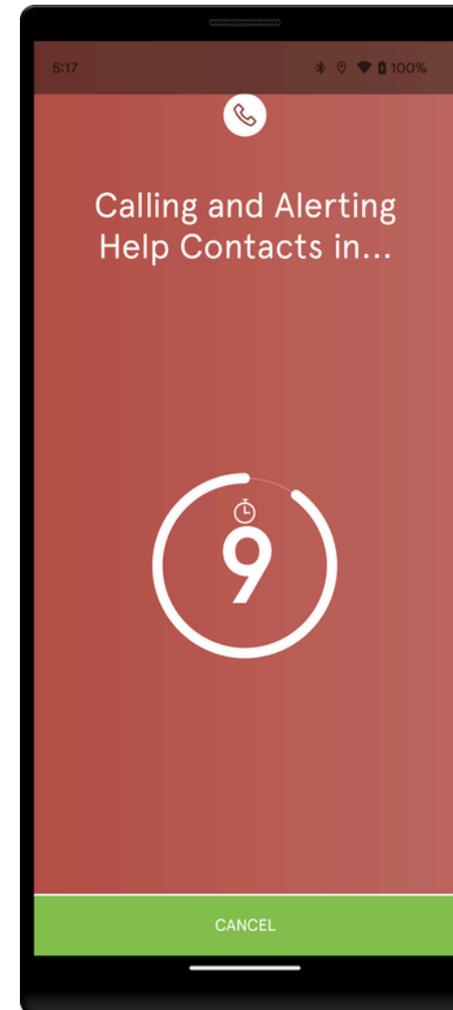


EMERGENCY/HELP BUTTON

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

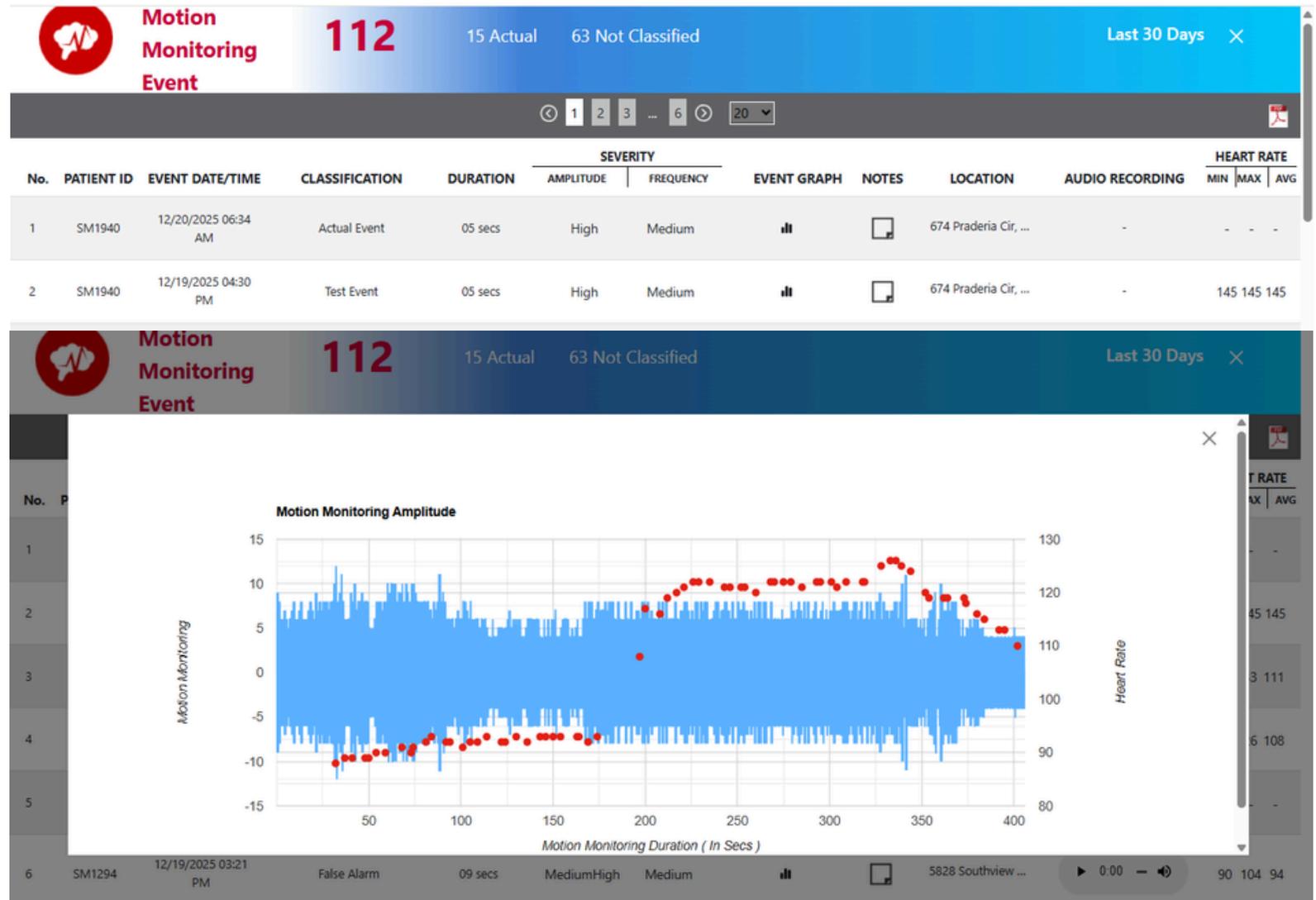
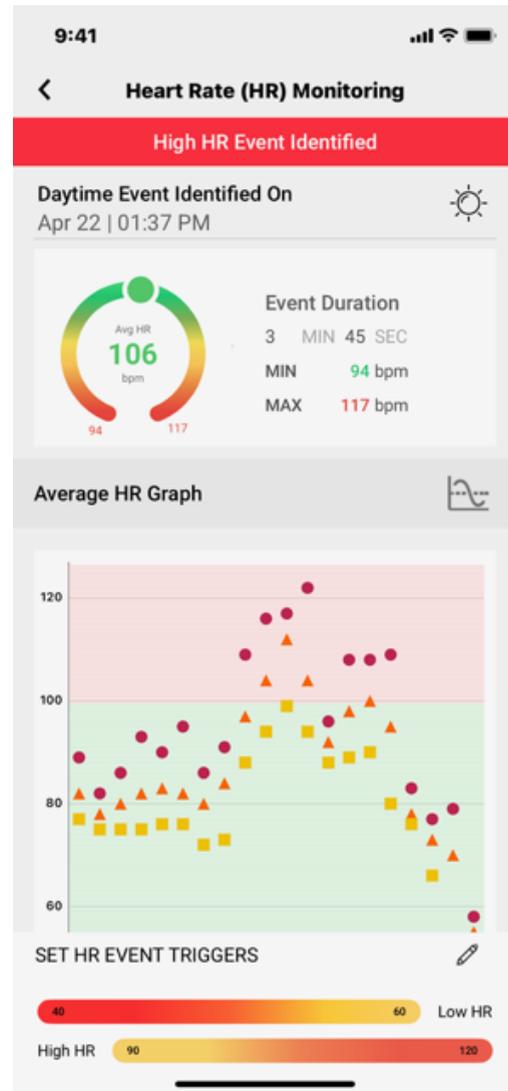
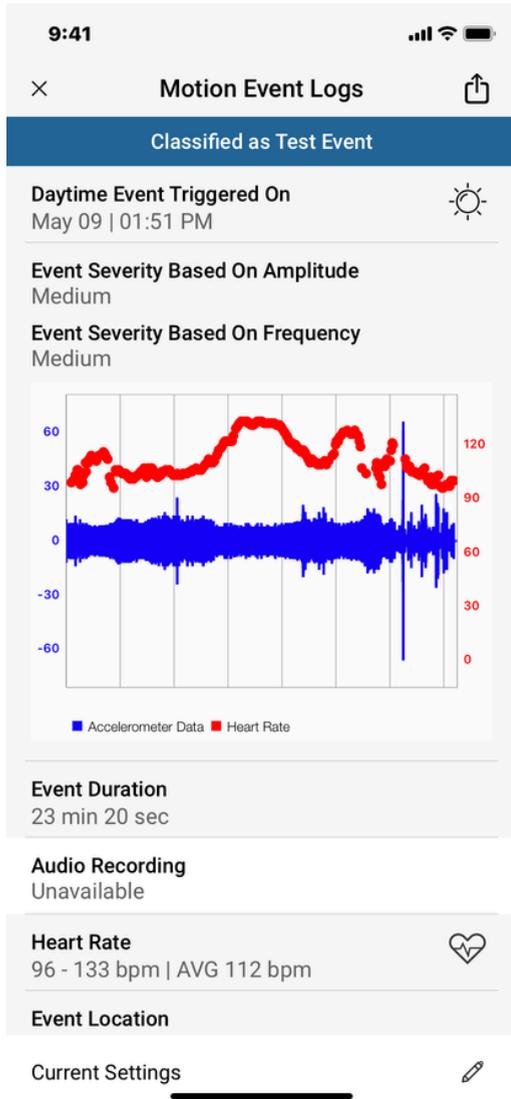
Press the Call for Help button on the watch app or the phone app.

