MX3 Mobile App User Guide

First Time Setup

1. Register for an MX3 Account

Trainers, Coaches and Athletes can use the MX3 App to take MX3 Hydration Measurements. Before using the MX3 App you must register for an MX3 Account.

If you are part of a Team/Organization you must have an account set up by an Administrator, Trainer or Coach before logging in to the MX3 App. You will receive an email containing your username and a link to set your password.

If you are an Individual user, sign up for an account at portal.mx3diagnostics.com. You will receive an email containing your username and a link to set your password.
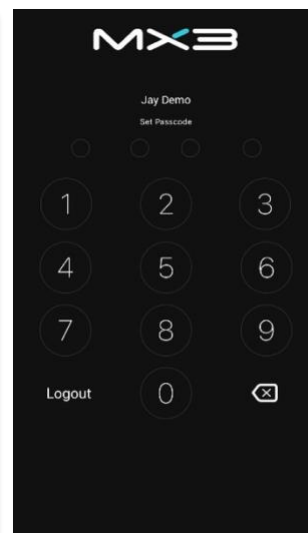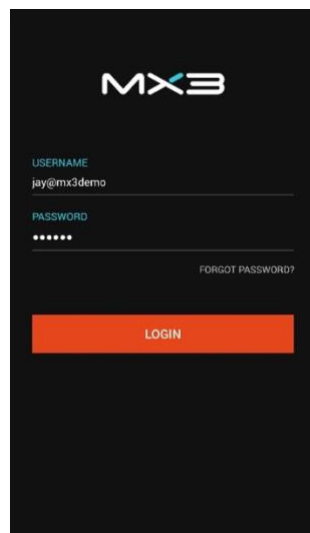
2. Download the MX3 App

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

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 Trainer and Coach Dashboard

The **Dashboard** gives you a quick summary of hydration status of the athletes and groups of athletes that have been assigned to you.

Measurements can be viewed for the last 6, 12 and 24 hours or a custom time frame. Tap on a group to view the most recent measurement for each athlete as sorted by hydration score. Tapping on an athlete will take you to their profile.
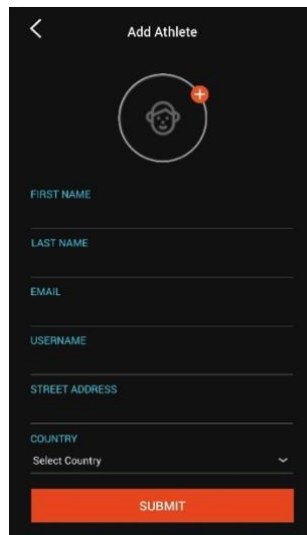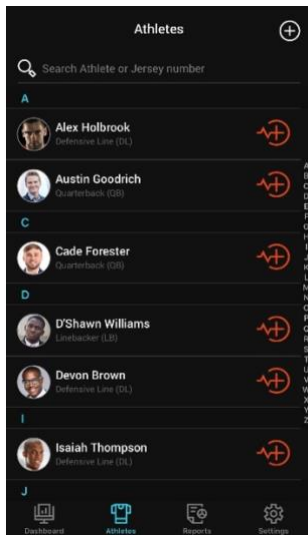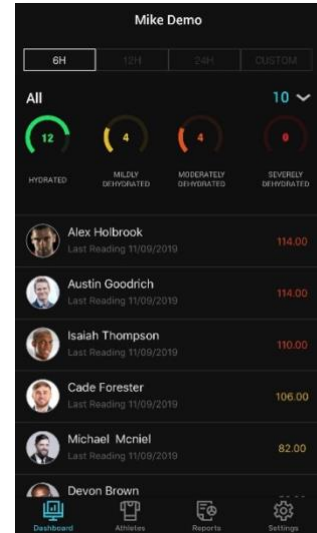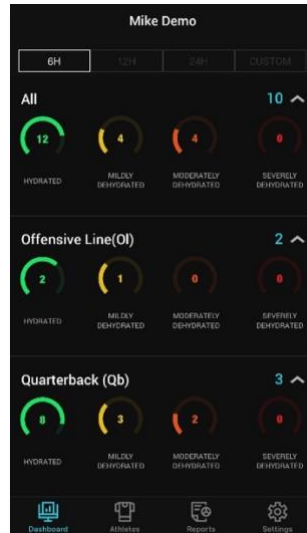

The Athletes Tab

The **Athletes Tab** shows a list of all athletes that have been assigned to you on the MX3 Portal.

