

MX3 Mobile App User Guide

First Time Setup

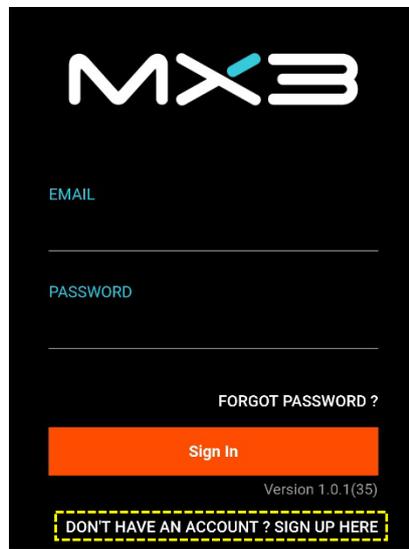
1. Download the MX3 App

To download the MX3 App, search for MX3 Diagnostics in the iOS App Store or Google Play Store.



2. Register for an MX3 Account

Register for an MX3 Account using the MX3 App.



Select the Account Type which best describes how you intend to use your MX3 HTS



Individual Account:

One user will be measured with the MX3 HTS.



Team/Organization Account

Multiple users will be measured with the MX3 HTS

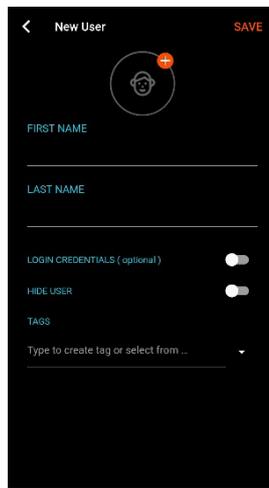
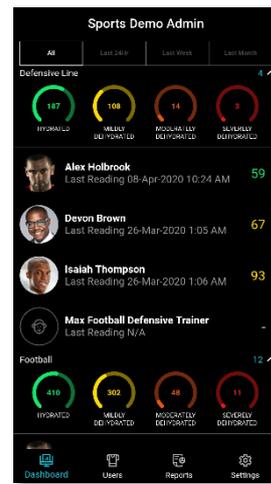
3. Log in to the MX3 App

Log in to the MX3 App using your username and password. If this is the first time you're logging in, you will need to set a 4-digit passcode.

The Dashboard

The **Dashboard** gives you a quick summary of the hydration status of users in your organization/Team

Measurements can be viewed for the last day, week or month and are sorted into group by the tags which have been assigned to each user.



The Users Tab

The **Users Tab** shows a list of all users which are available to measure.

To take a measurement, tap on the  icon next to the desired user.

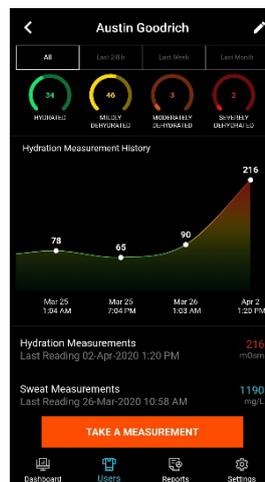
To view a user's profile, tap on their name or photograph.

To add a new user, tap on the  icon.

The User Profile/Individual Dashboard

The **User Profile** (also the Dashboard for Individual accounts) shows you the measurement data for a single user.

Individual measurements can be viewed by tapping on Baseline Measurements or General Measurements.

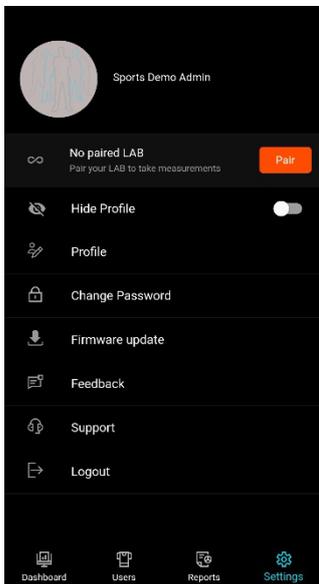
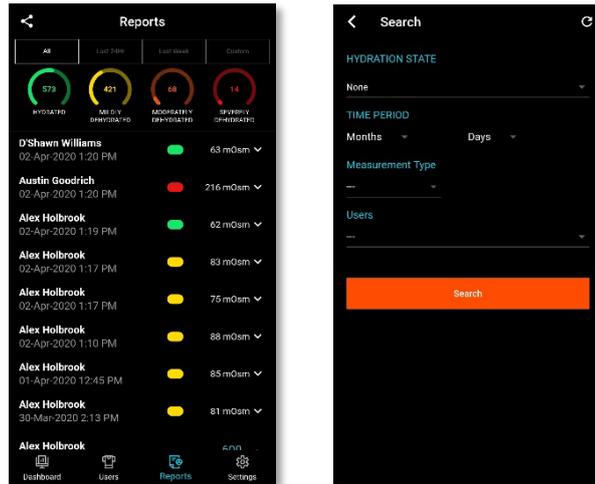


The Reports Tab

The **Reports Tab** lets you view and sort historical measurement data.