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



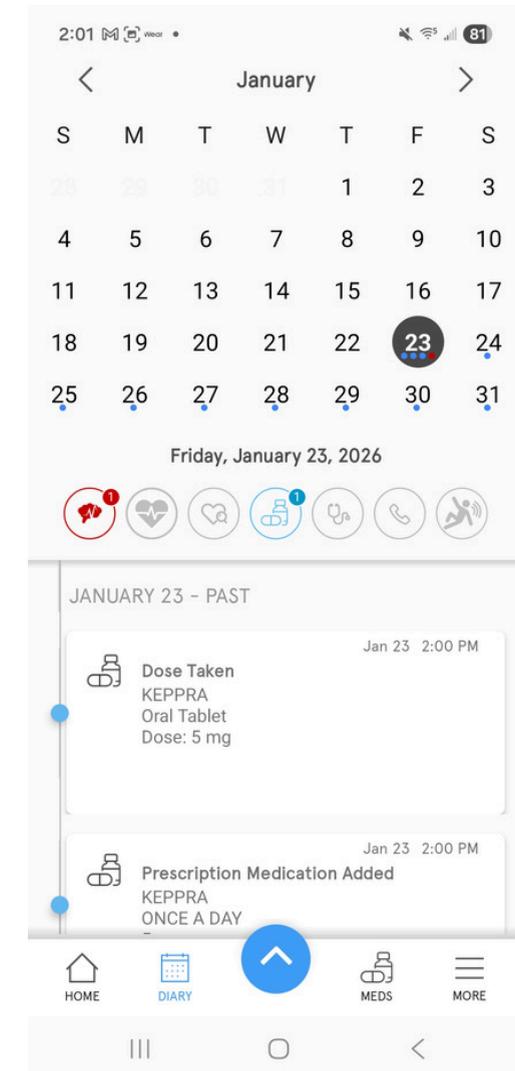
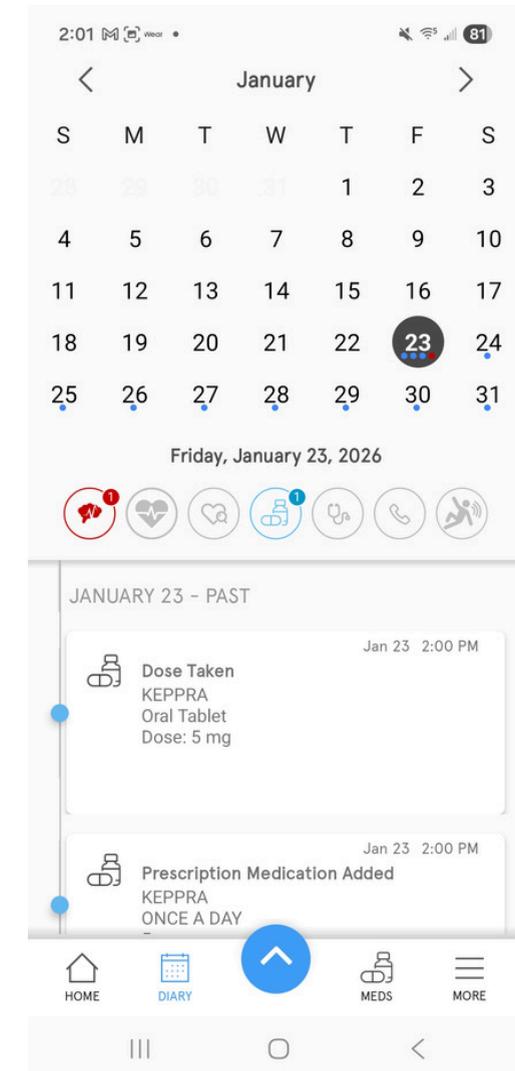
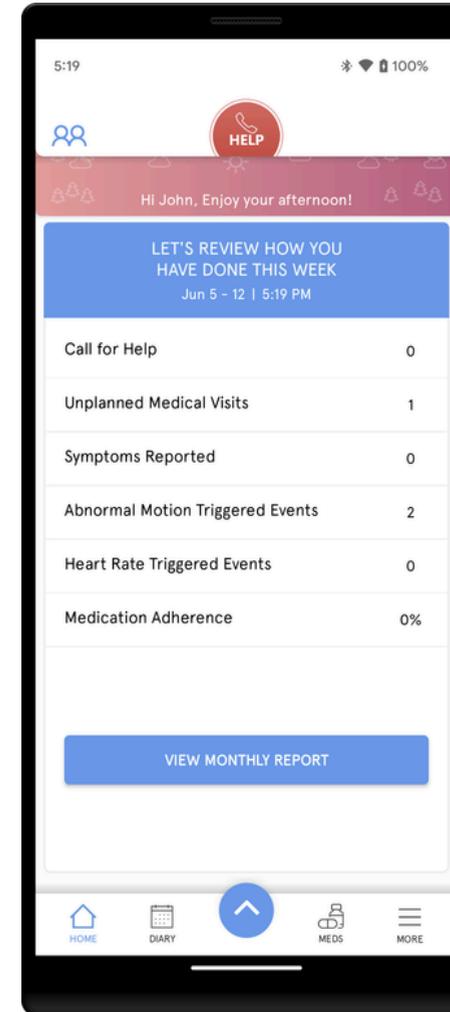
EVENT LOGS

