

# FIBION DEVICE USER GUIDE



**NOTE:** BEFORE USING, PEASE BE SURE THAT YOUR DEVICE IS FULLY CHARGED!

## Introduction

The Fibion Device is a research measurement tool that does not require a smart app. Instead, it uses a browser-based application that can be easily installed via an executable file downloaded onto a desktop computer. This setup allows for straightforward access to the device's dashboard through a personalized login into the browser application, enabling researchers to immediately start working with the system.

Additional resources to support the research process are two online cloud based platforms that allow for the data to be uploaded ([Fibion Upload BETA](#)), analyzed and divided into reports ([Fibion Report Manager](#)).

Lastly, any issues with the data file can be addressed through [Fibion Data Timeline Error Fixer](#).

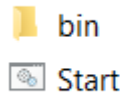
Thank you for using Fibion! 😊

# 1. Get Started

## 1.1 Install the Fibion Standalone Tool.

### *For Windows Users:*

1. **Download** the [Fibion Standalone Tool Beta package](#).
2. **Unzip** the package to a convenient location on your hard drive.



3. **Open** Fibion Standalone Tool:
  - o Go to the unzipped location and run Start.bat.
  - o If Windows alerts about it, allow the program to run (since it's a beta executable, it may not be signed).

### *For macOS Users:*

1. **Download** the Fibion Sync Tool Beta 3 package as a .dmg or .zip file.
2. **Open** the .dmg file (if zipped, unzip it first).
3. **Drag** the Fibion Sync Tool icon to the /Applications folder (you may need an administrator password).
4. **Open** Fibion Sync Tool from the /Applications folder:
  - o The first time, you may need to confirm that you want to open an application downloaded from fibion.com.

### *Optional Settings for macOS Users:*

1. Hold the **Option key** and click the "F" icon in the menu bar to access automatic convenience features, such as:
  - o **Show in Finder:** Automatically shows the saved data file.
  - o **Erase device:** Erases data from the device after syncing.
  - o **Use upload form:** Opens [Fibion Upload](#) in your web browser.

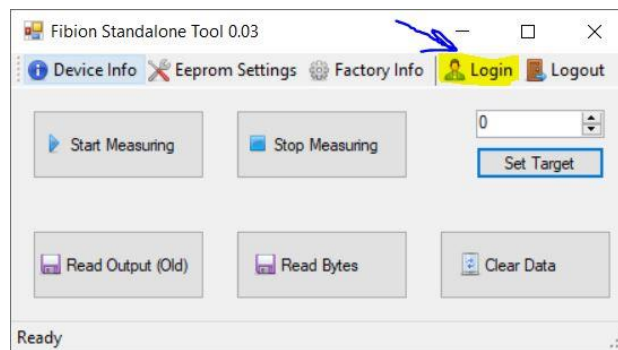
## 2. Start a Measurement

### 2.1 For Windows Users:

1. **Attach** the Fibion device to your computer via USB.

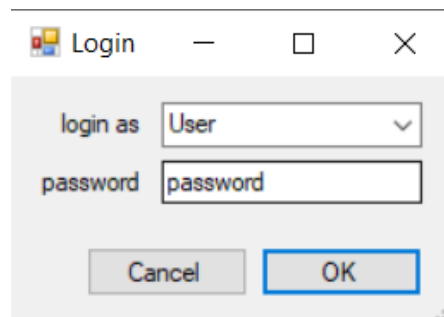


2. **Open** the Fibion Standalone Tool.



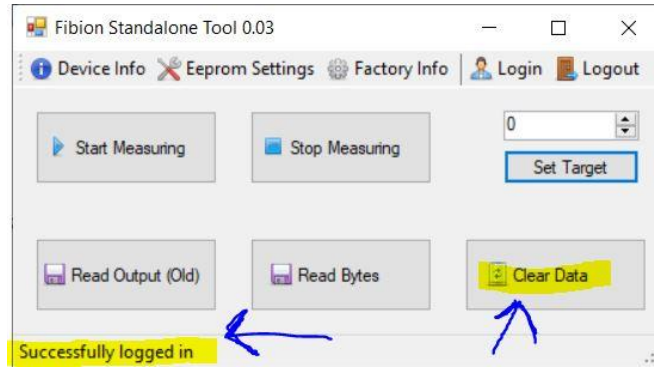
3. **Log in** using the default credentials:

- **Username:** User
- **Password:** password



4. **Clear the device memory:**

- Click the **Clear Data** button (you may be asked for confirmation).
- If you're unsure whether the previous data is saved, back it up by clicking the **Read Output (old)** button.