Tap on the **custom tab** to define your search parameters then tap on the **SEARCH** button to view the filtered measurement data.

Measurement data may be exported as a csv file by tapping the share icon.

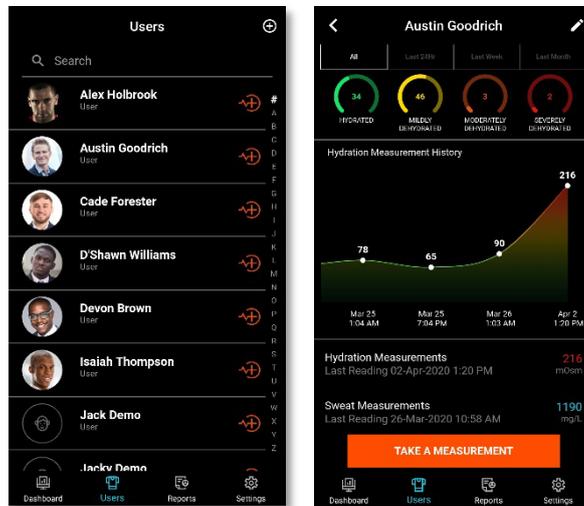


The Settings Tab

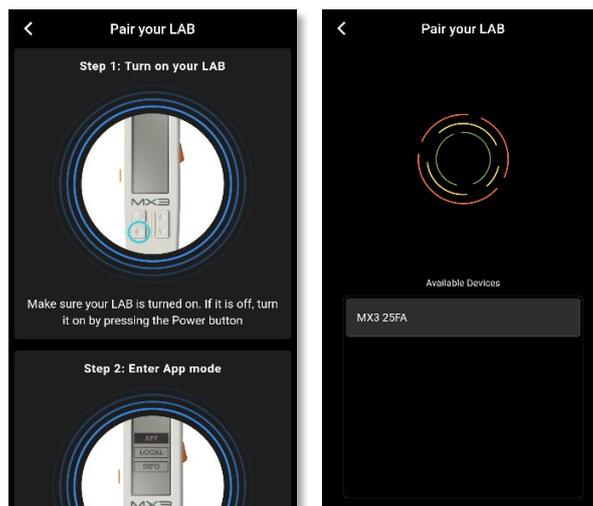
The **Settings tab** is where you edit your profile and password, change the connected MX3 LAB and update the MX3 LAB firmware.

Taking a Hydration Measurement

1. On the **Users Tab** tap on the  icon next to the desired user or tap on the **TAKE A MEASUREMENT** button on a **User Profile** page.



2. If required, follow the prompts to pair with your MX3 LAB



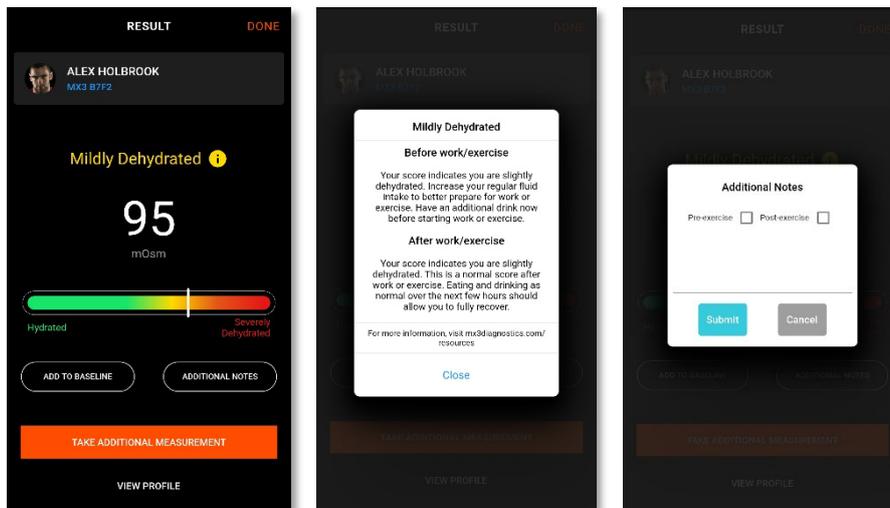
3. Follow the prompts on the MX3 LAB and in the App, instructing you to insert a Hydration Test Strip and collect a saliva sample. Tips on how to collect a sample are shown in the MX3 App and MX3 Manual.