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



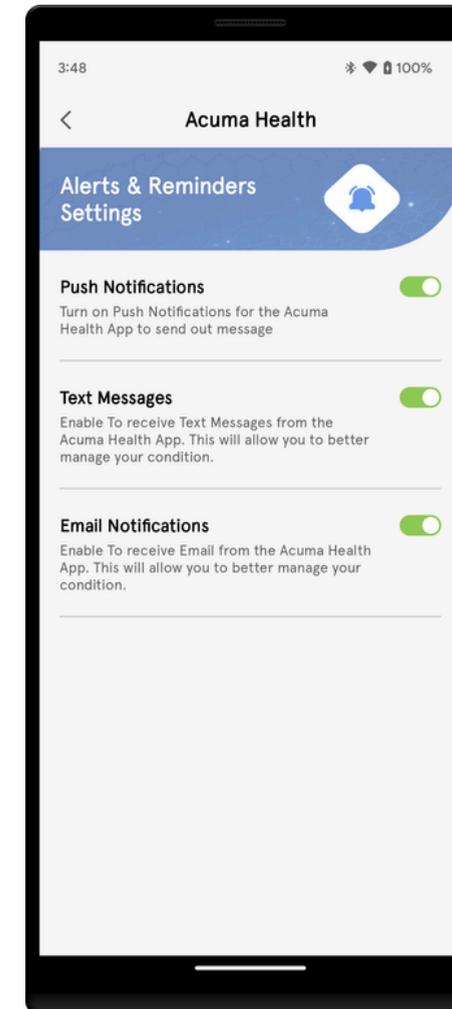
SUMMARY REPORTS

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



NOTIFICATION PREFERENCES

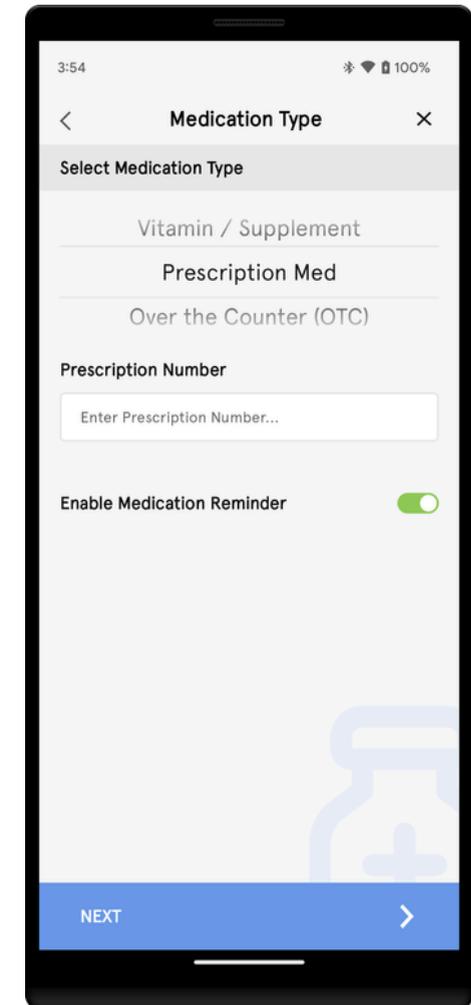
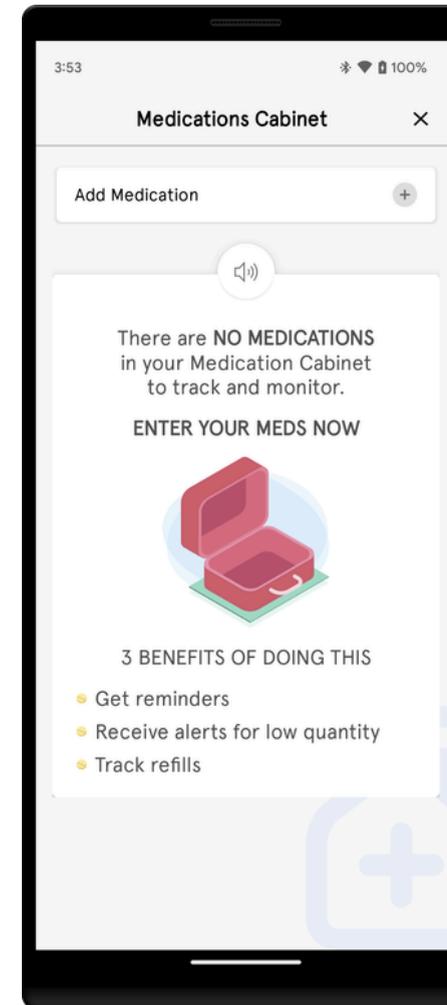
You are able to modify your push, text, and email preferences here:



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

4:07 100%

< Prescribed Dosing ×

Number of doses to take

3

Total allowed daily dose (within 24 hours)

3 Oral Tablet

NEXT >

4:10 100%

< Quantity For VALIUM ×

QUANTITY DISPENSED

3

Strength Dispensed

Valium 2 MG Oral Tablet

Unit

mg

Allowable Refills

0

NEXT >

4:11 100%

< Verify ×

Medication Use

For Routine Prophylaxis

Therapy

Not a New Therapy

Prescription Number

01

Medication Info

VALIUM
Oral Tablet

Take

THRICE A DAY By Oral Pill
1st Dose: 1 mg (Oral Tablet) At 08:45 AM
2nd Dose: 1 mg (Oral Tablet) At 12:07 PM
3rd Dose: 1 mg (Oral Tablet) At 04:10 PM

