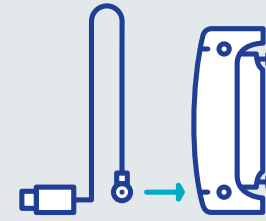




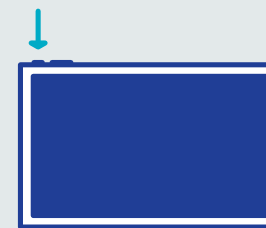
WWW.GRIPABLE.CO

HOW TO SET UP YOUR GRIPABLE DEVICE



STEP 1: CHARGING UP

Unpack your box and place the GripAble device and the tablet on charge using their USB plugs. You The device is fully charged when the LED light at the base is solid green.



STEP 2: TURNING ON

Hold the tablet in a horizontal position, so the buttons are at the top. Turn it on by pressing and holding the smaller button at the top of the tablet on the left. A quick press of this button will also put the tablet in and out of sleep mode.



STEP 3: LOG IN

Now swipe up from the bottom of the tablet screen. You will be prompted to input a pin. This pin can be found in your GripAble email communication.

For future reference, write your pin here:



STEP 4: GET CONNECTED

Ensure that the tablet is connected to your Wi-Fi, and that the Bluetooth is switched on. To do this, swipe down from the top of the device to open the quick settings menu.

- Click on the WiFi icon to set up your WiFi connection
- Ensure the icon is blue to indicate Bluetooth is on
- Ensure the icon is blue to indicate Location is on



STEP 5: OPEN THE GRIPABLE APP

Now that you are connected, open the GripAble app, which will be on your home screen. Follow the on-screen instructions to connect your device. Your device can be turned on with a gentle squeeze of the finger plate.



STEP 6: SET UP YOUR USER PROFILE

It is now time to set up a user profile via the 'add user' function. Click 'add user' and follow the on-screen instructions.

Please Note: If you are a therapist, do not use your mobile number/email address for a patient/client account as this will link their account to your identifier, which can only be used once, and cannot be undone.

Not ready to set up a profile yet? You can browse through the entire GripAble app without creating a user profile, by clicking on the Demo User Left or Demo User Right profiles.



STEP 7: BOOK YOUR SET-UP CALL

If this is your first time using GripAble or you would like some help with setting up your device, please book a technical set-up call with one of our specialist technicians: email hello@gripable.co or call 020 7661 4018.

DISCONNECTING THE GRIPABLE DEVICE FROM THE TABLET

To preserve the battery of the GripAble device, the app should be closed on the tablet each time after use. To do this, swipe up from the base of the tablet screen, click the three lines on the left side, and swipe away the app or click 'close all'. Once the app is closed, this will automatically disconnect the GripAble device, which will go into sleep mode after one minute and deep sleep after ten minutes.

QUICK SET-UP GUIDE

FROM HOSPITAL TO HOME



GRIPABLE





SERIOUS. FUN. REHAB.

WELCOME TO THE WORLD OF SERIOUS, FUN REHAB

THIS QUICK SET-UP GUIDE WILL HELP YOU TO UNDERSTAND HOW IT ALL WORKS.

You can find more information at www.gripable.co/support and our customer support specialists are always ready to help on **020 7661 4018** or hello@gripable.co. You can also access our GripAble Explained videos, avail

WHAT'S IN THE BOX?

x1	x1
	
GRIPABLE DEVICE	CHARGING CABLE
x3	x1
	
HAND STRAPS	WRIST LANYARD

GETTING TO KNOW YOUR GRIPABLE DEVICE FEATURES



1

LOCKING BUTTON

The locking button is provided to allow the device to be used isometrically during grip testing (like a hand dynamometer). To lock, squeeze the finger plate and press the locking button in. To unlock, squeeze the finger plate and press the locking button in. Let go, and the button will pop back out.

2

STRAP HOOKS

Silicone straps can be used when a user needs additional assistance to hold onto the device. The strap hooks are supplied in various places to enable multi-placement options (including vertically or diagonally across the hand). Wherever possible, hooks on the main body of the device should be used, rather than those on the finger plate.

3

CONNECTION LIGHT

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4

FINGER PLATE

The device finger plate is used for grip and release. Squeeze to wake up the device.

5

CHARGING LIGHT

The device shows its battery status via the LED light at the base. When the light is green, the battery is fully charged. When yellow, the battery is low. When red, the battery is critically low and requires charging. used, rather than those on the finger plate.

6

CHARGING PORT

The device is supplied with a magnetic power cable that connects into a USB plug. The charger has a magnetic connection to the device.

7

LANYARD HOOK

The black lanyard supplied with the device should be used to prevent accidental dropping. This can be fed through the lanyard hook at the base of the device and left in place or removed and washed between users.







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EMAIL HELLO@GRIPABLE.CO
CALL US +44 (0) 207 661 4018
WATCH [YOUTUBE/GRIPABLE](https://www.youtube.com/channel/UCGripAble)

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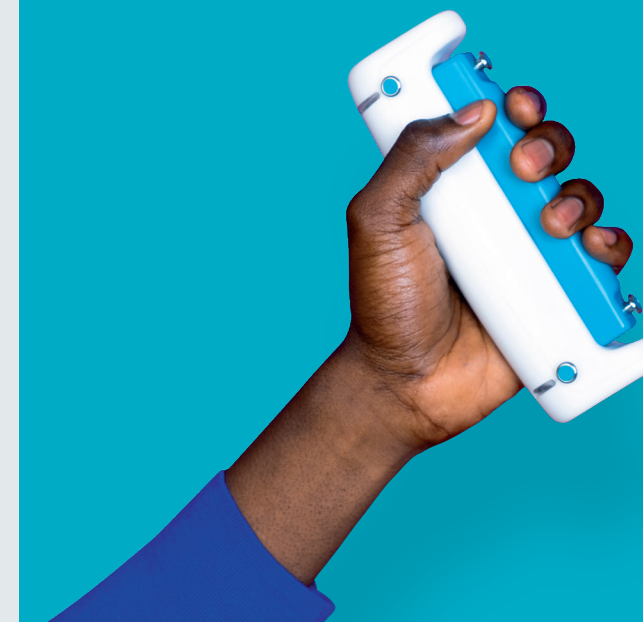
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