- Once enough saliva has been collected a tone will sound. Wait for the sample to be analyzed. Do not remove the test strip. A second tone will sound once analysis is complete.



- The result will now be displayed on the MX3 App. To view some information about this result, click on the **i** icon. You can add a note to the measurement or classify it as a Pre-Exercise or Post-Exercise measurement by tapping on **ADDITIONAL NOTES**. Tapping on **ADD TO BASELINE** will classify this measurement as a baseline measurement. Tapping on **TAKE ADDITIONAL MEASUREMENT** will initiate a new measurement for a new user.



- Eject the used Hydration Test Strip. To power off the LAB, press and hold the power button until the LED indicator turns off.



Taking a Sweat Measurement

1. Follow the Instructions on how to collect a sweat sample included with Sweat Test Kit.

1 Remove Kit Contents

2 Clean
Use the alcohol swab to clean the Inner forearm (do not apply elsewhere). If you have applied sunscreen or other products to your skin, first thoroughly rinse skin with water, dry with a clean towel and then clean with the alcohol swab.

3 Apply
Allow the site to fully dry. Remove the backing tape from the sweat patch and firmly apply to the cleaned site. Peel off the outer white border and press down to create a tight seal.

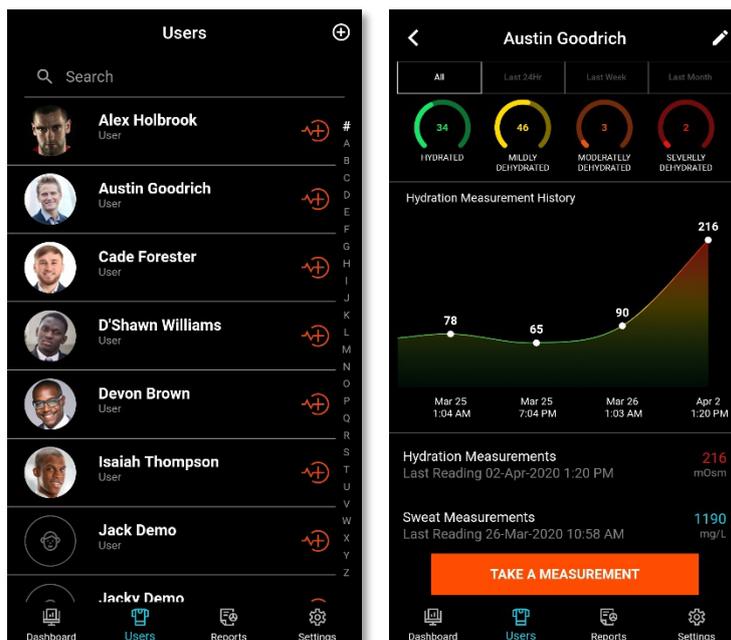
4 Exercise
Exercise for 60 minutes at high intensity. The patch should appear saturated with sweat.

5 Extract
Remove the Sweat Patch and place it inside the barrel of the Syringe.
Use the plunger to squeeze sweat from the patch into the Sample Tray. If there are any bubbles, allow the sample to settle for 30-60 seconds.
The sweat sample may also be collected into the Sample Tube, but should be measured within 24 hours. Pour the sample into the Tray before measurement.