Schedule

Daily
Starting From 06/06/2023 To 07/06/2023

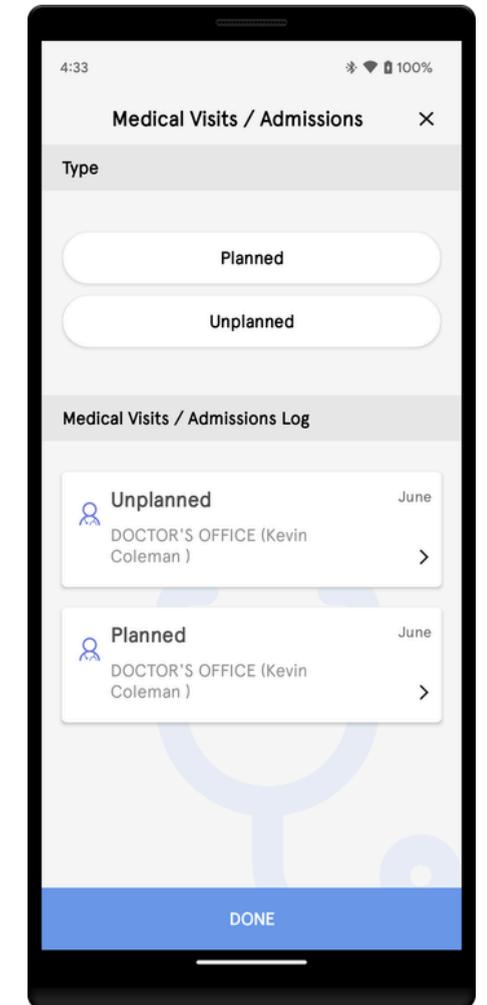
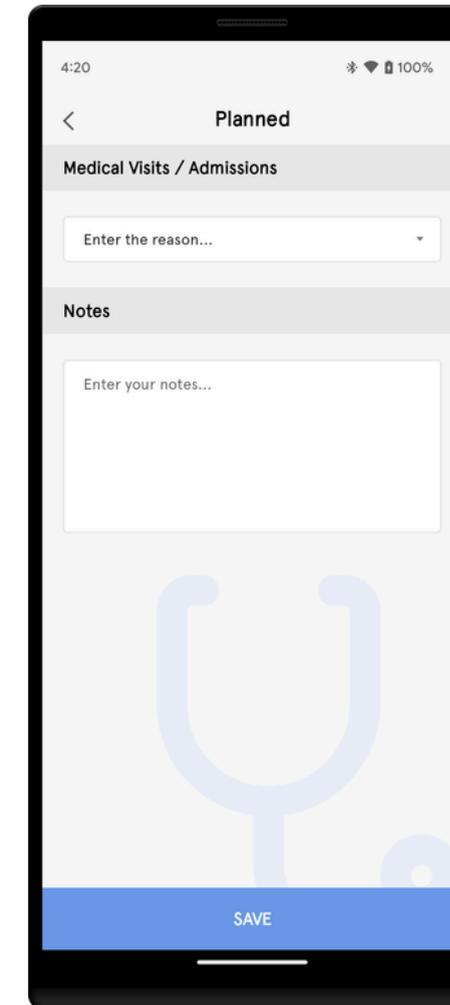
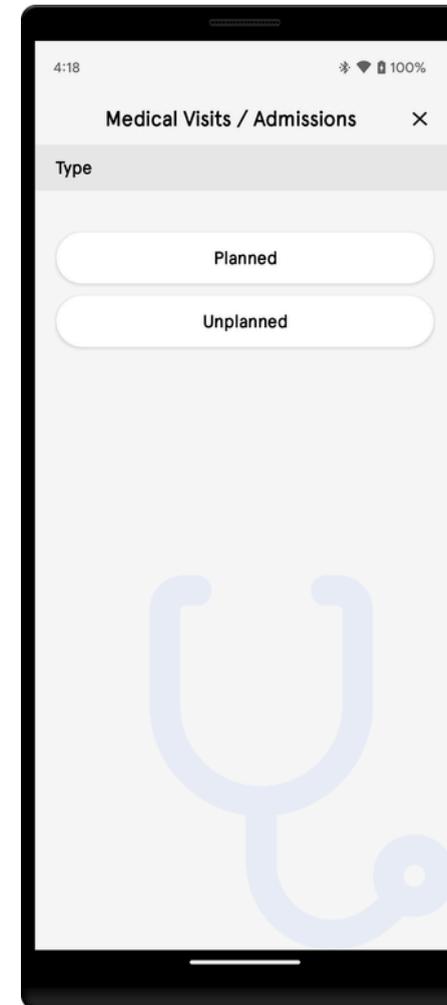
Prescribing Doctor

SAVE

LOGGING A MEDICAL VISIT

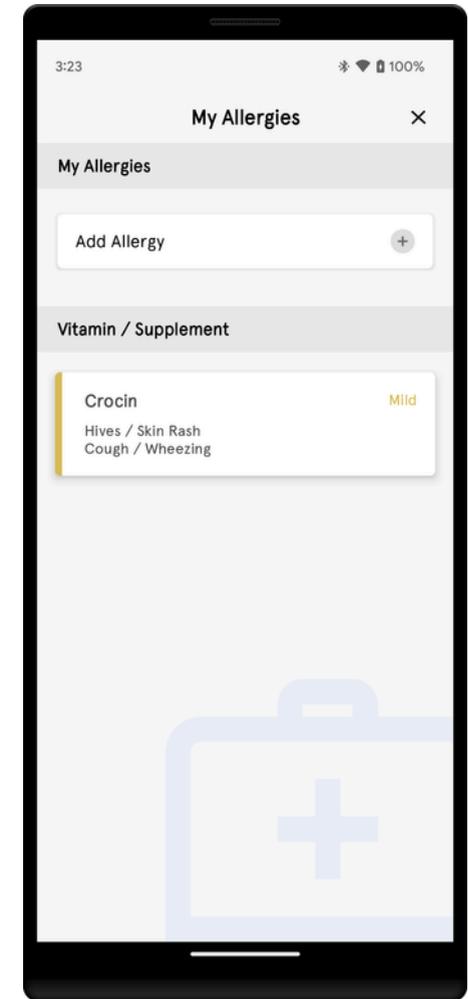
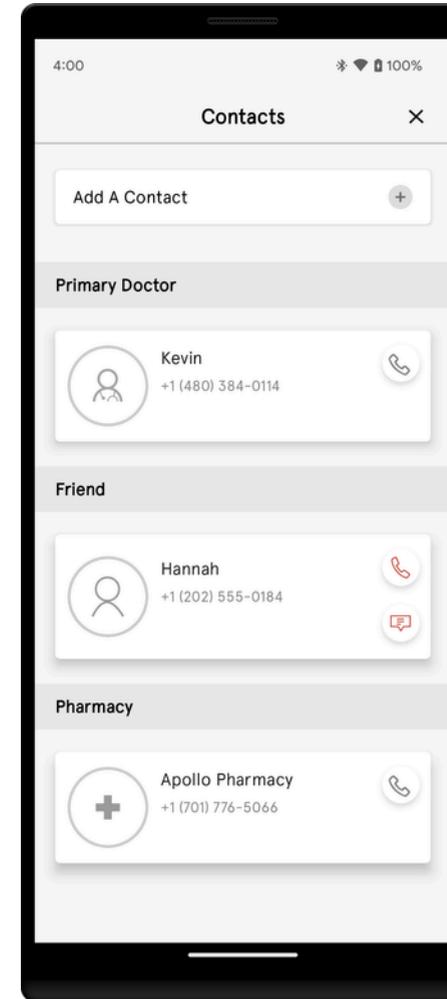
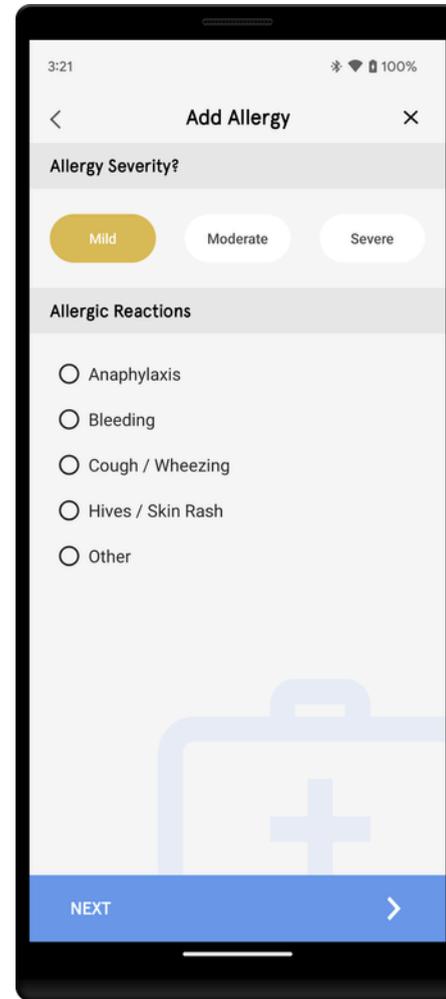
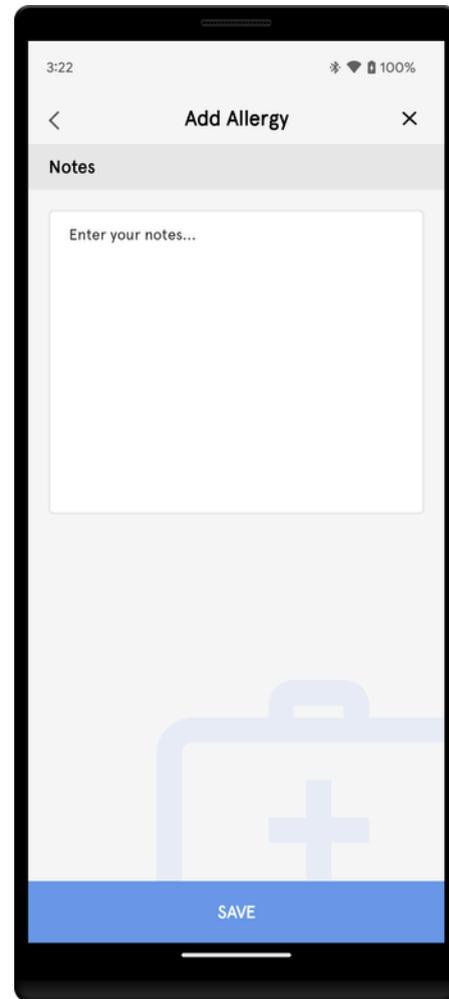
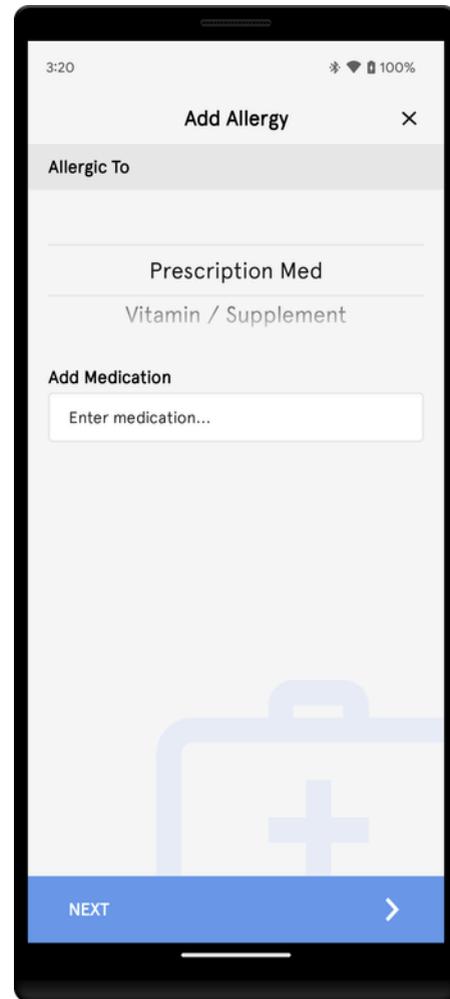
You are able to keep track of all planned and unplanned doctor visits.