To take a measurement, tap on the ⊕ icon next to the desired athlete. To view an athlete's profile, tap on their name or photograph. To add a new athlete, tap on the + icon.

The Athlete Profile/Athlete Dashboard

The **Athlete Profile** (also the Dashboard for Athlete accounts) shows you the measurement data for a single athlete.
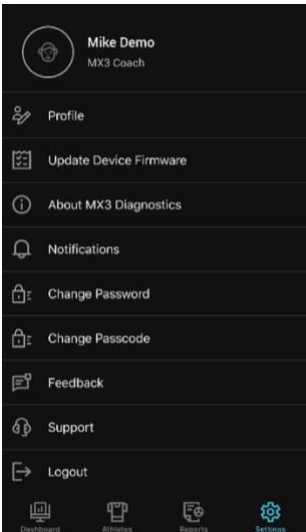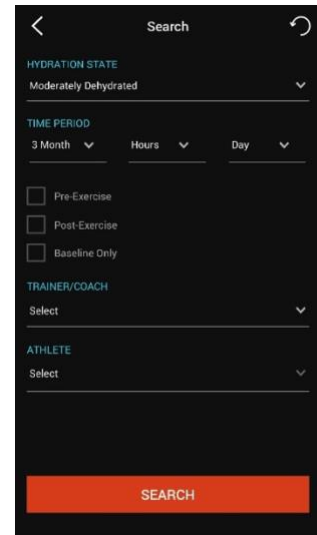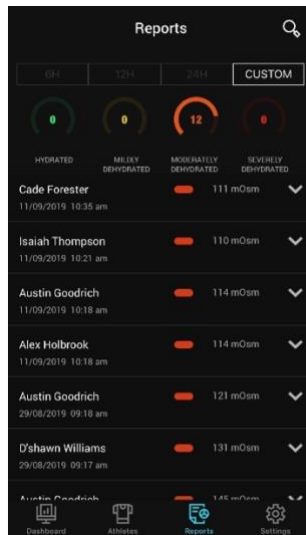
Individual measurements can be viewed by tapping on Baseline Measurements or General Measurements.
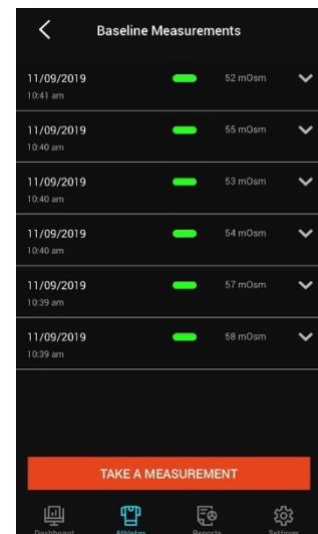
The Reports Tab

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

Tap on the **magnifying glass** icon to define your search parameters then tap on the **SEARCH** button to view the relevant measurement data.
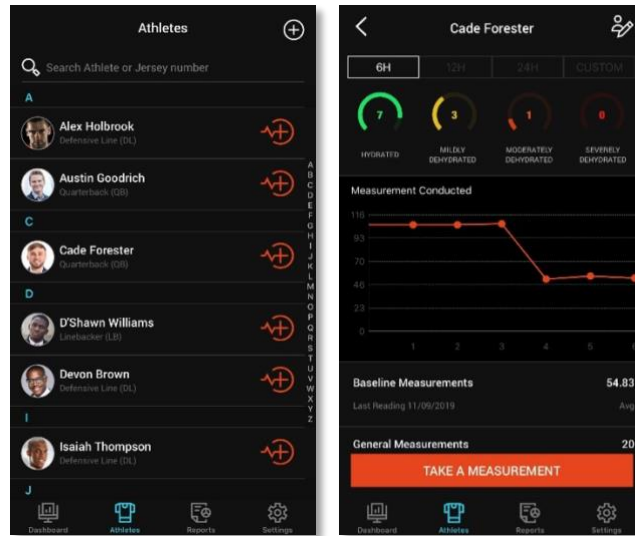