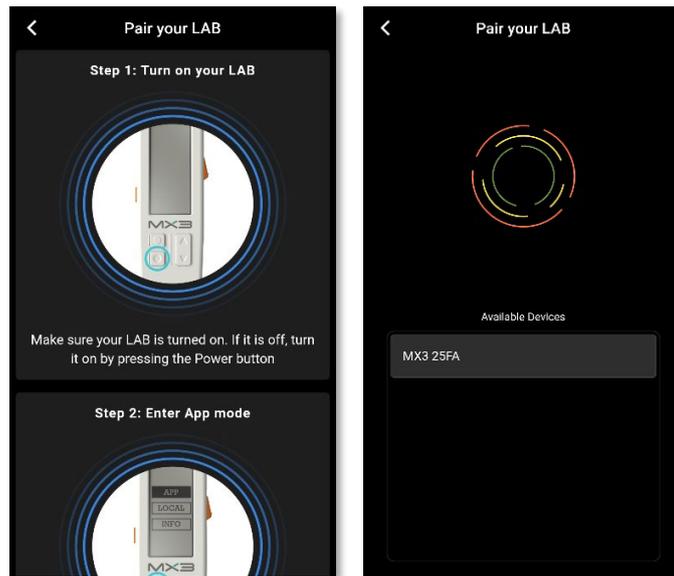
6 Measure

- Insert a Sweat Test Strip into the MX3 LAB Pro.
- In the MX3 app, start a measurement by tapping next to the desired user profile or tapping the "Take a Measurement" button.
- At least three measurements of the same sweat sample are required to establish a sweat sodium value. After each measurement, remove and discard the used test strip and insert a new one. You may be prompted to make an additional measurement. It will take 3-5 test strips to complete the measurement.

2. On the **Users Tab** tap on the icon next to the desired user or tap on the TAKE A MEASUREMENT button on a **User Profile** page.



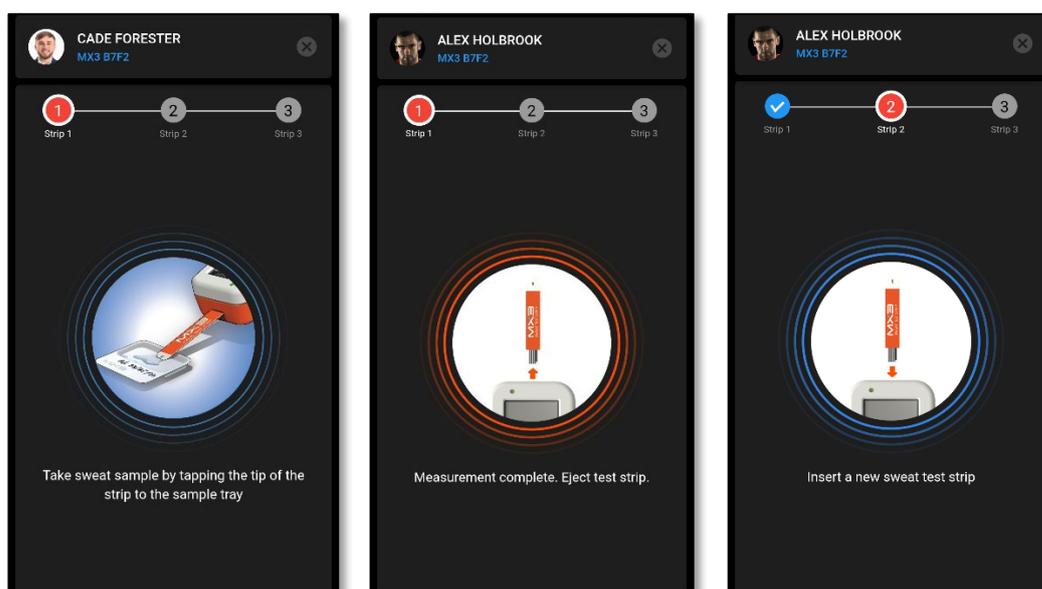
3. If required, follow the prompts to pair with your MX3 LAB



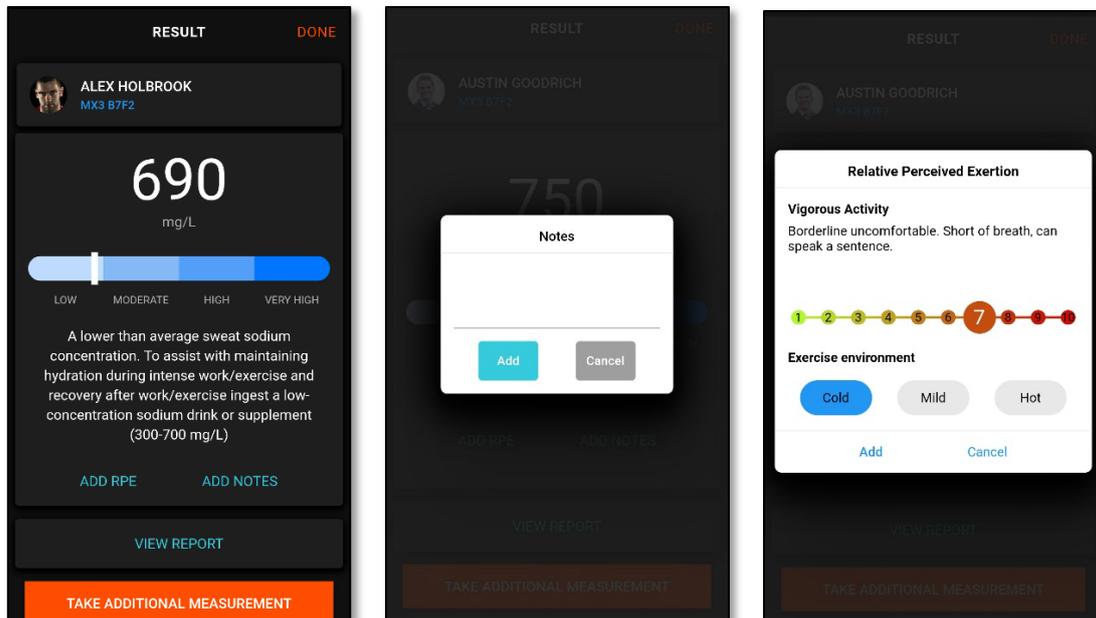
4. Insert a sweat test strip.