- 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.



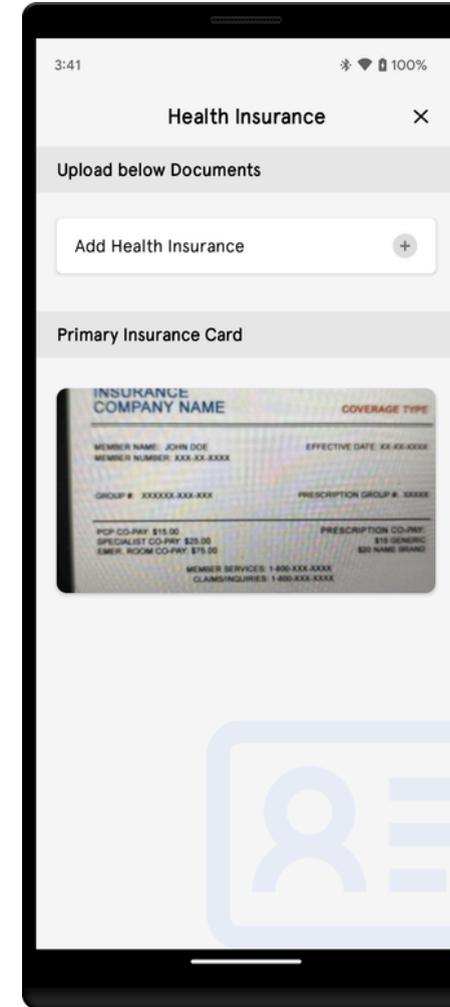
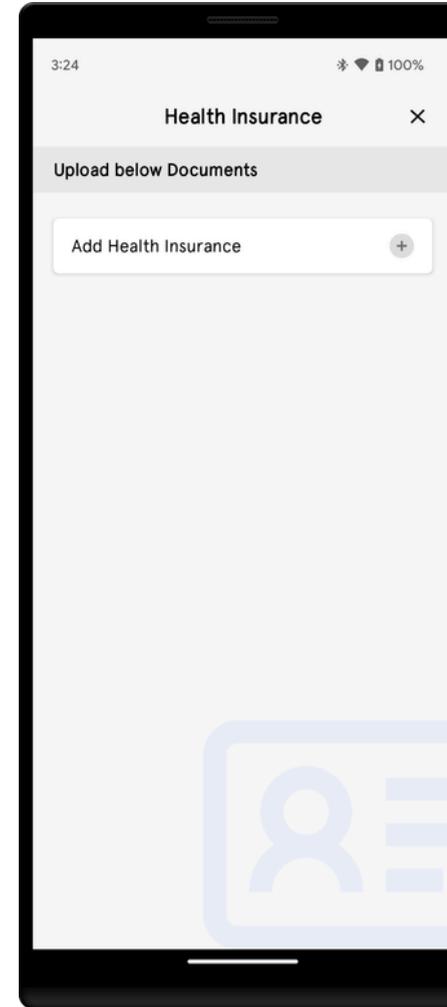
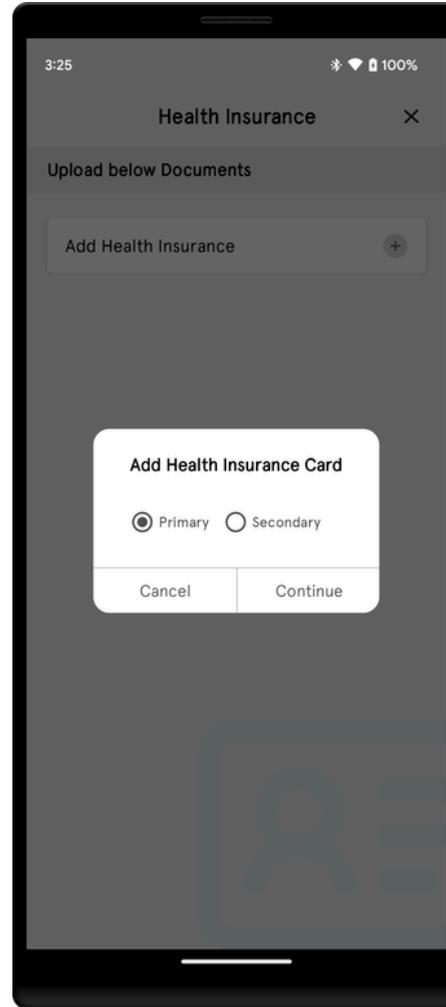
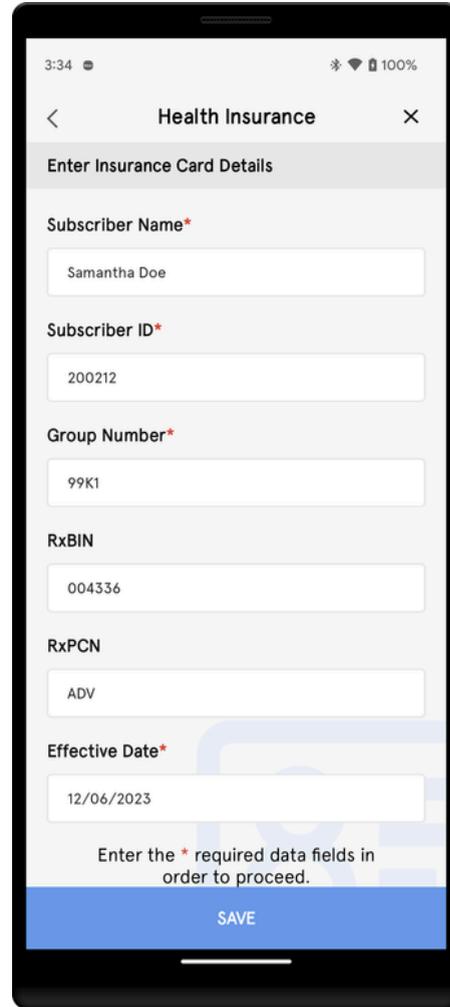
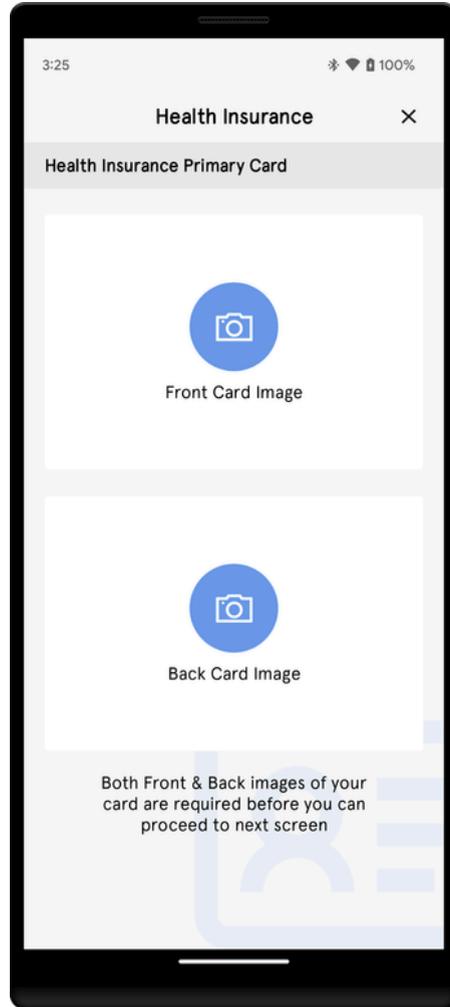
ALLERGIES

