Manuals+ — User Manuals Simplified.

MIR Smart One Pulmonary Function App User Guide

Contents

MIR Smart One Pulmonary Function App

FIRST INSTallation

Few things to check before we get started

1.   Please ensure that the turbine is turned completely to the right in the "lock" position
2.   Please ensure that Bluetooth is enabled on your smartphone
     1.   Location Services as well for some Android users (Note: your locations will not be shared with anyone).
3. If your device doesn't seem to be connecting to the Smart One app – look in the upper left-hand corner of the app and select the three horizontal bars to open theSidebar menu
     1.   You should see your Smart One's serial number in the list – if so, select (tap) it to point the app to the device (the serial number will turn orange)
4. To perform a Spirometry test, click START on the App and then blow for a second into the plastic mouthpiece of your device.
5. To perform an Oximetry test (you need Smart One Oxi device) use your thumb to press on the "touch" sensor for 30 seconds
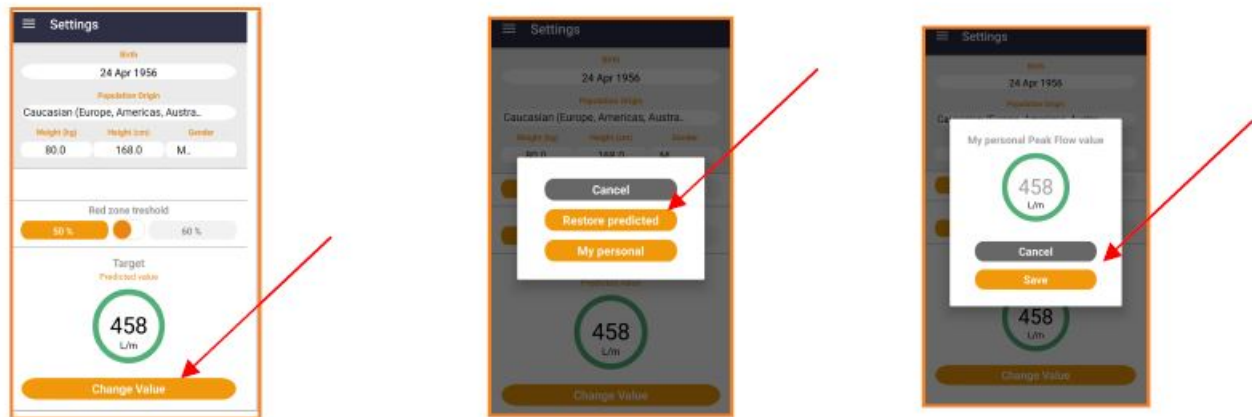
SETTINGS

 Imperial or Metric system: the App settings can be displayed in cm/kg or in/lbs. To switch to your preferred system, please change the language input on your smartphone/tablet,. E.g English (USA) to set the Imperial system, English (Canada) to set the Metric instead.
 Personal and anthropometric data (height, age, sex, weight and origin): these are mandatory to perform a Spirometry test and we recommend you keep them up-to-date. These information are saved on your Smart Phone

/Tablet memory only.

Red Zone Threshold: a "traffc light indicator" is available for PEF (Peak Flow). You can set the red zone threshold to a determined percentage (50% or 60%). We recommend you keep the 50%. Result will be marked red if your PEF is lower than the 50% of the "predicted value". Results from 50% to 80% of the predicted will be yellow. Results from 80% of predicted will be green.

Target "personal value": you can manually replace the "predicted value" with your "target personal value" assigned by your doctor or therapist. The traffc light indicator will consequently adapt to your specifc lung conditions.

RESULTS

About Spirometry results: According to Standardization rules in Spirometry, your lung condition can be considered good or bad when compared with the "predicted value" (based on your ethnic origin, sex, age and height) or your "target personal value" (assigned by your doctor or therapist).

About Oximetry results): test results will be displayed during the test and the average for SpO2% and BPM will be saved in the results.

About Spirometry Results: Not all the attempts but only the "best" attempts of each spirometry session are saved and listed in your Result page.

Just like a game, you have a time lapse of 5 minutes to exhale your "best" attempt. We call this time lapse a "spirometry session".

Within the 5 minutes, you can perform as many tests as you want. For each test you have 3 attempts. But only the best reading out of these 3 attempts will be recorder by the App.

Among all these recorded tests (still taken within the 5 minutes lapse), the app will pick up only the best of them all, save it and list it in the Result page.

Results can be displayed in:

- in Liter/minute (for PEF)
- in Liter (for FEV1)
- in % predicted (for PEF and FEV1)
- To switch from from L/m to % for PEF, just click on the result in the colored circle.

About Spirometry Trends: Trends are divided into daily trends, weekly trends, and so on. In every trend graph, there is a thin line which is always flat, as it represents the "predicted value" and does not change depending on your readings.

1. The daily trend include all the Results of the day (see above for details about Results).

2. The weekly trend include the highest and the lowest Result of each day of the Week.

3. The monthly trend include the highest and the lowest Result of each day of the Month.

4. The annual trend include the highest and the lowest Result of each week of the Year.

COMMON ISSUES AND FAQ

Your SmartPhone/tablet does not connect with your Smart One device?