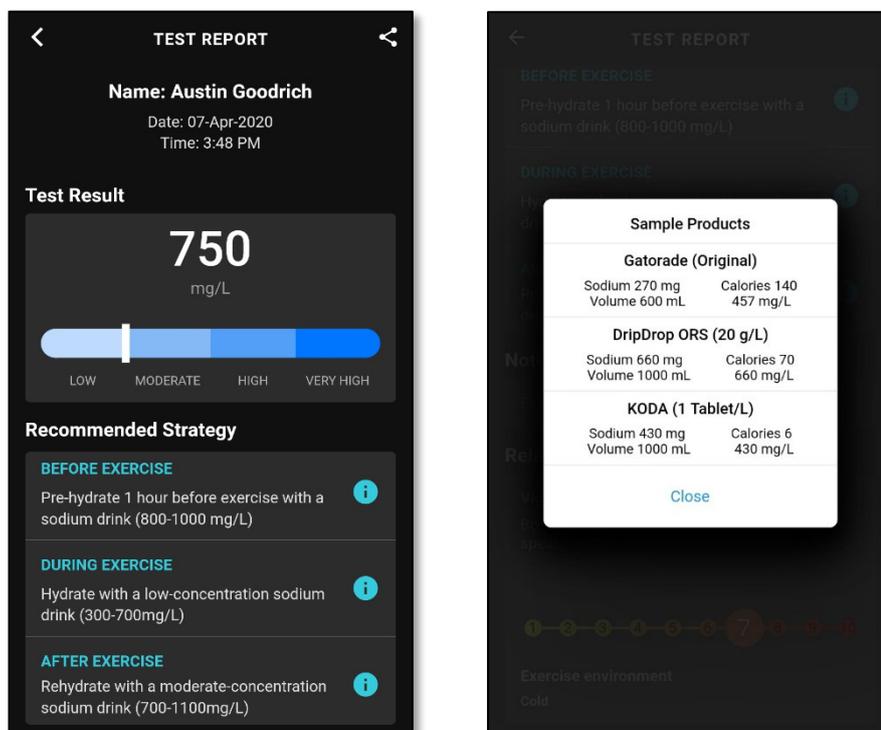
5. Follow the prompts in the MX3 LAB and in the App. At least three measurements are required to establish a sweat sodium measurement.



- The result will now be displayed on the MX3 App. You can add a note to the measurement by tapping on **ADD NOTES**. You can record the Relative Perceived Exertion and Exercise Environment by tapping on **ADD RPE**.



- To view the final report, tap **View Report**. This report includes a recommended sodium supplementation strategy based of your test result. To view example products that meet the supplement sodium requirements click on **i** next to each step in the strategy.



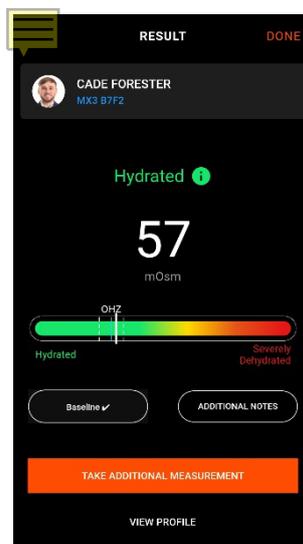
Editing/Deleting Measurements

Measurements can be edited or deleted by tapping on a measurement in the **Reports Tab**. Measurements can also be edited or deleted by tapping on **Hydration Measurements** or **Baseline Measurements** in a User's profile.