Follow these prompts to add your allergies to your profile:



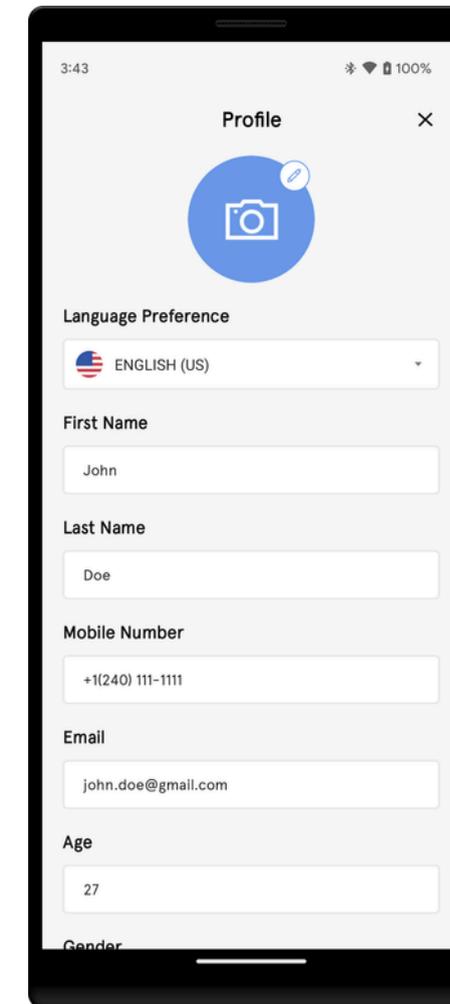
HEALTH INSURANCE DETAILS

Keep your health insurance details in one place here:



MY PROFILE

You are able to edit all profile details here:

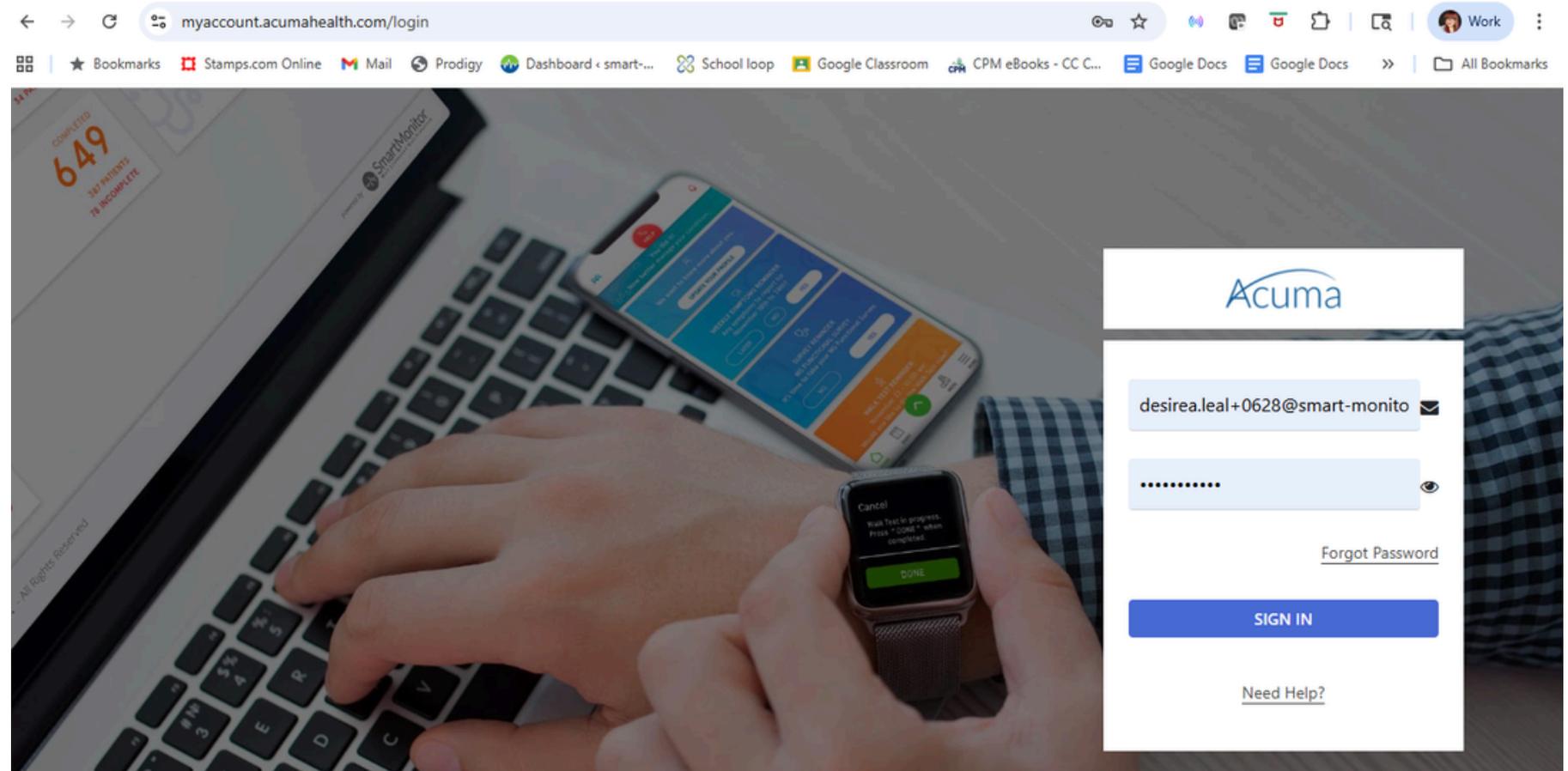


ONLINE USER PORTAL

Access your Inspyre, powered by Acuma Health, online portal:

