# Setting up your stWear® Compliance Monitoring App

**Spinal Technology**

**Spinal.Tech/Compliance**

# Downloading the App

To get started, download the stWear® app for your device (iOS or Android).
You can find the links in your welcome email or by visiting **Spinal.Tech/Compliance** from your mobile device. Scroll to the bottom of the page to find the link to your preferred App Store.
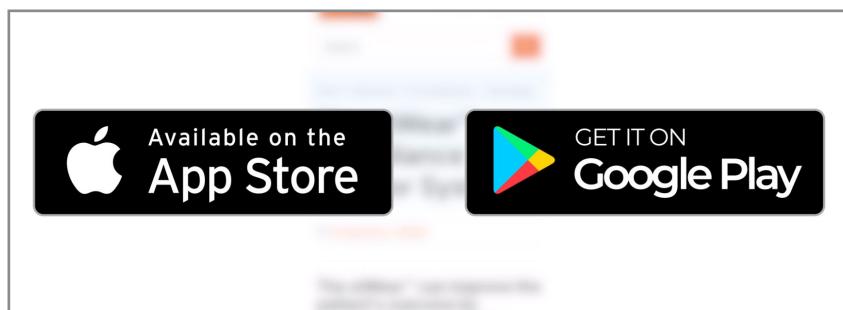


**Download iOS App**

The new stWear Compliance Monitor System can be easily monitored by your smartphone app. You will still need to request a login from your practitioner or admin to access any data.

Download Now

**Download Google Play App**

The new stWear Compliance Monitor System can be easily monitored by your smartphone app. You will still need to request a login from your practitioner or admin to access any data.

Download Now
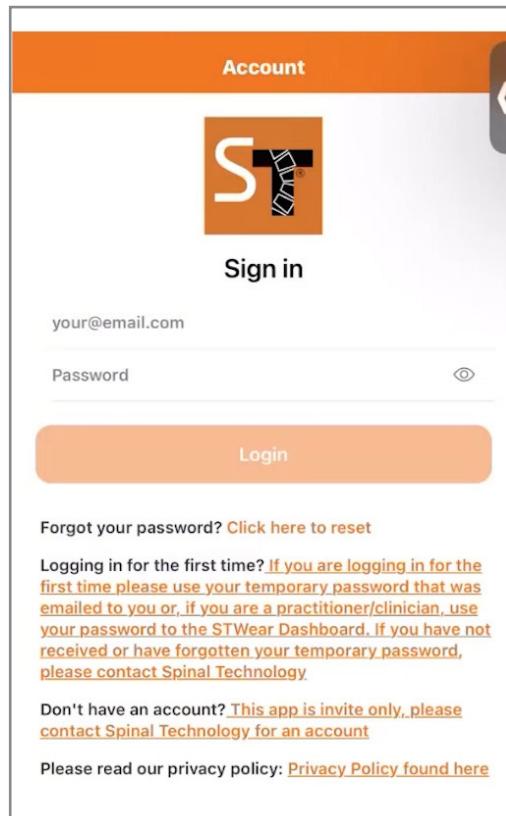


# Signing In

Sign in using your stWear® account email address and password. If you have not already reset your password, you will be prompted to do so within the app.
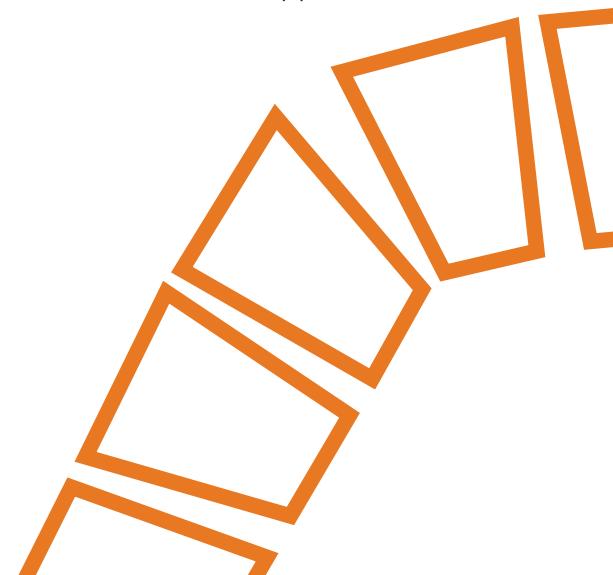
# Viewing Assigned Devices

Once logged in, you will see all the devices assigned to you as the parent or caregiver for your child.