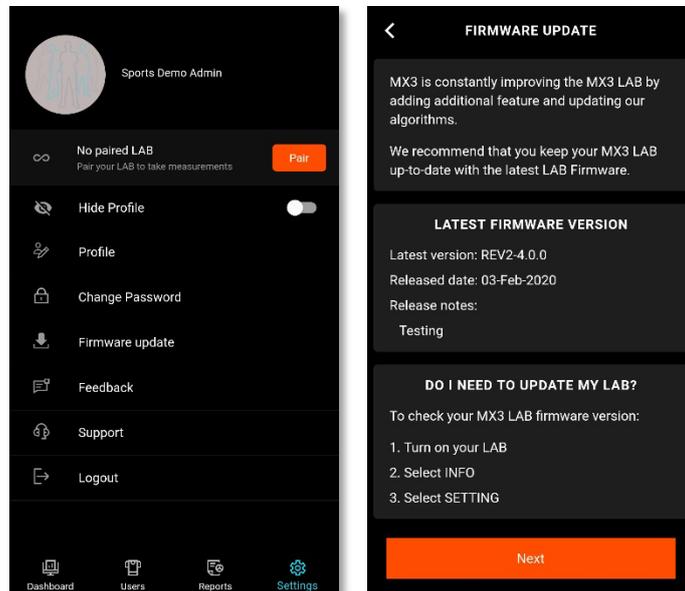
Baseline Measurements and the OHZ

Through the baseline feature of the MX3 App, the MX3 HTS can learn and calculate a user's optimal hydration zone (OHZ), their baseline SOSM range corresponding to when they are fully hydrated. This OHZ is then used to customize hydration status classifications based on their unique hydration profile. A user's OHZ is also displayed on the results bar after taking a hydration measurement. For more information on the OHZ see the MX3 HTS Manual. To add a measurement to a user's baseline, tap on the **ADD TO BASELINE** button on the measurement results page. A minimum of 6 baseline measurements is needed to calculate an OHZ.

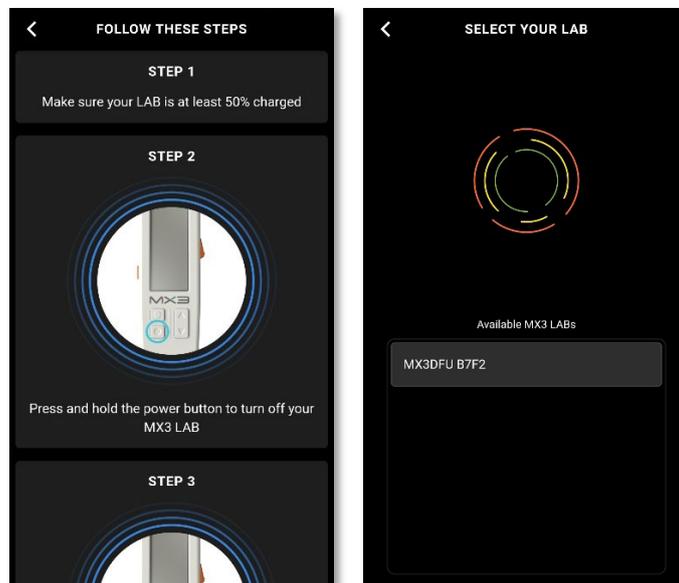


Updating the MX3 LAB Firmware

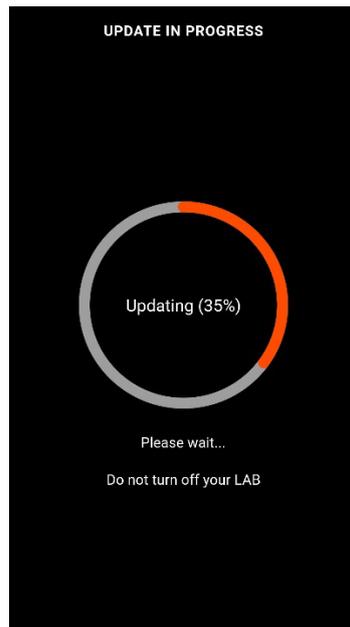
1. To update your MX3 LAB tap on **Firmware Update** in the **Settings** tab, then tap **Update** next to the available firmware update.



2. Follow the instructions on how to put your LAB into firmware update mode and Tap on your LAB ID



3. Wait for the update to complete



4. Your MX3 LAB will automatically reboot once it has updating. Do not turn off the LAB until it has rebooted to the main menu.