<https://myaccount.acumahealth.com/login>

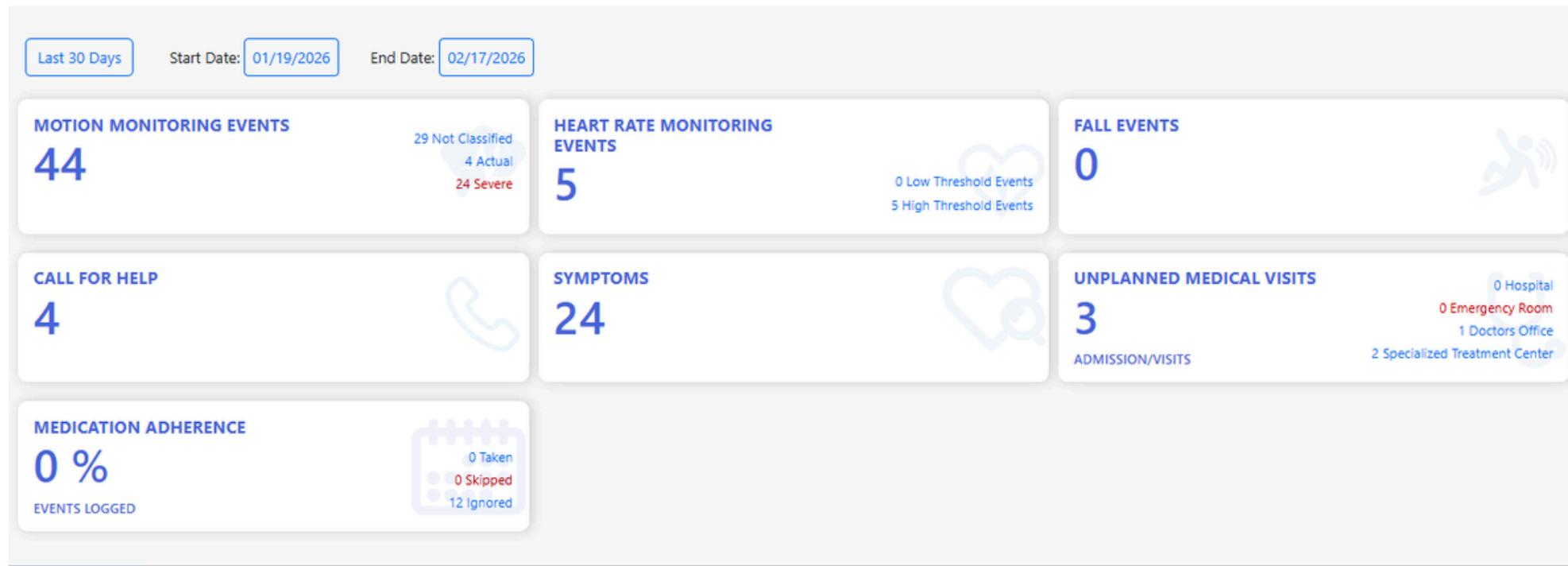
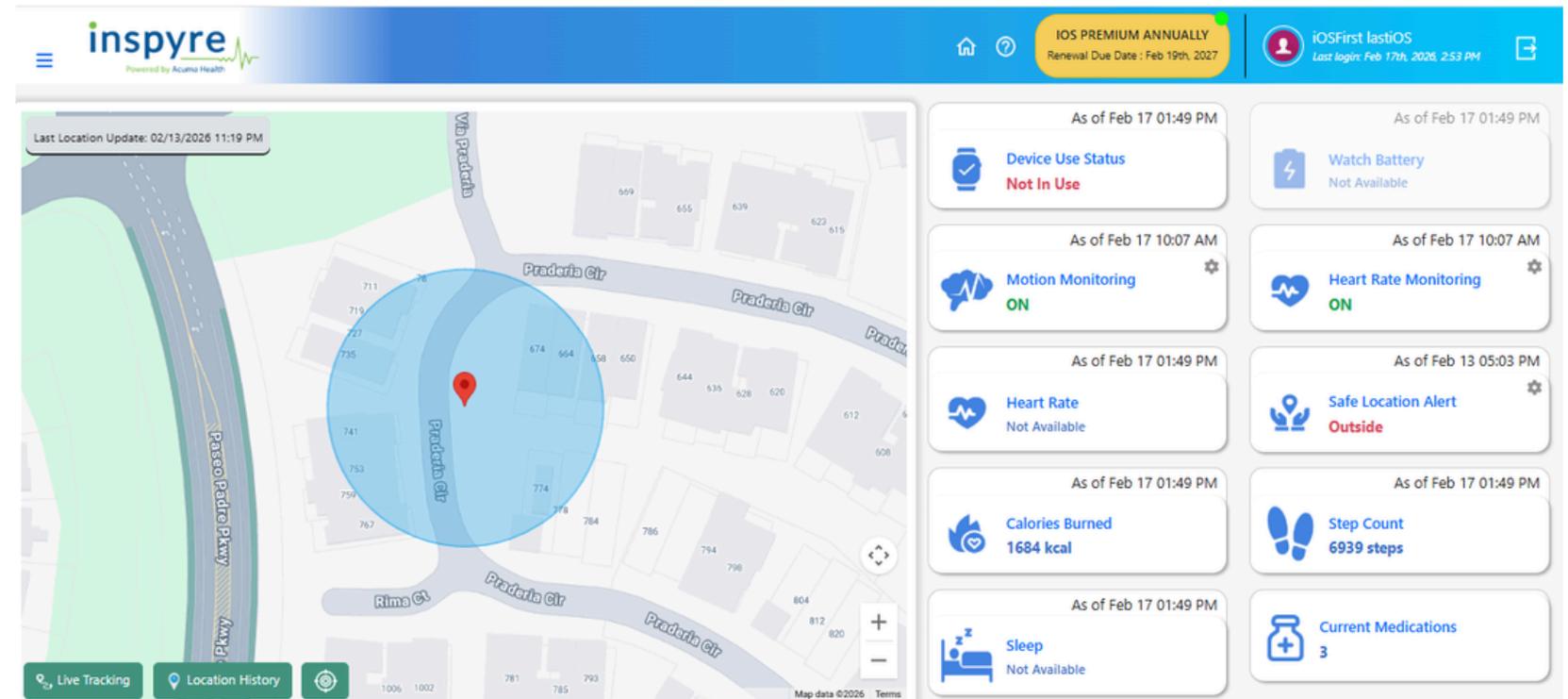
Log in using your email address and the password sent to you in your Order Confirmation email.



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.