# Device Information

Several key details will be displayed:

**Device ID:** The bold number at the top.

**Bluetooth Signal Strength:** Displayed as "Great."



F989201E
F989201E 🛜 great
🔋 92 %   📱 14567 logs

74.1°F
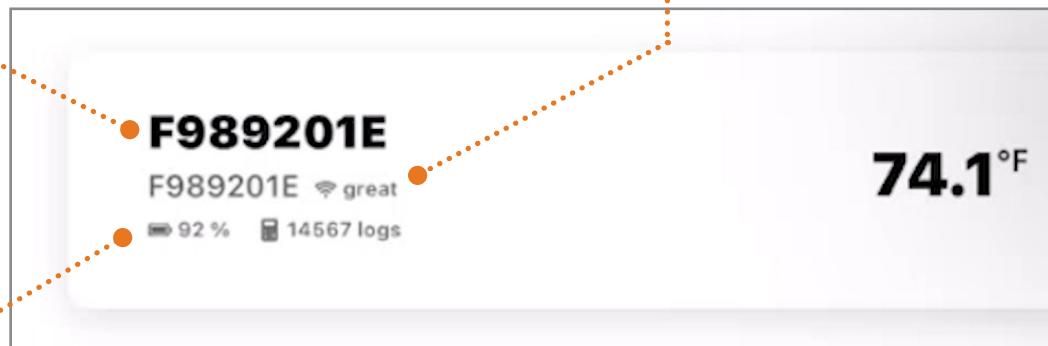
**Battery Life:** Displayed as a percentage. Battery life can last up to 9 months, depending on how frequently readings are taken. If battery life drops to 75–80%, it's time to consider replacing it since Bluetooth connections require a lot of battery strength.
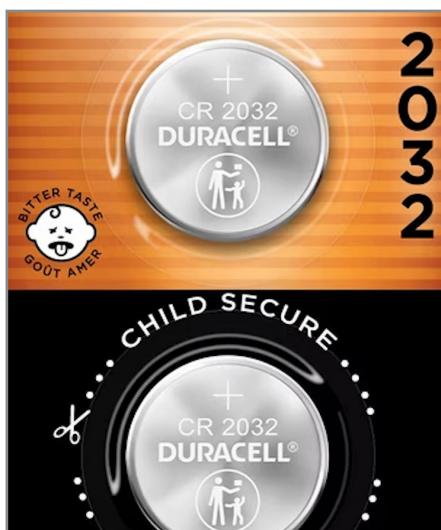


**Battery Type:**
The required battery is CR2032.

# Renaming a Sensor

1. Click on "Sensor settings."

2. Select the device you want to rename and click "Edit."

3. Use a recognizable name, such as the patient's name or initials, to make it easier to locate.
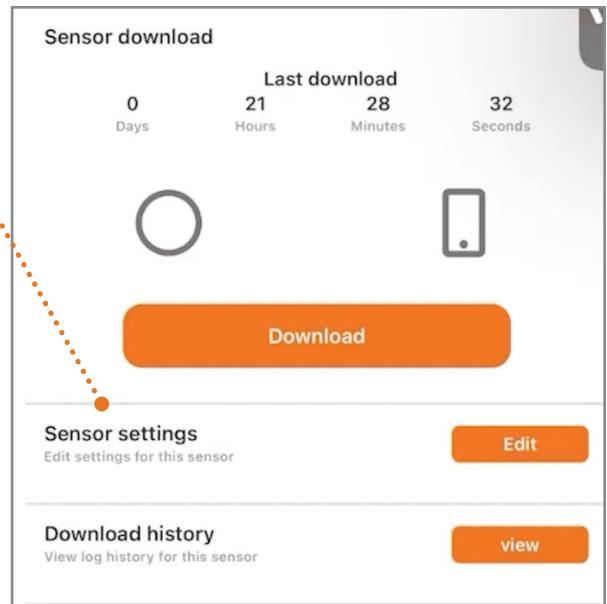
# Setting the Golden Zone & Target Hours