- Check the batteries in your Smart One device, low battery cause bad connection.
- Check the Bluetooth is ON on your smartphone
- Activate the Bluetooth connection manually from the App: look in the upper left-hand corner of the app and select the three horizontal bars to open the Sidebar menu. You
- should see your Smart One's serial number in the list – if so, select (tap) it to point the app to the device (the serial number will turn orange)
- The Bluetooth of your Smart One Peak Flowmeter may need an update. You can perform this update using a different APP (free of charge, available for iOS and Android: FIX SPIRO).

You just purchased a new SmartPhone/table and want to transfer data on it?

We recommend you to use the instruction provided by your operating system provider, Android or iOS, about how to transfer data from an old to a new device.

You only see red readings in your results?

Probably the Standard predicted values do not ft on you and you better input your own

"personal best" value into "Settings". Ask your doctor, your therapist or your trainer what is your "personal best" value.

You need to delete an inaccurate reading?

Just select "Results" from the main menu, then from the "list" of results you can swipe-left or swipe-right the individual trial you want to delete.

What is your Smart One frmware and bluetooth version?

On Android, just open the Mir Smart One app and click on the "info" button

On iOS, open your iPhone/iPod "Settings", select the Mir Smart One app from the list below, and the "info" will be displayed.

How to preserve the duration of the batteries?

Remember to "disconnect" the MIR Smart One device from your SmartPhone when you're done with the test.

Just select "Disconnect" on the Mir Smart One App.

You want to connect the Smart One to more than a Smartphone and use it to monitor different people?
You can, the Smart One is a remote device that you can connect to different smartphones and can be used by different people, but not simultaneously. If different smartphones are in the same room or nearby, please remember to keep only ONE smarphone with bluetooth connection ON, and turn OFF the bluetooth connection of other smartphones nearby. This will allow the Smart One to connect correctly via bluetooth with the only "visible" smartphone nearby.

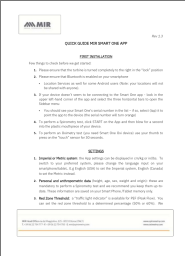**Is your Smart Phone compatible with the MIR Smart One APP?**
Android: mininum operating system requirement is Android 4.4 or higher, and Bluetooth 4.0 or higher. Apple: mininum operating system requirement is iOS 8 or higher. Even if the operating system is compatible, the hardware may not. At the end of this document you will fnd a list of Android and iOS SmartPhones/Tablets we've tested.

More questions? Email **mir@spirometry.com**

List of Android Smartphones/Tablet tested and compatible with Mir Smart One App

- ASUS ASUS_Z00AD Android 5.0
- ASUS ASUS_Z017D Android 7.0
- HUAWEI CUN-L21 Android 5.1
- HUAWEI NOVA 2i Android 7.0
- HUAWEI RIO-L01 Android 6.0.1
- HUAWEI SCL-L01 Android 5.1.1
- HUAWEI TAG-L01 Android 5.1
- HUAWEI P9 lite Android 7.0
- Mediacom M-PPxG410 Android 5.1
- Motorola Moto G (frst generation) Android 4.4.2
- Motorola XT1635-02 Android 6.0.1
- OPPO F15 Android 5.1
- Samsung Galaxy A7 SM-A700F Android 5.0.2
- Samsung Galaxy S3 Neo GT-I9301I Android 4.4.2
- Samsung Galaxy S4 GT-I9505 Android 5.0.1
- Samsung Galaxy S6 SM-G920F Android 5.1.1
- Samsung GT-I9505 Android 5.0.1
- Samsung SM-G531F Android 5.1.1
- Samsung SM-G800F Android 6.0.1
- Samsung SM-G920F Android 6.0.1
- Samsung SM-G935F Android 7.0
- Samsung SM-J320FN Android 5.1.1
- Samsung SM-J500FN Android 5.1.1
- Samsung SM-N910F Android 6.0.1
- Samsung SM-T585 Android 6.0.1
- Wiko RAINBOW JAM Android 5.1
- Wiko RAINBOW JAM Android 5.1
- List of iOS Smartphones/Tablet tested and compatible with Mir Smart One App
- iPhone 4S
- iPhone 5C model A1429 iOS 9.3.5
- iPhone 5S
- iPhone 6 iOS 10.2.1
- iPhone 6 iOS 9.2
- iPhone 6 iOS 9.2.1
- iPhone 6 Plus iOS 10.0.1
- iPhone 6 Plus iOS 10.0.1
- iPhone SE
- iPhone 6S iOS 10.2.1
- iPhone 6S Plus
- iPhone X

- iPad Air

- iPad Mini 2

- iPad Mini

- iPad 3rd generation iOS 9.3.5

- iPod Touch 6th generation

- List of iOS Smartphones/Tablet tested and NOT compatible with Mir Smart One App

- iPhone 4

- iPhone 3G s

- iPad2

- iPad1

- iPod touch 4th gen

- iPod touch 3rd gen

- iPod touch 2nd gen

Documents / Resources

[**MIR Smart One Pulmonary Function App**](#) [pdf] User Guide
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References

- **mir@spirometry.com**
- **[FIX Spiro - Apps on Google Play](#)**