NO	DATE/TIME --	EVENT	CARE TREND	ACTION
1	02/17/2026 02:07 PM	 Day time event triggered		Review
2	02/17/2026 01:50 PM	 Day time event triggered		Review
3	02/17/2026 01:50 PM	 Day time event triggered		Review
4	02/17/2026 01:50 PM	 Day time event triggered		Review
5	02/17/2026 01:50 PM	 Day time event triggered		Review
6	02/17/2026 01:50 PM	 Day time event triggered		Review
7	02/17/2026 01:50 PM	 Day time event triggered		Review
8	02/17/2026 01:50 PM	 Day time event triggered		Review

10 02/17/2026 | 01:50 PM  Day time event triggered  [Review](#)

11 **Abnormal Motion [Not Classified]** 02/17/2026
Day Time Event Triggered 09:00 AM

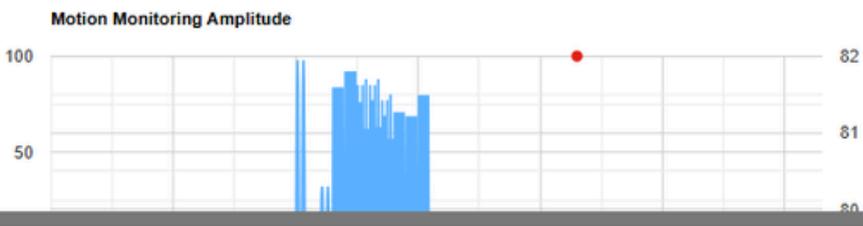
12 

13 iOSFirst lastiOS +1 5109673641
FREMONT, CA 94538 vprasad+3591@smart-monitor.com

14 Day Time Event Triggered On, 02/17/2026 For 14 secs

15 Motion Monitoring Amplitude : MediumHigh
Motion Monitoring Frequency : High

16 **Motion Monitoring Amplitude**

17 

18

19

20

EVENT NOTES

Note Type
Select Note Type...

Enter notes ...

SAVE NOTE

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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.


Motion Monitoring Event 44
Last 30 Days ✕

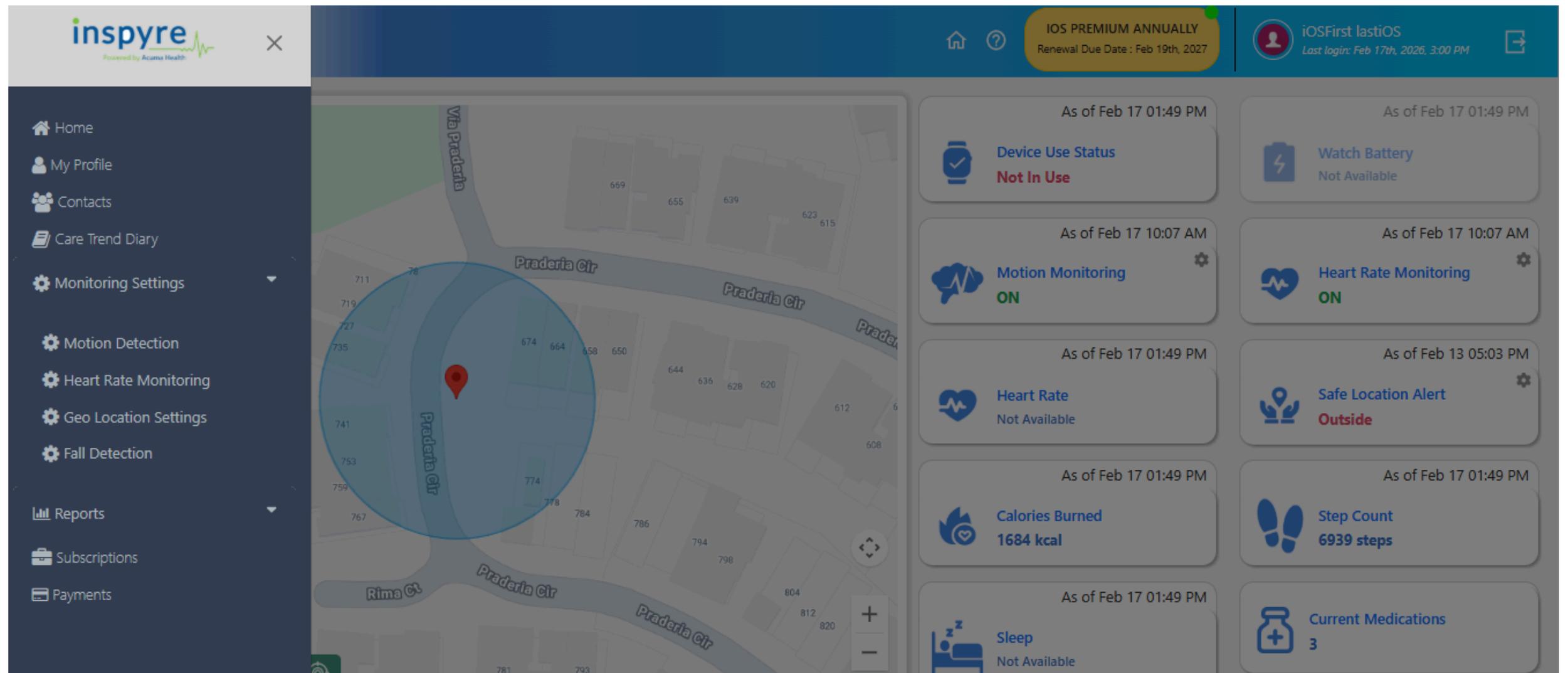
 Search here...

⏪
1
2
3
⏩
20
⏴
⏵

No.	EVENT DATE/TIME	CLASSIFICATION	DURATION	SEVERITY		EVENT GRAPH	NOTES	LOCATION	AUDIO RECORDING	HEART RATE			ACTION
				AMPLITUDE	FREQUENCY					MIN	MAX	AVG	
1	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.

MONITORING SETTINGS

 iOSFirst lastiOS
Motion Monitoring

AGE
5 Yrs

GENDER
Female

ZIP CODE
94538

DISEASE CONDITION
Motion Monitoring

MEDICAL CONDITION TYPE
Myoclonic Seizures

Geo Location Data Settings

Enable Geo Location Tracking

Live Tracking Duration: 5 minutes | Geo Location Refresh Rate (Minutes): 5 minutes [Update Settings](#)

Safe Locations

[+ Add New Safe Location](#)

SAFE LOCATION



Alert Type : When entering the specified location

OUTSIDE SAFE LOACTION



Alert Type : When outside the specified 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

The screenshot displays the 'Set Safe Location' dialog box. At the top, there is a 'Safe Location Name' field containing 'School' and an address search field with '1248 Clayburn Lane, San Jose, CA'. Below this is a map view with 'Map' and 'Satellite' tabs. A circular safezone is drawn around 'Rambowood Elementary School' and 'Rambowood Park'. Below the map, there is a 'Radius' slider set to 500 ft. The 'Alert Type' is set to 'Select alertType...'. The 'Days' are selected as Monday through Sunday (M T W T F S S). The 'Duration' is set from 3:01 PM to 3:01 PM. The 'Alert Contacts' field is set to 'select contact...'. At the bottom right, there are 'Cancel', 'Clear', and 'Save' buttons.

APP ASSISTANCE AND TECHNICAL SUPPORT

- Visit our FAQ page
- Submit a [support ticket](#)
- Contact SmartMonitor [via email](#) or phone (408)754-1695