1. Navigate to "Golden zone."

2. Ensure it matches the settings in the dashboard portal for consistency.

3. Example range: 98°F to 70°F.

4. Click "Back."

5. Set target hours to the desired time (e.g. 10 hours).
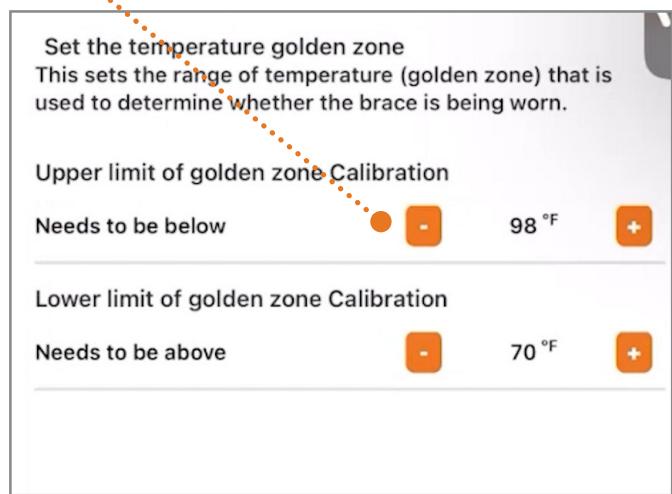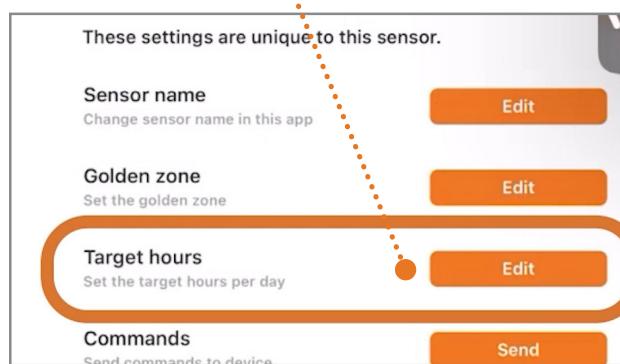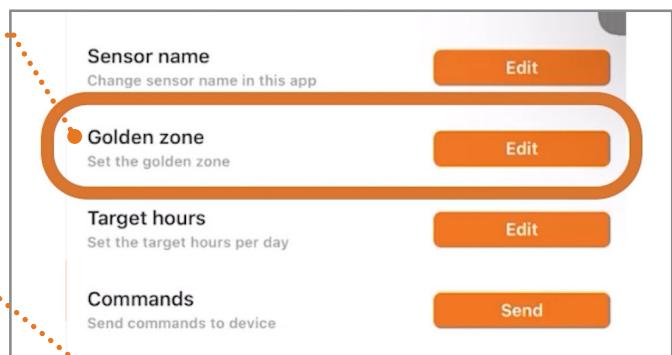
# Taking a Compliance Reading