5. **Start a new measurement** by clicking **Start Measuring**.
6. Check the **Device Info** tab:
  - **Measuring**: Should be True.
  - **Battery level**: Approximately 4100 (indicating a full charge).
  - **Number of blocks**: Approximately 0 (indicating empty memory).
7. **Log out** of the program by clicking **Logout**.
8. **Eject the device** from the computer only after the red LED turns off, indicating the battery is charged.

## 2.2 For macOS Users:

1. **Attach** the device to your computer via USB.
2. **Open** the Fibion Sync Tool (available in the menu bar as an "F" icon).
3. Confirm the correct device is selected for synchronization:
  - Click the "F" icon and compare the selected device number to the one printed on your device.
4. **Click Synchronize**:
  - A **Save As** dialog box will appear if there is data on the device.
5. **Save** the data file to a directory of your choice:
  - Give it a descriptive name for easy identification.
6. After synchronization, the data file will be shown in Finder by default.
7. The device is now ready for another measurement:
  - Upon successful synchronization, the data is erased, and a new measurement starts by default.
8. **Eject the device** from the computer only after the red LED turns off, indicating the battery is charged.

## 3. Perform a Measurement

1. **Provide your client** with the [end-user guide and background info sheet](#).
2. **Instruct your client** to wear the Fibion Device:
  - **Placement**: In the front pocket of trousers or on the leg with a leg strap in front of the thigh.
  - **Duration**: For 7 days, 14-15 hours a day, excluding sleep.
  - **Important**: Avoid wearing the device during water activities or showering.

## 4. Create a Report

### 4.1 For Windows Users:

1. **Attach** the device to your computer via USB.
2. **Open** the Fibion Standalone Tool.
3. **Log in** using the default credentials:
  - o **Username:** User
  - o **Password:** password
4. **Stop the measurement** by clicking the **Stop Measuring** button.
5. **Save the collected data:**
  - o Click the **Read Output (old)** button.
  - o Choose where to save the data and add ".csv" to the file name (e.g., data.csv).
6. **Upload the data** to [Fibion Upload](#):
  - o Sign in with your Fibion Code.



- o Transfer the data file by selecting it or dragging and dropping it into the upload area.
- o Select the dates for analysis and provide an email address for the report.
- o Send the data for analysis by clicking **Send Data**.

### 4.2 For macOS Users:

1. **Attach** the device to your computer via USB.
2. **Open** the Fibion Sync Tool.
3. Confirm the correct device is selected for synchronization.
4. **Click Synchronize** and save the data file.
5. **Upload the data** to [Fibion Upload](#).
6. Follow the same steps as for Windows users to receive your analysis report.

## 5. Create Fibion Group Reports

1. **Open** the [Fibion Report Manager](#).
2. **Sign in** with the email used for previous reports:
  - You will receive a one-time sign-in code via email.
  - Sign in to the Report Manager daily for security reasons.
3. **Create Group Reports:**
  - Select reports created with your email address from [Fibion Upload](#).
  - Move the selected reports to the **Select** column.
  - Click **Create Group Report**.
  - The new group report will appear in the **Group Reports** column.

## 6. Fibion Maintenance Guide

### 6.1 Keep It Clean and Dry

- Regularly clean your Fibion Device with a soft towel. For tough spots, use a wet, soft-bristled toothbrush.
- **Important:** The Fibion Device is not waterproof. Thoroughly dry it after getting wet.

### 6.2 Give Your Leg a Rest

- Avoid wearing the thigh strap too tightly for prolonged periods. Remove it at night to prevent skin irritation.
- If you experience skin irritation, stop using the device and consult a dermatologist if symptoms persist.

### 6.3 Wash the Thigh Strap and Pouches Regularly

- Hand wash the strap and pouches in lukewarm water using mild detergent. Rinse thoroughly and drip dry only.

## 7. Troubleshooting

### 7.1 Fibion Upload Does Not Accept a Data File

- **Fix Occasional Data Issues:** Use the [Fibion Data Fixer](#) to automatically fix the data file.
- **Fix Systematic Data Issues:** If you're using Windows, ensure your date and time settings are compatible with Fibion Standalone Tool. Refer to this [guide](#) to adjust the settings.

## Video Tutorials

1. [How to use Fibion MAC Sync Tool and create reports? \(youtube.com\)](#)
2. [How to start Fibion device measurement with the Chrome extension sync tool? \(youtube.com\)](#)
3. [Fibion Wearing Instructions \(youtube.com\)](#)
4. [How to use Fibion sync tool in Chrome to create Fibion reports? - YouTube](#)