The Settings Tab

The **Settings tab** is where you edit your profile and password and update the MX3 LAB firmware.
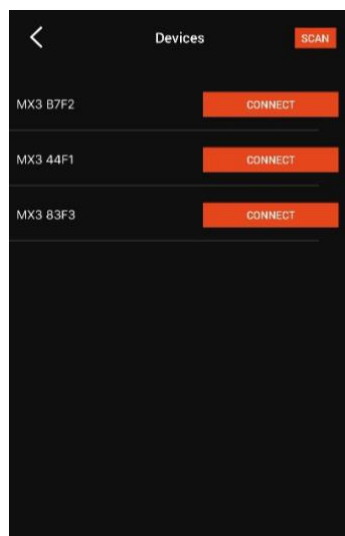
Taking a Hydration Measurement

1. On the **Athletes Tab** tap on the ⊕ icon next to the desired athlete or tap on the **TAKE A MEASUREMENT** button on an **Athlete Profile** page


2. Turn on the MX3 LAB by pressing the power button briefly, then use the scroll button to highlight **APP** and press the select button.


3. Tap on the **SCAN** button, then tap **CONNECT** button next the ID displayed on your MX3 LAB.

4. Follow the prompts on the MX3 LAB, instructing you to insert a Hydration Test Strip and collect a saliva sample. For tips on how to sample, see the MX3 HTS Manual.
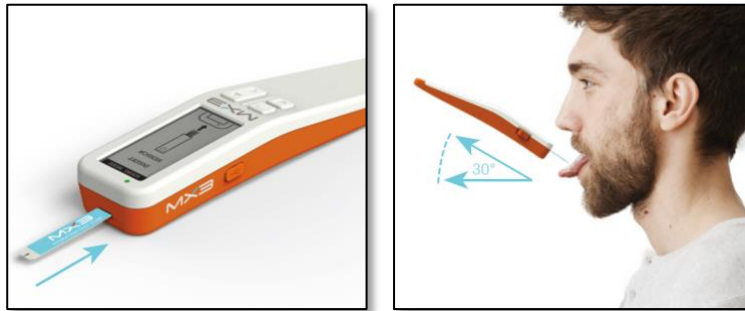
5. The result will now be displayed on the MX3 App. You can add a note to the measurement or classify it as a Pre-Exercise or Post-Exercise measurement by tapping on **ADDITIONAL NOTES**. Tapping on **RETAKE** will delete the measurement and initiate a new measurement for this athlete. Tapping on **TAKE ADDITIONAL MEASUREMENT** will initiate a new measurement.
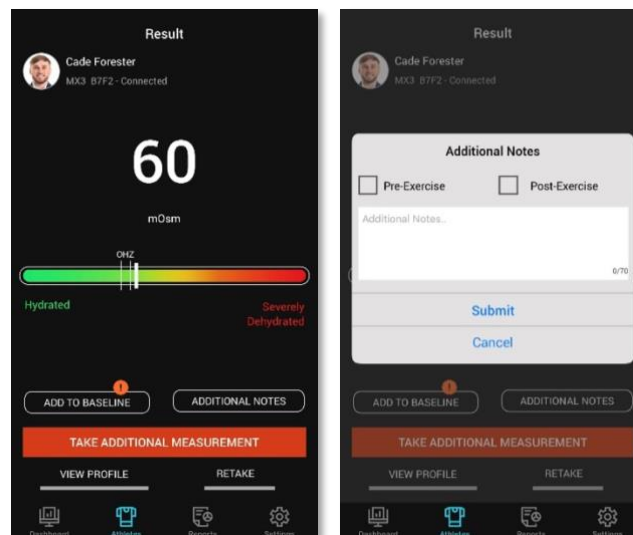

6. Eject the used Hydration Test Strip. To power off the LAB, press and hold the power button until the LED indicator turns off.

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 **General Measurements** or **Baseline Measurements** in an Athlete's profile.
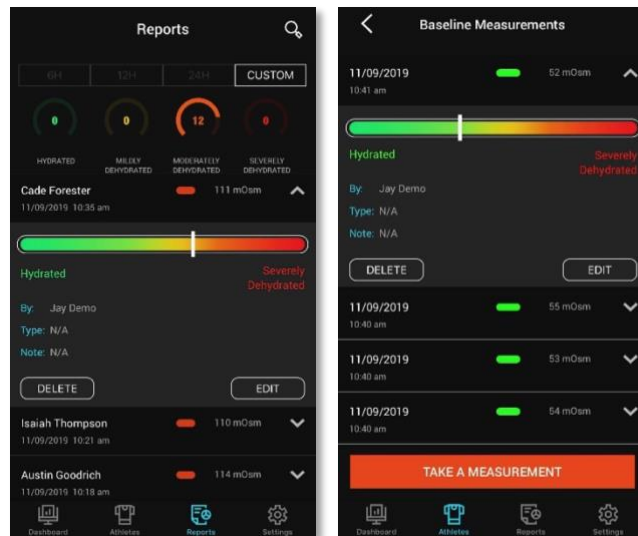