1. Click the "Download" button.
2. The download may take several seconds, depending on the last recorded reading.
3. Once complete, navigate to "Download history" and click "View."
4. The stored data will display a date range at the top and temperature ratings below.
5. To share this data, click the "SEND" button. This will open an email in your phone's default email service.
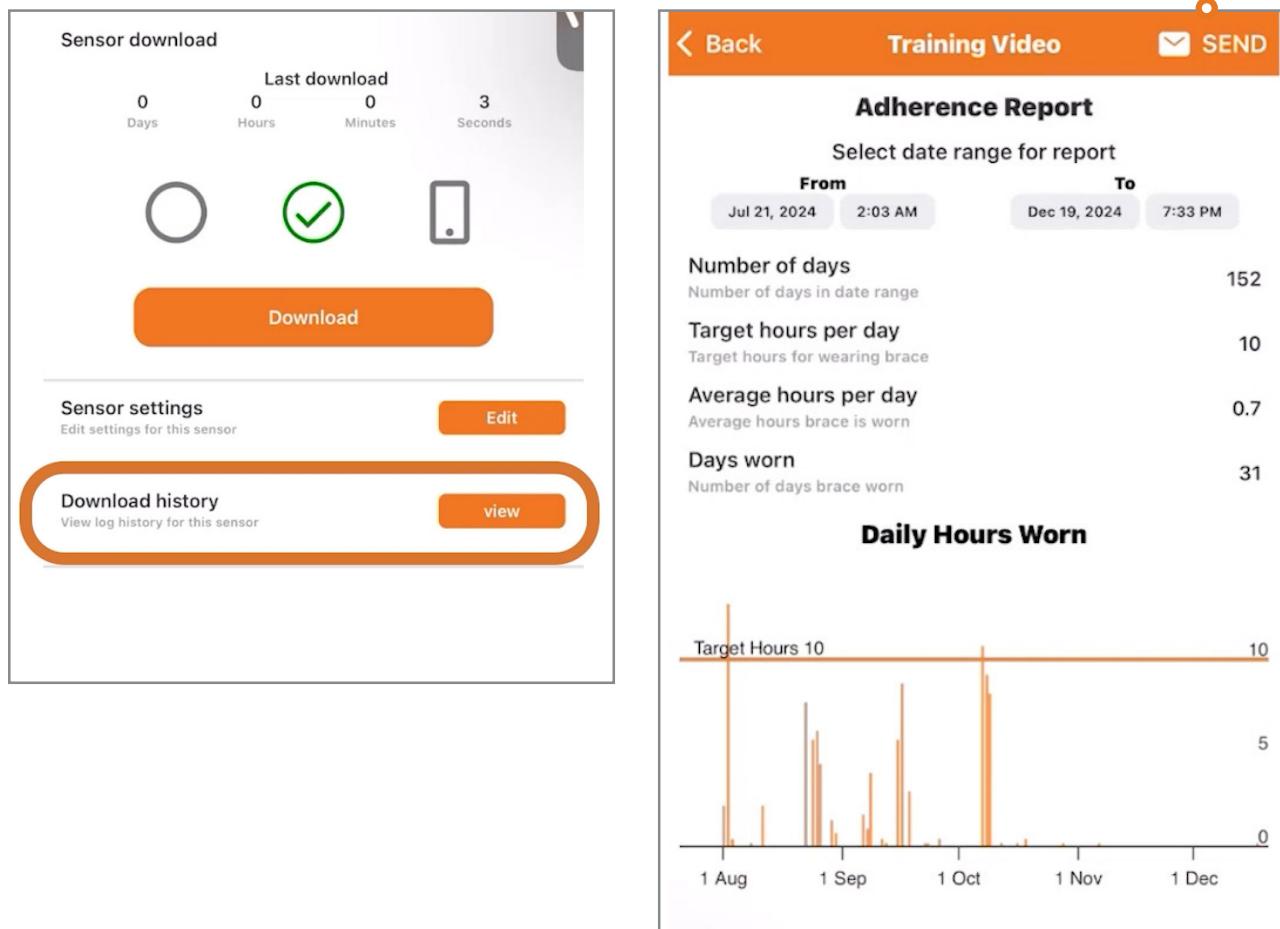
# Final Steps

Ensure your Bluetooth settings are enabled:

1. Bluetooth: Turned "ON."
2. Location Services: Set to "While Using."
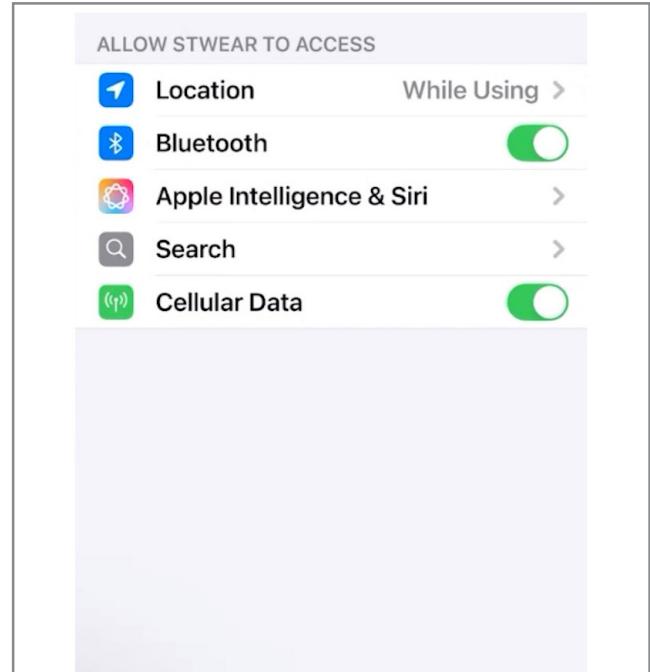


**If you need further assistance, please contact your medical provider or visit Spinal.Tech/Compliance**

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