

SQUEGG™

Smart Dynamometer and Hand Trainer



Quick Start Guide



Access these instructions online by scanning the code

01. Package Contents



Squegg Device



Cable Charger



Phone Holder

Squegg Device: Bluetooth enabled dynamometer and hand strength training device.

Disclaimer: Results across brands of dynamometers may vary. Please see terms of use for more details.

Cable charger (USB Port)

Phone Holder: Supports your mobile phone while using the app to prevent falls.

02. Charge your Squegg

It is recommended to charge Squegg before first use.

- Connect the jack to the charging port of your Squegg device, located on the side and marked DC.
- Push the jack securely into the port, ensuring proper insertion.
- Squegg should vibrate once charging has initiated.
- Keep it charging until its light is in blinking mode; it will stop blinking when Squegg is fully charged.
- It takes a minimum of 2 hours to reach a full charge.
- A single full charge provides 90 days of standby time and 15 continuous working hours.

Charging Port



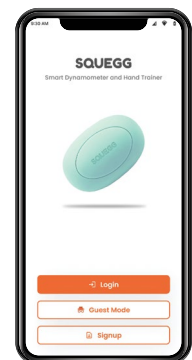
03. Download & Install the Squegg App

Simply scan the QR codes below or search for "SQUEGG" to find it.

Download and install the app.



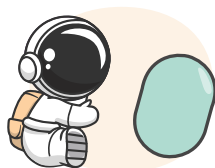
SQUEGG PRO - If you are a clinician and would like to use Squegg for your patients, download **SQUEGG PRO** app from App Store or Play Store.



04. Turn on Bluetooth on your phone



Turn on Bluetooth

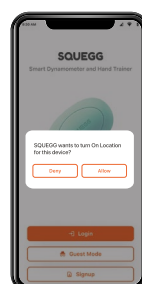


05. Turn on Location

(Only for Android)

Turn on GPS/ Location Services

- Provide location permission to the app.
- To enable location services, turn on "Location" in your device's quick settings. Simply swipe down from the top of your screen and tap on the location symbol.

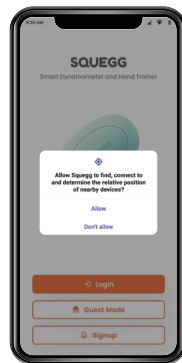
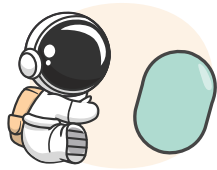


Note: If you have an Android device, please enable your mobile's GPS (location services). This is a requirement for Android. Rest assured, Squegg does not use your location in any way. You may disable location services after pairing.



Turn on location

06. Allow Squegg to discover nearby devices



▶▶ Turn over to continue on page 7

Start Squegging Now



www.mysquegg.com



hello@mysquegg.com



@mysquegg



@mysquegg



@mysquegg

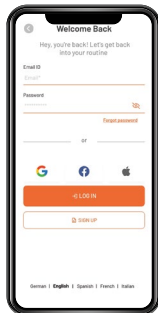


1200 S Pine Island Rd, Plantation, FL 33324



07. Sign up

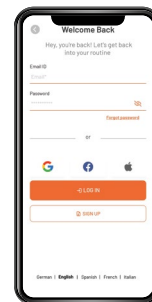
- Click the "Sign up" button to start creating your account.
- Choose one of the following methods and follow the steps to complete account creation process:



- Email Registration
- Google account
- Facebook account
- Apple account

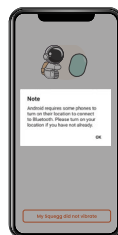
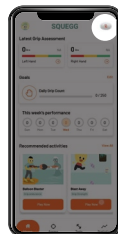
08. Log in

- After signing up, you can log in to the application using the method you selected during sign up.
- Once logged in, you will be directed to the home screen and you will also have the option to take a quick guided tour of the app.



09. Connect my Device

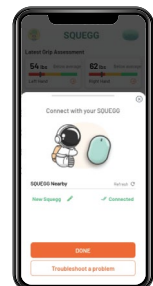
- Upon logging in, check the top right corner for the Squegg device indicator showing the connection status.
- If not connected, click on it to access the Squegg connection screen.
- Tap "Connect my device."
- Grant location and Bluetooth access.
- Enable Bluetooth to search for a nearby Squegg.



Note: For Android devices ensure that location services are enabled, to connect via Bluetooth. Turn on both your location and Bluetooth before opening the app. You may disable location services after pairing.

10. Connect my Device

- The app will detect and list your Squegg device on the screen.
- Click the device listing to select it and click on "Connect" button.
- Allow a moment for the device to complete the pairing process with the application. The application will confirm once the device is connected.
- When connecting the device for the first time, please accept and acknowledge the disclaimer. Click "Proceed."
- You can rename your device for easy identification and convenience.



11. How to use the Phone holder?



- **Install the holder**

Remove the plastic cover of the adhesive side of the holder.
Stick this side to the back of your phone.



- **Create a slot**

Push the lower end of the holder (where the Squegg logo is located) upward to create a curve/slot.



- **Secure the holder**

Insert your finger inside the slot to secure your hold on your mobile.

- **Ready to use**

Turn your phone around in a landscape orientation and use the holder as a stand.

12. Clinician recommended Squegg usage guide



If your clinician has recommended Squegg, scan the QR code provided and refer to the "Patient Guide" section for details on accessing your Home Exercise Program and reports on the app.

For further assistance, please reach out to your clinician or contact us at hello@mysquegg.com.

13. Troubleshooting your Squegg

Device Activation and Charging:

- Ensure your Squegg device is powered on. It should vibrate, and the LED indicator should light up.
- If your Squegg doesn't vibrate, it may need charging. Please charge it for a while and try again.
- While charging, if the battery indicator doesn't show progress, squeeze the Squegg for 3 seconds and wait for it to vibrate.

Connection Issues:

- If your Squegg isn't listed on the app when it's on, check if your mobile device's Bluetooth is enabled. For Android devices, enable location services - this is an Android requirement and we do not use your location in any manner.
- Ensure your mobile device is not connected to a VPN.
- If your device was previously connected to another phone, make sure it's disconnected from all previously paired devices.

14. Troubleshooting your Squegg

App and Reset Instructions:

- Check if your Squegg app is up-to-date with the latest version.
- Each time you open the app, either squeeze your Squegg for 3 seconds and wait for it to vibrate, or check if the Bluetooth symbol in the upper right corner is no longer inactive.
- To reset the Squegg, connect it to the power supply. Once it vibrates, unplug it and try again.

Contact for Further Assistance:

- If none of the above resolves the issue, please contact us at hello@mysquegg.com and provide the following details:
 - a. Platform: iOS or Android
 - b. App version
 - c. Phone model
 - d. If possible, share a video to assist our team in investigating the issue further.