Baseline Measurements and the OHZ

Through the baseline feature of the MX3 App, the MX3 HTS can learn and calculate an athlete'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. An athlete'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 an athlete'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.
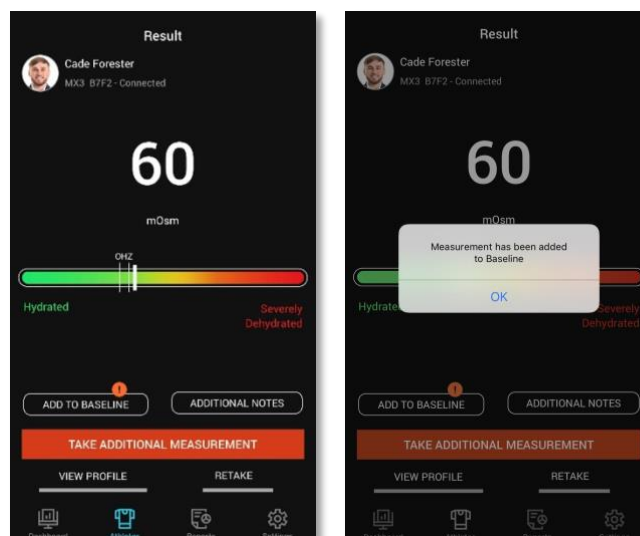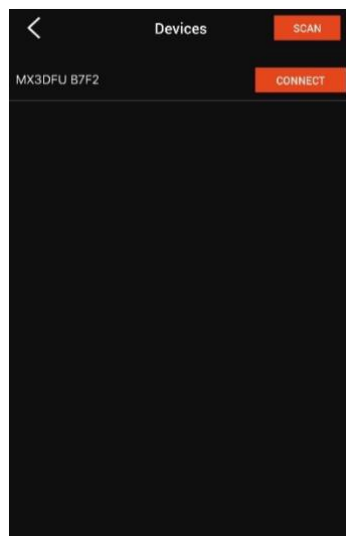
Updating the MX3 LAB Firmware

1. To update your MX3 LAB tap on **Update Device Firmware** in the **Settings** tab
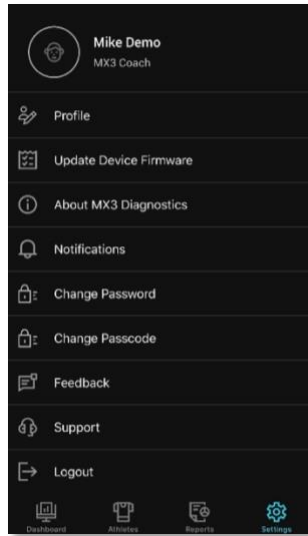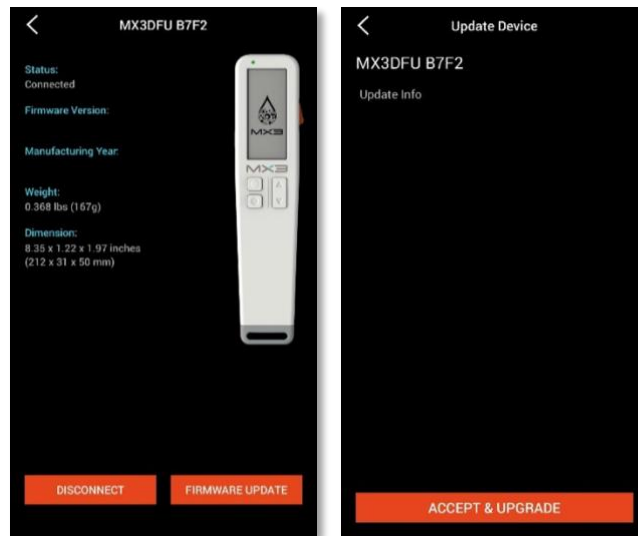

2. Press and hold the power and up scroll button of the MX3 LAB until the LED light turns red

3. Tap on the **SCAN**, then tap the **CONNECT** button next to your LAB ID

4. Tap on **FIRMWARE UPDATE** and then **ACCEPT & UPGRADE**

5. Wait for the update to complete

6. The MX3 LAB will reboot once it has finished updating.